Tuesday of the Tenth Week in Ordinary Time

Gospel text (*Mt* 5:13-16): 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.”

“You are the salt of the earth. You are the light of the world”

Fr. Francesc PERARNAU i Cañellas
(Girona, Spain)

Today, Saint Matthew reminds us of those words in which Jesus speaks of the mission of Christians: to be the salt and light of the world. Salt, on the one hand, is this necessary condiment that gives flavor to food: without salt, dishes are worthless! On the other hand, throughout the centuries, salt has been a fundamental element in preserving food because of its power to prevent corruption. Jesus tells us: You must be salt in your world, and like salt, give flavor and prevent corruption.

In our time, many have lost the meaning of their lives and say that it is not worth living; that it is full of disappointments, difficulties, and suffering; that it passes too quickly and that its final—and very sad—prospect is death. For this reason, «Jesus entrusts us with a wonderful mission: to bring flavor to the world through the Gospel and to carry His light to the places where sadness, violence, and indifference seem to prevail» (Leo XIV).

"You are the salt of the earth" (Mt 5:13). Christians must give flavor: show, with the joy and serene optimism of one who knows they are children of God, that everything in this life is a path to holiness; that difficulties, suffering, and pain help us purify ourselves; and that in the end the life of Glory, eternal happiness, awaits us.

And, also like salt, the disciple of Christ must prevent corruption: where Christians of living faith are found, there can be no injustice, violence, or abuse of the weak... On the contrary, the virtue of charity must shine forth with all its might: concern for others, solidarity, generosity...

And thus, the Christian is the light of the world (cf. Mt 5:14). The Christian is this torch who, by the example of his life, carries the light of truth to every corner of the world, showing the path of salvation...

Where before there was only darkness, uncertainty, and doubt, clarity, certainty, and security are born.

Thoughts on Today's Gospel

- “Do not think that you are drawn on to ordinary conflicts, or that for some small matters you are to give account. ‘You are the salt of the earth.’” (Saint John Chrysostom)

- “Here and now, the Lord’s disciples are called to live as a community which is the salt of the earth and the light of the world. Let us not allow ourselves to be robbed of community!” (Francis)

- “The People of God is marked by characteristics that clearly distinguish it from all other religious, ethnic, political, or cultural groups found in history (…). Its mission is to be salt of the earth and light of the world. This people is ‘a most sure seed of unity, hope, and salvation for the whole human race.’” (Catechism of the Catholic Church, Nº 782)