READINGS FIFTH SUNDAY IN ORDINARY TIME 8TH FEBRUARY 2026

First Reading **Isaiah 58:6-10**

Thus says the Lord:
Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?
Then shall your light break forth like the dawn,
and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry, and he will say, 'Here I am.'
If you take away the yoke from your midst,
the pointing of the finger, and speaking wickedness,
if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday.

The Word of the Lord

Thanks be to God

Responsorial Psalm

A light rises in the darkness for the upright.

A light rises in the darkness for the upright;
he is generous, merciful, and righteous.
It goes well for the man who deals generously and lends,
who conducts his affairs with justice.

A light rises in the darkness for the upright.

He will never be moved;
for ever shall the upright be remembered.
He has no fear of evil news;

with a firm heart, he trusts in the Lord.

A light rises in the darkness for the upright.

With a steadfast heart he will not fear.
Open-handed, he gives to the poor;
his justice stands firm for ever.
His might shall be exalted in glory.

A light rises in the darkness for the upright.

Second Reading **1 Corinthians 2:1-5**

I, when I came to you, brothers and sisters, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia.
I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Alleluia.

GOSPEL **Matthew 5:13-16**

At that time: Jesus said to his disciples, 'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.'

The Gospel of the Lord

Praise be to you Lord Jesus Christ