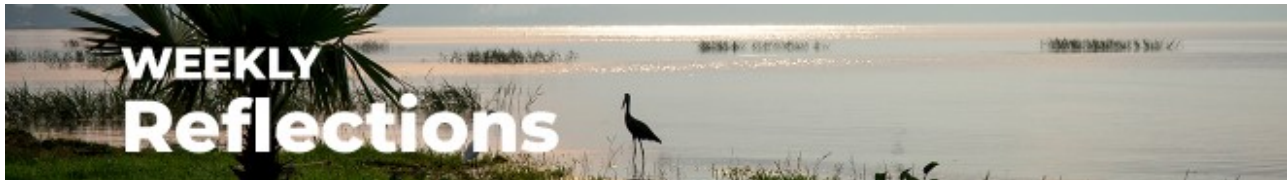


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Based on the gospel for Sunday 5 February, Fifth Sunday in Ordinary Time: Matthew 5:13-16

**“No one lights a lamp to put it under a tub.”**

We are each made in the image and likeness of God. Join me in saying: “Yes, even me!”

A famous quote attributed to St Irenaeus of Lyon is “the glory of God is a person fully alive.” The themes of salt and light are frequently used throughout the Gospel, but in this passage, which follows the Beatitudes, Jesus is directly challenging us to live our lives – the Christian life – more fully.

‘Humility’ is a virtue that is often discussed by the spiritual writers and the saints as being central to the Christian life, but in practice, the outward ‘humility’ can be masking cowardice, spiritual pride, or low self-esteem. In these ways, ‘humility’ can be seen as hiding one’s light under a tub.

We can put a lot of pressure on ourselves in our attempts to be the ‘light of the world,’ in trying to save the world single-handedly. But to be the light of the world, to be truly humble, is to do that which gives praise to God. In a dark room – which is how the world can often seem – even a small, gentle flame makes a big difference, and we never truly know the impact that exposing our flame has on others.

Take a moment to consider who the most influential and inspiring people in your life are. While I have met many ‘impressive’ people in my life, when I ask myself this question, I realise that it is always the people who are kind that I ultimately remember most, which gives me confidence to not be disheartened when my actions seem small.

God of all light,  
let your light shine in me.  
Whenever I want to run and hide  
give me the courage to act in the darkness,  
to the glory of your name.  
Amen.



## Racial Justice Sunday

This Sunday is Racial Justice Sunday and the bishops of England and Wales have provided a special prayer for individuals and parishes to use.

[Join us in prayer](#)



## Big Lent Walk

Challenge yourself and take on The Big Lent Walk! Walk when and where you choose over 40 days, alone or with friends. Raise money to help people as they overcome poverty.

[Register here](#)



## Reflect this Lent

Spend time in reflection and prayer each day this Lent. Sign up to receive our daily emails for a moment of pause.

[Sign up now](#)

This reflection and prayer were written by Sophia White, a Step into the Gap alumnus.



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches

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