

# Young Apprentices

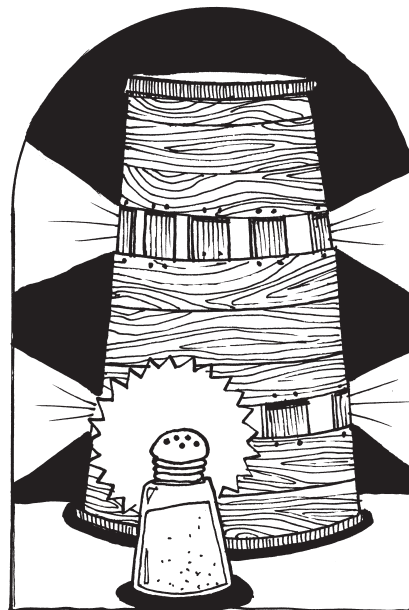
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## CATECHUMENATE SESSION: CARE OF THE POOR

Fifth Sunday in Ordinary Time • Year A • February 8, 2026

Jesus,  
you call me to be  
salt of the earth  
and light of the world.

Let my good deeds  
shine as a light of hope  
to the poor  
and to all in need.  
Amen.



### Sunday Word

**Isaiah 58:7-10**

**Psalms 112:4-5, 6-7, 8-9**

**1 Corinthians 2:1-5**

**Matthew 5:13-16**

The above readings are available at  
[usccb.org/bible/readings](http://usccb.org/bible/readings).

### To Help You Remember



1. We are commanded to share our bread with the hungry, to shelter the oppressed and the homeless, to clothe the naked, and not to turn our back on our own. When we do these things, the Lord will hear us when we cry for help.
2. Paul tells the church of Corinth that their faith should not rest on human wisdom but on the power of God.
3. Jesus says that we are the salt of the earth and the light of the world. Our good deeds will lead others to glorify God.

## Key Teachings



### Salt and Light

The examples of salt and light used in today's Gospel are a way of saying that we are to use our personal gifts and talents to be a shining example to others of God's goodness.

### Care for the Poor

The Church especially calls us to be signs of God's goodness to the poor and to those in need. Not everyone has enough to eat or a place to sleep safely. Together, we work to make things better for others.

## Faith Word



### Option for the Poor and Vulnerable

The Option for the Poor and Vulnerable is one of the seven themes, or focuses, of Catholic Social Teaching. It teaches that Catholics have a special responsibility to reach out to and care for the poor and vulnerable (those in need of special care) and to call all of society to do the same.

## Pope Francis Says . . .

"Jesus came to the world homeless, and made himself poor. Then, the Church wishes to embrace all and to say that it is a right to have a roof over your head. In popular movements they work according to the three Spanish T's: *trabajo* (work), *techo* (roof), and *tierra* (earth). The Church teaches that every person has a right to all three." (October 2014 interview in *'Straatnieuws,'* a Dutch newspaper published by homeless persons)

## With My Family



### We Listen

The First Reading and the Gospel speak of good deeds bringing light to the world. The prophet Isaiah tells us that feeding the hungry and assisting others take away gloom. In the Gospel, we hear more of Jesus' teaching from the Sermon on the Mount. Jesus also tells us to be light for the world.

### We Believe

Jesus has a special love for those who are poor, as he himself was born "into a poor family." The Church teaches that the glory of Heaven is shown forth in Jesus' poverty (see *Catechism of the Catholic Church* 525).

### We Live As Disciples

Jesus tells us that we are the salt of the earth and the light of the world. By giving us these images, Jesus tells us that we must make a difference in the world. We cannot be flat and tasteless, and we cannot let the world be gloomy and dark. With your family, name three ways you can be salt and light in your home, at school or at work, and in your neighborhood.

### We Pray

Praise God in song! Saint Augustine is credited with saying that singing is praying twice. Sing "This Little Light of Mine." Search the internet for ideas for hand gestures that go along with the song, or make up your own. There are lots of verses, so invite each family member to lead his or her favorite verse.