

Sunday 8 February 2026

Fifth Sunday in Ordinary Time (Year A)

First Reading - *Isaiah 58.1b,3b-9a*

A reading from the book of the prophet Isaiah.

The Lord says

to the people of Jacob:
I see your rebellion,
and I know your transgressions.

On the day of holy fasting and prayer,
you serve your own interests,
you oppress your workers,
and you quarrel, and fight.

This is not the fasting
that will make your voice
heard on high.

If you deny yourself,
bow your head,
and lie down in sackcloth and ashes,
even this
is not the fasting
that I honour,
says the Lord.

The fast that I honour
is to remove
the bonds of injustice,
and to let the oppressed
go free.

The fast that I honour
is to share your bread with the hungry,
to bring the homeless poor into your house,
and not to hide away
from the needs
of those around you.

When this becomes your fast, then
your light and your healing will come,
your righteousness will lead you on,
and the glory of the Lord
will protect you.

Then you will call, and the Lord will answer.
You will cry for help,
and the Lord will hear.

This is the word of the Lord.

Second Reading - *1 Corinthians 2.1-7,9-10a,13a*

A reading from the first letter of Paul to the Corinthians.

When I was with you, brothers and sisters,
I did not proclaim the message of God
with lofty words
of human wisdom.

I had decided to know nothing amongst you
except Jesus Christ, and him crucified.

I came to you in weakness,
with fear, and trembling.

My proclamation was not
in persuasive words
of human wisdom,

but relied on the power of the Spirit,
so that your faith would rest
not on human wisdom
but on the power of God.

Yet amongst the mature, we do speak wisdom.

For while the wisdom of this age
comes to nothing,

God's eternal and glorious wisdom
is now being revealed.

The scripture says, 'No eye has seen,
no ear has heard, no human heart
has understood'
all that has been prepared
for those who love God.

These hidden things, God has now revealed to us
through the Spirit.

And we speak of them
in words
not taught by human wisdom,
but taught by the Spirit.

This is the word of the Lord.

Gospel - *Matthew 5.13-20*

Hear the Gospel of our Lord Jesus Christ
according to Matthew.

Jesus said,

'You are the salt of the earth.
But salt that loses its taste
is fit only
to be thrown out, and trampled under foot.

You are the light of the world.

When you light a lamp,
you do not put it under a barrel,
but on a lampstand,
to give light to the whole house.
Like a city on a hilltop, it will not be hidden.
In the same way,
let your light shine out,
that all may see the good that you do,
and give glory to your Father in heaven.

I have not
come to abolish
the law
or the prophets,
but to fulfil them.

While heaven and earth remain,
not one letter,
not one stroke of a letter,
will pass from the law,
until everything is fulfilled.

Indeed, whoever breaks
even the least
of these commandments,
and teaches others to do the same,
will be called the least
in the kingdom of heaven;

while whoever
both keeps them and teaches them
will be called great
in the kingdom of heaven.

I tell you, your righteousness
must be greater than that
of the scribes and the Pharisees,
if you are to enter
the kingdom of heaven.'

This is the Gospel of the Lord.