

Fifth Sunday in Ordinary Time

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Today's Readings invite us to reflect deeply on what authentic faith truly looks like in our daily lives. They remind us that faith is not something we merely profess with our lips, but something we must live out through our actions.

In the First Reading from the Prophet Isaiah, God speaks with striking clarity. He tells us that true worship is not merely external; not just fasting, prayers, or rituals. God desires something much deeper: to break the chains of injustice, to share bread with the hungry, to shelter the homeless, and to care for the vulnerable. When faith touches human suffering, Isaiah assures us: "... your light shall rise in the darkness." Faith becomes visible when it becomes compassionate. Prayer without love remains incomplete.

In the Second Reading, Saint Paul reminds the Corinthians, and us, that Christian life is not built on human brilliance, eloquence, or persuasive arguments. Paul says that he came to them in weakness and simplicity, relying totally on the power of God. Why? So that our faith may rest not on human wisdom, but on God alone. This humility is essential for authentic Christian witnessing. When we depend on God rather than ourselves, His power shines through us.

Then in the Gospel, Jesus uses two powerful metaphors to describe who we are called to be: salt and light.

"You are the salt of the earth... You are the light of the world."

Salt and light have something very important in common: they exist not for themselves, but for others. Salt does not give flavour to itself, and light does not illuminate itself. We do not eat salt for its own sake, nor do we switch on a light simply to look at it. Salt enhances the taste of food, and light helps us to see clearly in the dark. Their value is known only when they are used for others.

Jesus says: "You are the salt of the earth." Salt is already salty; but its goodness is known only when it is mixed with food. In the same way, our goodness is known only when we involve



ourselves in the lives of others. Our faith becomes meaningful when it adds hope, healing, and encouragement to those around us.

Jesus also says: “You are the light of the world.” The very purpose of light is to drive away darkness. Where there is light, darkness cannot remain. Likewise, as Christians, our purpose is to confront the darkness of sin, injustice, hatred, and indifference—not by force, but by living lives of goodness, truth, and love.

Jesus reminds us clearly: “Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” Our good works are not for our own glory, but for God’s glory.

Dear brothers and sisters, doing good and being good to others are not optional for Christians—it is essential. Allow me to highlight a few simple yet powerful ways we can live as salt and light:

- Empathy: trying to understand the feelings and experiences of others, putting ourselves in their place, and treating them with dignity and compassion.
- Kindness: small acts of kindness, often unnoticed, can profoundly change someone’s day and even their life.
- Giving: giving our time, talents, and resources generously through service, charity, or simply being present to someone in need.
- Forgiveness: forgiving those who have hurt us, knowing that bitterness harms us more than anyone else.

When we live these values, our faith becomes visible. We become salt that gives flavour to a tasteless world, and light that shines in places of darkness.

Dear friends, let us ask ourselves today:

Does my faith touch the lives of others?

Do my actions reflect the God I believe in?

May the Lord grant us the grace to live our faith sincerely, humbly, and courageously, so that through our lives, God’s light may shine in the darkness, and the world may be transformed by His love.