

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 5th February 2026

Gather

As a family gather in Jesus' name. Find a place that you can "be still, comfortable but alert."

Turn the lights down and create a focal point around The Bible and a torch. Have a blanket with you too.

Let's Think

Jesus tells us that if we do what is right and good, others will see that we believe and will praise God.

As you listen to the hymn, think about how you could achieve this?

Have you been kind to others? Have you helped anyone? Have you been honest even when you have done something wrong? Have you been fair and taken turns?



[Christ be our light - Google Search](#)

Let's Listen to The Word - Matthew 5:13-16

A reading from the Holy Gospel according to Matthew

Response: Glory to you, O Lord

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 hidden. No one lights a lamp and puts it under a bowl; instead he puts it 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.

The Gospel of The Lord

Response: Praise to You, Lord Jesus Christ.

Let's Reflect

Turn off any lights and close the curtain. Pause for a moment and reflect on how it feels. When it is dark, we switch the light on, like this. (Switch on your torch.)

What would happen if we covered the light? (Cover the torch with a blanket). If we uncover the light, we will be able to see much better and it won't be so dark anymore. Just like this. (Uncover the torch)

In the reading today, Jesus tells us that we are like light to the world. What do you think this means?

We are asked to do good things - to help others and live as God wants us to. In this way, we can let our light shine for everyone to see. Through the things that we do, other people will know how good God is.

Let's Pray We are called to let God's light shine in the world and so we pray together:

God of joy, may we share your light with our sisters and brothers, so that as members of one family we can work together to build a brighter, fairer future for everyone.



Amen.

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