

Gospel

Matthew 5:13–16

*You are the light of the world.*

✠ A reading from the holy Gospel according to Matthew.

Jesus said to his disciples:

<sup>13</sup> ‘You are the salt of the earth.

But if salt becomes tasteless, what can make it salty again?

It is good for nothing, and can only be thrown out  
to be trampled underfoot by men.

<sup>14</sup> ‘You are the light of the world.

A city built on a hilltop cannot be hidden.

<sup>15</sup> No one lights a lamp to put it under a tub;  
they put it on the lamp-stand

where it shines for everyone in the house.

<sup>16</sup> In the same way your light must shine in the sight of men,  
so that, seeing your good works,  
they may give the praise to your Father in heaven.’

The Gospel of the Lord.

# Looking at the Text

G-2 Matthew 5:13-16  
*You are the light of the world.*

## The Gospel of St Matthew

This is the first of the four gospels, giving an account of Jesus' life and ministry, teaching by word, stories, and example — how to live with others, how to pray, how to grow in wisdom and come close to God. Matthew writes as a Jew for the Jewish Christians in the early days of the Church, proclaiming Jesus as 'Messiah', as the fulfilment of the Old Testament, both the Law and the Prophets.

### In this passage

Jesus is teaching about the 'seasoning' in a relationship — what makes it tasty! He goes on to talk about the 'light' of the love and goodness in your relationship, which is not just for one another, but for others around you. Life is tasteless without love. Going through the motions and doing something for your partner or someone else without love can leave them feeling empty, not loved. Love takes effort, and it's easy enough to become selfish and lazy — not saying 'I love you' in simple ways. On your wedding day, your love gives you an extraordinary joy, which is very attractive. It literally shines out and touches everyone present.

## Reflecting on Scripture together

Use the 'Reflecting on Scripture together — a simple way' in the introduction 'Choosing your Wedding readings'.

## Further Reflection

Following the 'slow reading' process, here are some questions for further reflection:

- What are the things that give energy and flavour to your relationship? How do you show your love for one another in little ways?
- Think of a relationship that really 'shines' out for you. What makes it shine?
- Quite unconsciously, your love will continue to shine out for others, particularly in your own relationship, but also in your relationship with others around you. What are the ways in which you can continue to live out your unselfish love for your husband/wife in married life? Who are the people who most need your loving concern?
- Consider together how you as a couple might get involved in the life of the community in some small way? Is there a particular area of parish life that you could bring your joy and enthusiasm to? e.g. being part of the Sunday assembly for Mass; or coming to the parent-toddler group; enquiring about how the parish helps the housebound or sick; joining the tea & coffee rota, or the welcome team; or asking to train as a Reader or Eucharistic Minister?
- What do you like about this Gospel reading? Why might it be a good choice for your wedding?