

**Sunday, February 8, 2026**  
**Fifth Sunday In Ordinary Time**

**Prayer for the Morning**

*In Christ is the source of life; in his light, we see light: come, let us adore! (cf. Ps 36:10)*

Glory to the Father,...Amen. Alleluia!

**Hymn**

**Meter: LM**

Eternal Glory of the sky,  
Blest hope of frail humanity,  
The Father's sole begotten One,  
Yet born a spotless virgin's Son!  
Uplift us with your arm of might,  
And let our hearts rise pure and bright,  
And, ardent in God's praises, pay  
The thanks we owe him every day.  
The faith that first must be possessed,  
Root deep within our inmost breast;  
And joyous hope in second place,  
Then charity, your greatest grace.

**Psalm**

**118:1, 10-21**

*I will make you a light to the nations,/ that my salvation may reach to the ends of the earth. (Is 49:6)*

*As Christians, we are to bear the light of Christ to the whole world in our every action. Even when he seems far from us, when we feel most alone, his Spirit is nearby to support and strengthen us in this task.*

Give thanks to the Lord for he is good,  
for his love endures for ever.  
The nations all encompassed me;  
in the Lord's name I crushed them.  
They compassed me, compassed me about;  
in the Lord's name I crushed them.  
They compassed me about like bees;  
they blazed like a fire among thorns.  
In the Lord's name I crushed them.  
I was hard-pressed and was falling  
but the Lord came to help me.  
The Lord is my strength and my song;  
he was my savior.  
There are shouts of joy and victory  
in the tents of the just.  
The Lord's right hand has triumphed;  
his right hand raised me.  
The Lord's right hand has triumphed;  
I shall not die, I shall live  
and recount his deeds.  
I was punished, I was punished by the Lord,  
but not doomed to die.  
Open to me the gates of holiness:  
I will enter and give thanks.

This is the Lord's own gate  
where the just may enter.  
I will thank you for you have answered  
and you are my savior.

Glory to the Father.

**Word of God**

**Ephesians 5:8-10**

You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord.

All of you are children of the light and children of the day. (1 Thes 5:5)

**Canticle of Zechariah**

*You are the light of the world. (Mt 5:14)*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

**Intercessions**

You have made us in your own image, to bear your light to those around us. With knowledge of our own responsibility, we pray:

**R/** May the light of Christ shine through us!

For children and all who look up to us, – that we might model for them authentic Christian virtue:

**R/**

For those whose faith has been damaged by the sins of Christians, – that we might serve as a living example of his faithful love in our fallen world: **R/**

For all who do not know Christ, – that our words and actions may help to open their eyes to his presence: **R/**

**Personal intentions**

**Our Father....**

*Lord our God, you are loving and merciful to all who turn to you in humility. Draw us ever deeper in your embrace as we seek to please you through holy lives. Through Christ our Lord. Amen.*

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**Reading 1                      Zephaniah 2:3; 3:12-13**

Seek the Lord, all you humble of the earth,/ who have observed his law;/ seek justice, seek humility;/ perhaps you may be sheltered/ on the day of the Lord's anger.

But I will leave as a remnant in your midst/ a people humble and lowly,/ who shall take refuge in the name of the Lord:/ the remnant of Israel./ They shall do no wrong/ and speak no lies;/ nor shall there be found in their mouths/ a deceitful tongue;/ they shall pasture and couch their flocks/ with none to disturb them.

**Reading 2                      1Corinthians 1:26-31**

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God.

It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

**Gospel                                      Matthew 5:1-12a**

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit,/ for theirs is the kingdom of heaven./ Blessed are they who mourn,/ for they will be comforted./ Blessed are the meek,/ for they will inherit the land./ Blessed are they who hunger and thirst for righteousness,/ for they will be satisfied./ Blessed are the merciful,/ for they will be shown mercy./ Blessed are the clean of heart,/ for they will see God./ Blessed are the peacemakers,/ for they will be called children of God./ Blessed are they who are persecuted for the sake of righteousness,/ for theirs is the kingdom of heaven./ Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

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**Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the Morning text used with permission of Magnificat.*