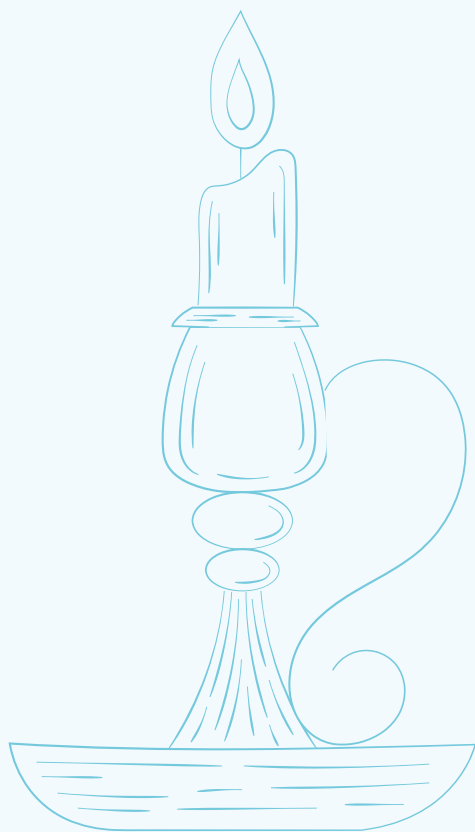


Meditation



2023

Meditation

A WORD OF LIFE

Ambiance

(Sit down; read the Word that Jesus addresses to you today and focus on the phrase that caught your attention)

Text

From the Gospel according to Matthew:

Jesus (addressing the disciples) says to them:

“You are the salt of the earth. Now if the salt corrupts, with what shall it be salted? No it is fit for nothing but to be thrown out and trampled underfoot by men.

You are the light of the world. A city set on a hill cannot be hidden; nor do they light a lamp to put it under a bushel, but on top of the lampstand, and so gives light to all who are in the house. Let your light so shine before men, so that they may see your good works, and glorify your Father who is in heaven” (Mt 5:13-16)

Let us look more closely at the context of the text.

These words, addressed to the disciples, appear in the Gospel, immediately after the Beatitudes. The Evangelist Matthew, places Jesus on the mountain, in front of a numerous crowd, hungry for a word that would give meaning to their lives. Jesus tells them of a Project of Happiness, which passes through a poor, peaceful, merciful heart... new Law of the Kingdom.

Reflection

Jesus, true salt of the earth, asks me to fight against the current of self-indulgence and indifference and accept being true salt of the earth, in the middle of this world, empty and cold.

“You are the light of the world, not to hide it, but to shine before men.” To give continuity to this project of Love and Happiness, Jesus counts on his disciples to be true salt of the earth and light of the world. He, true Light of world, invites me to strengthen my Light, in His Light and to radiate it, together with all those who cross my path...

What a beautiful mission! To be light to illuminate, to guide, to give new life... to turn on the light of love and reconciliation, in this world dominated by war, violence, oppression...by so many forms of darkness.

Prayer

Lord Jesus, Thou art the true salt of the Earth; Thou art the true Light of the world. I can only with you to be true salt and true Light of the world.

I want to welcome this Word of yours in my heart and open myself to you Merciful love to be able to answer you. You know my life well: my failures and desires.

I know you love me, but I don't always discover your love and forgiveness.

I feel the emptiness and loneliness around me and so many lives tied in dark paths

and meaningless.

Free me from my insecurities and fears to take risks; to give a little light to the discouraged and hopeless. Take away from my body laziness, self-indulgence,

inaction, waiting for others to improve the world wounded by darkness.

With you, I will be salt that gives flavor and meaning to life and a radiant Light radiating love and happiness.

Just give me, Lord, a humble and generous heart so that I can follow you.

Amen

