

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.