



## Praying the Scripture - a few simple steps at home

### Sunday 9th Feb 2020



1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.

### **THIS SUNDAY'S GOSPEL Matt 5:13-16 You are the salt of the earth**

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

### **A Short Thought**

This is a short Gospel that packs a powerful punch. We see more insights into the qualities of the followers of Jesus, salt, light and a city built on a hilltop. Salt is a very appropriate symbol of Christian living because salt gives taste. A city built on a hilltop cannot be hidden. Jesus tells his disciples to let their light shine in the sight of people so that by seeing their good works, they will give praise to their father in heaven. If you are a follower of Jesus living the beatitudes, you matter. You have an important role to play because you are the salt of the earth. Salt preserves and Christians help preserve what is good in the culture. You are a seasoning agent. In a sense, you can bring the distinctive flavour of the gospel values to all of life. You can make life palatable, give it meaning and purpose. It is for us today to reflect on how visible our Christian faith is to others both as individuals, as families, as members of a Christian group, as parishioners, as ....

For salt to be effective it must be in contact with the meat or fish it is to preserve. To be effective, we must be involved where we work and where we live. Our faith must be visible and seen, not hidden. We are not asked to shout about or tell people about our faith but to live it in such a way that people will ask us about the hope we have, the love we share, the comfort and compassion we bring.

### **SOME POINTERS FOR PRAYER**

1. Salt and light are taken for granted today. We have salt in all our food and electric lights at any time. What would you choose to use instead of salt and light for examples today, and why?
2. Light does not change a room: it enables us to see what is in it. It helps us appreciate what is good and beautiful, just as it facilitates avoiding pitfalls. Your light is called to shine to all. Which gifts and talents would I sometimes prefer to hide?
3. How do we as Christians help others to experience the goodness of God? Do we put labels on people, or can we see each person as God sees them?
4. Those Jesus sent on mission went out and did not sit at home or in the church waiting to be visited. How do we "go out" to meet others and other communities near and far on our mission?

### **Prayer**

Loving God, you know us through & through. Let us notice you when you come before us. May we respond generously to your call. May fear not stop us from taking the risk to follow you and from showing radical Gospel kindness to those shunned, forgotten and ignored. May our witness promote unity. We make this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen