

HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD:

Matthew 5:13-16

"You are like salt for the whole human race. But if salt loses its saltiness, there is no way to make it salty again. It has become worthless, so it is thrown out and people trample on it.

You are like light for the whole world. A city built on a hill cannot be hid. No one lights a lamp and puts it under a bowl; instead it is put on the lampstand, where it gives light for everyone in the house. In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven."



REFLECT

We are both salt and light for the world! In some ways these are quite different things, but in other ways they are very similar. Both have a huge influence on the world. We can't usually see the salt that is in our food, but salt is essential in cooking – even in some sweet food! In Jesus' time when there were no fridges, so salt was also very useful for preserving meat and fish, making it possible to eat even when food was scarce. Most of us don't like the taste of salt on its own, but when used well it makes everything taste wonderful. However wonderful salt is, it is no use unless it's put into food and used. We need to be used too. What difference will we make? How will our good deeds influence others?

Light is perhaps more obviously good and more obvious! Without light, when it's dark, we can't see what's going on. In Jesus' time, the dark would also have been cold too. Light makes it possible to see people, to do any work that is necessary and just move around easily without hurting ourselves. It's much safer moving around, inside or outside, in the light. While salt makes a difference without us seeing it, there is no way light can be hidden. We can be proud if people notice we are good and kind. Jesus says our good deeds will show people how good God is.

How will our good actions today help to share love with the people around us, so they come to know how much God loves them?

LET US PRAY

Loving Jesus,
Thank you for telling us that we are salt and light. Help us to make the world better by being kind, helpful, and brave. Like salt, may we make life sweeter for others with our good deeds. Like light, may we shine brightly so people can see your love in what we do. Show us how to help, how to share, and how to bring hope to those who need it. May our words and actions today help others know how much you care for them. Amen.

MISSION

This week, try to make the world a little brighter and a little better. Jesus says we are salt and light – that means our actions can help others feel loved, safe, and happy.

Your mission:

Choose one way to be salt and one way to be light.

Be Salt:

Do something small that makes a big difference, even if no one sees it.

- Help someone without being asked
- Share something with a friend

Be Light:

Let your goodness shine so others notice God's love.

- Smile at someone who looks sad
- Include someone who is left out

At the end of the week, think about how your actions helped others feel God's love.