

5<sup>th</sup> Sunday in Ordinary Time

February 8, 2026

Matthew 5: 13 - 16

*Resurrection*  
ROMAN CATHOLIC PARISH



“Your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

Matthew 5: 16

***Celebrating Our Catholic Faith***

1. Today is the \_\_\_\_\_ in Ordinary Time.
2. Today's first reading is from which book of the Bible?  
Proverbs    Isaiah    Jeremiah    Lamentations    Ezekiel    Daniel

What advice does this reading give us?

Earn a lot of money.    Share your food with people who need it.  
Give clothes to those who don't have enough.    Get a lot of sleep.  
Help those who don't have a home.    Help people who need help.

How can kids your age put this advice into practice?

Get a good job.    Donate canned goods to a food drive.  
Save clothes you don't need and give them to a charity.    Go to bed late.  
Don't waste money on things you don't need.    Pray for the poor.  
Volunteer to help a charity.    Don't make fun of kids who look poor or different.  
Take part in Operation Rice Bowl during Lent.

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3. From which book of the Bible is today's Gospel reading?  
Matthew    Mark    Luke    John

Jesus called you the "salt of the earth" and He warned you not to become tasteless or stale. How can you take this advice?

a. I can pray often.    b. I can become a famous singer.    c. I can read my Bible.

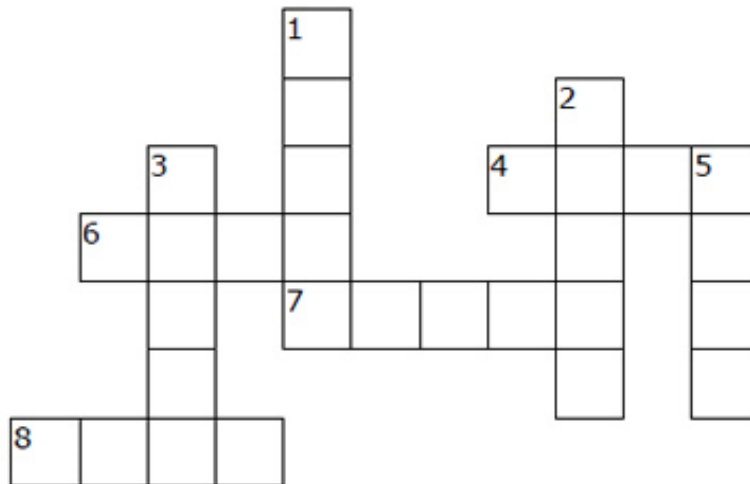
Praying is the most basic way to not only keep your faith but also to grow even more faithful! It can change your whole life. But praying should not get boring because you say the same thing day after day. Here are some different ways to pray. Circle the four that you like the best!

Recite the Rosary in my bedroom.    Say a blessing before every meal.  
Write in a journal or write a letter to Jesus.    Sing a song to God.  
Tell the Blessed Mother your worries.    Take a walk and talk to Jesus.  
Make a list of all the amazing things about God.    Pray for someone.  
Think of things you can thank God for.    List all the names of God you can think of.  
Talk to God while you play.    Listen quietly for God.

# Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Based on Matthew 5:14-16 (NIV)



## ACROSS

4. A dish that is used for holding fruit or liquids or for serving food
6. An elevated area of land smaller than a mountain
7. The performance of good acts
8. A large urban area where many people live

## DOWN

1. All of the living human inhabitants of the earth
2. A place where families live
3. Any device serving as a source of illumination
5. A piece of furniture holding one or more electric light bulbs

DEEDS	HILL	LIGHT	WORLD
BOWL	CITY	LAMP	HOUSE

# Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Based on Matthew 5:14-16 (NIV)



X V F O K U L Y B D S M M O I  
M J M B Y D T G Y Q E S X Z A  
M Z V M L I E O S L R E L Z R  
L P A R C S N O L H L P D I O  
I Z V K I C Y D F W I H B S I  
G L D A A V S F L Y P N B R F  
H B R D K N A W O R L D E Z B  
T P I O O H I D D E N E R H L  
B C V B O W L T M B S K V C A  
O N H P U L A M P U O S X U C  
T Y F I J T X R O F P L C V J  
P R J D L J I H A Y B C F W R  
E I Q L X L E F A T H E R E V  
C F M E N S N M U V Z W O B A  
X I L R M D R J L I S T A N D

LAMP

WORLD

PRAISE

LIGHT

CITY

HOUSE

BOWL

MEN

FATHER

GOOD

HIDDEN

HILL

DEEDS

SHINE

STAND

# Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
J	O	N	K	Y	V	C	T	W	B	D	P	L	E	M	Z	Q	G	R	A	H	U	X	S	I	F

1. 18-2-2-11 \_\_\_\_\_

2. 21-2-22-24-14 \_\_\_\_\_

3. 11-14-14-11-24 \_\_\_\_\_

4. 13-25-18-21-8 \_\_\_\_\_

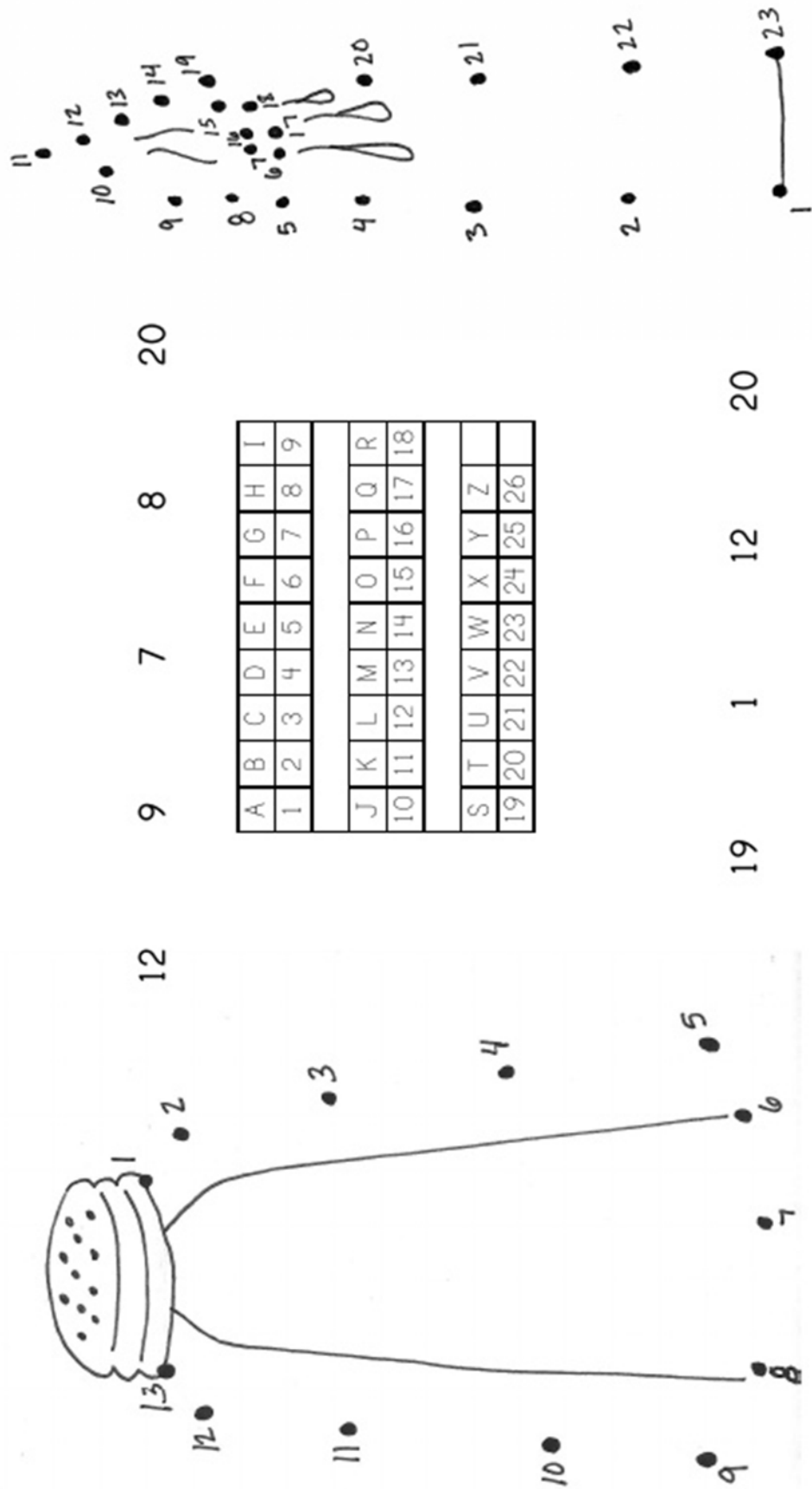
5. 10-2-9-13 \_\_\_\_\_

6. 13-20-15-12 \_\_\_\_\_

7. 9-2-19-13-11 \_\_\_\_\_

8. 24-21-25-3-14 \_\_\_\_\_

LAMP	SHINE	DEEDS	BOWL
LIGHT	HOUSE	GOOD	WORLD



Jesus told his disciples to be salt of the earth  
and light for the world.

# LIGHT OF THE WORLD

John 8:12

JESUS said: \_\_\_\_\_

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Matt 5:13-16

You are the <sup>GLITH</sup> \_\_\_\_\_ of the <sup>OWRDL</sup> \_\_\_\_\_.

A <sup>TCYI</sup> \_\_\_\_\_ on a <sup>ILLH</sup> \_\_\_\_\_ cannot be hidden.

Neither do people light a <sup>AML</sup> \_\_\_\_\_

and put it under a <sup>LOBW</sup> \_\_\_\_\_. Instead they

put it on a <sup>SANTD</sup> \_\_\_\_\_, and it gives light

to <sup>VEREYNOE</sup> \_\_\_\_\_ in the house.

In the same way, let your light <sup>HSNIE</sup> \_\_\_\_\_

before <sup>ENM</sup> \_\_\_\_\_, that they may see your

<sup>DOOG</sup> \_\_\_\_\_ <sup>EDEDS</sup> \_\_\_\_\_ and

Unscramble the letters in the circles and see what he said this would do for God.

\_\_\_\_\_ your Father in heaven.



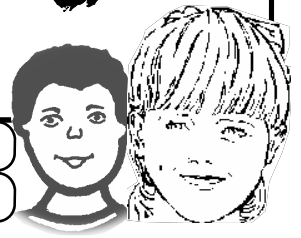
# Speak, Lord

S.D.C.  
SOCIETAS  
DOCTRINÆ  
CHRISTIANÆ  
www.sdc.me.uk

Isaiah 58:7-10  
Psalm 111  
1 Corinthians 2:1-5  
Matthew 5:13-16

SUNDAY LITURGY FOR CHILDREN

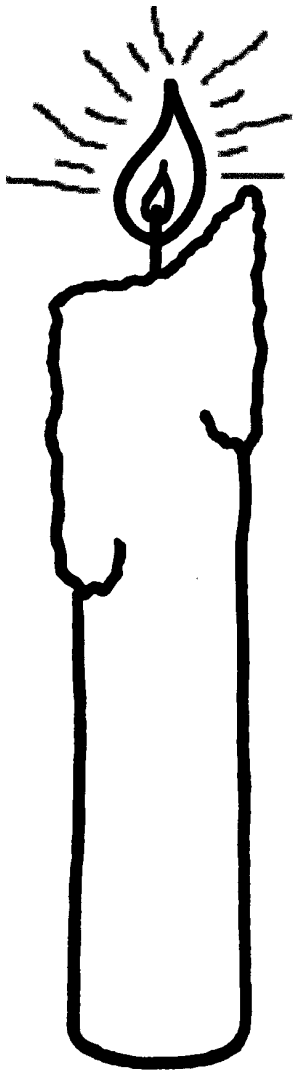
Year A — 5th Sunday in Ordinary Time



## Jesus says ...

# LET YOUR LIGHT SHINE

Use this code to reveal what Jesus' words mean.



A	E	I	O	U
●	⌘	❖	□	◆

G \_ V \_  
❖ ⌘

G \_ \_ D  
□ □

\_ X \_ MPL \_  
⌘ ● ⌘

T \_ \_ TH \_ RS  
□ □ ⌘

**DRAW** a picture  
or **WRITE** about  
how you can be  
of good example  
to others.