

Monthly study guides can be used in personal prayer and for small group reflection.

MARCH 2026

SCRIPTURE

Read: Matthew 5:13-16

REFLECT:

1. This passage appears in the 'Sermon on the Mount' in Matthew's Gospel, in which Jesus imparts many key elements of his teaching. How is this passage one of those key elements of Jesus' message?
2. Why do you think Jesus uses the image of salt to describe discipleship?
3. Similarly, why do you think Jesus uses the image of light to describe discipleship?

READ: A selection from *Via Fidelis* — Chapter 4

Over the course of the last few centuries, Western countries have demoted the Christian faith to a mere cultural symbol. The faith has been stripped of its richness and beauty. The Lord Jesus and his Gospel are dismissed or outrightly mocked. The Church is viewed as an antique of a bygone era that is no longer relevant or helpful to society. Such signs show us the loss of faith in our day.

In our age, which is predominated by secularism and moral relativism, even believers can get caught up in the moral laxity, financial greed, political messianism and nihilistic cultural realities around them. While expressed in different ways at different times, darkness and error are found in every age and our own age is no exception. We are in an active struggle to show the goodness of the Lord Jesus, the credibility of the Gospel and the essential role of the Church as salt and light for our world today.

REFLECT:

1. In this selection, the Bishop describes a widespread loss of faith in our culture. In what ways have you seen this to be true? Conversely, what points of hope have you seen?
2. What effect do the 'moral laxity, financial greed, political messianism and nihilistic cultural realities' that the Bishop describes have on society and the individuals within society? How do we respond?
3. The Bishop echoes Jesus' call to be 'salt and light' in the world of today. What does this mean in our context?

