

Reading for Weekday in Ordinary Time

June 9th 2026

First reading

1 Kings 17:7-16

‘The jar of flour was not spent according to the word of the Lord that he spoke by Elijah.’

In those days: The brook where Elijah was hiding dried up, because there was no rain in the land. Then the word of the Lord came to Elijah, ‘Arise, go to Zarephath, which belongs to Sidon, and dwell there. Behold, I have commanded a widow there to feed you.’ So he arose and went to Zarephath. And when he came to the gate of the city, behold, a widow was there gathering sticks. And he called to her and said, ‘Bring me a little water in a vessel, that I may drink.’ And as she was going to bring it, he called to her and said, ‘Bring me a morsel of bread in your hand.’ And she said, ‘As the Lord your God lives, I have nothing baked, only a handful of flour in a jar and a little oil in a jug. And now I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it and die.’ And Elijah said to her, ‘Do not fear; go and do as you have said. But first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. For thus says the Lord, the God of Israel, “The jar of flour shall not be spent, and the jug of oil shall not be empty, until the day that the Lord sends rain upon the earth.” ’ And she went and did as Elijah said. And she and he and her household ate for many days. The jar of flour was not spent, neither did the jug of oil become empty, according to the word of the Lord that he spoke by Elijah.

Responsorial Psalm

Ps 4:2-3. 4-5. 7-8. R7b

Lift up the light of your face on us, O Lord.

O God of justice, give answer when I call;

from anguish you released me, have mercy and hear me!

O you people, how long will my glory be dishonoured,

will you love what is futile and seek what is false?

Know that the Lord works wonders for his faithful one;

the Lord will hear me whenever I call him.

Tremble, do not sin: ponder on your bed and be still.

‘O that we might see better times,’ many say.

Lift up the light of your face on us, O Lord.

You have put into my heart a greater joy

than abundance of grain and new wine can provide.

Gospel Acclamation

Matthew 5:16

Alleluia, alleluia.

Let your light shine before others,

so that they may see your good works

and give glory to your Father who is in heaven.

Alleluia.

Gospel

Matthew 5:13-16

‘You are the light of the world.’

At that time: Jesus said to his disciples, ‘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 trampled under people’s feet.

‘You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.’

Short reflection on the reading for today

In order to understand better the meaning and significance of our Gospel passage today we should understand the importance of light and salt in our world, and especially more so back then during the time of the Lord Jesus. These two commodities were truly important and precious for the people back then as without them, much of the people’s livelihood cannot go on and no one can carry out their lives if they were lacking in light and salt. First of all, light is needed for the people to see clearly and do their various activities, and back then when there was no electricity and artificial electric light sources, light was an especially crucial and important commodity needed by many people in order for all of them to be able to perform work or any activities and actions at all. Hence, when the Lord referred to His disciples and exhorting them to be the ‘light of the world’, and not to hide their brightness, it is a reference to the expectation how all of us as Christians, we have to be committed to God in all the things we do, and be good role models for one another.

Similarly, salt was used, and indeed is still used today for the preservation for many types of food items. However, back then, salt was even more important because not only that there was no refrigeration methods, and preserving the food with salt is among one of the few ways to ensure that many food items remained viable beyond their fresh shelf-life. Salt was also used to add flavour to the food, and if salt was not used, the food might end up being bland and unpalatable. That is why, salt was really a very important commodity back then, as it is still so nowadays.

When the Lord referred to this and exhorted His disciples to be like the ‘salt of the earth’, He was calling on them to live lives that are virtuous, just and full of faith, so that by their examples and good role modelling, they may truly be the flavours that rejuvenate the faith and spread the Good News to the world.