



MT 4:23

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people.²⁴ News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them.²⁵ Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.

MT 5:1 Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him,² and he began to teach them, saying:

MT 5:13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.

MT 5:14 "You are the light of the world. A city on a hill cannot be hidden.¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.¹⁶ In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Mantra: "Lord Jesus may I be as salt and light to all I meet