

opusdei.org

# **Tuesday's Gospel: Salt of the Earth, Light of the World**

Gospel for Tuesday in the 10th Week of Ordinary Time, and commentary.

## **Gospel (*Mt 5:13-16*)**

“You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men.

“You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a

bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”

---

## **Commentary**

“You are the salt of the earth.” “You are the light of the world.”

Jesus, in addressing the people, wants to help them understand his words. So he uses images very familiar to them: salt and light.

Salt preserves food from corruption. Our Lord says that his disciples must bear witness to God in this world by reflecting Him in their own life. By making God’s Love present among men with their good works.

A lamp is placed on a stand to provide light for everyone in the house. Thus a disciple of Jesus must be a light that shows others the right path with their own behavior.

Saint Josemaría said: “Following the Master’s wishes, you are to be salt and light while being fully immersed in this world we live in, sharing in all human activities. Light which illuminates the hearts and minds of men. Salt which gives flavor and preserves from corruption. That is why if you lack apostolic zeal you will become insipid and useless. You will be letting other people down and your life will be absurd.”<sup>[1]</sup>

We need to be salt and light so that others “may see your good works and give glory to your Father who is in heaven.” God wants to be present in the world through us Christians. He wants us to be other Christs in our family life, professional life, etc.

As Saint Josemaría wrote in *The Way*:  
“How I wish your bearing and conversation were such that, on seeing or hearing you, people would say: This person reads the life of Jesus Christ.”<sup>[2]</sup> —

Our Lord is setting a high goal for us. He expects a lot from those who follow Him, but the Risen Lord gives us the grace we need to respond. He enables us to become salt and light through prayer and the sacraments. And thus, with the salt and light of the Risen Christ, we can lead many souls towards heaven.

<sup>[1]</sup> — *The Forge*, 22.

<sup>[2]</sup> — *The Way*, 2.

Javier Massa

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ie/gospel/tuesdays-gospel-salt-of-the-  
earth-light-of-the-world/](https://opusdei.org/en-ie/gospel/tuesdays-gospel-salt-of-the-earth-light-of-the-world/) (04/05/2026)