

## READINGS FOR THE HOLY MASS Gen 3 Congress (13-17 years)

*(Focus on being messengers and light and salt of the world)*

First Reading: From the first letter of John (1:1-7)

What was from the beginning, what we have heard, what we have seen with our eyes, what we looked upon and touched with our hands concerns the Word of life—for the life was made visible; we have seen it and testify to it and proclaim to you the eternal life that was with the Father and was made visible to us—what we have seen and heard we proclaim now to you, so that you too may have fellowship with us; for our fellowship is with the Father and with his Son, Jesus Christ. We are writing this so that our joy may be complete.

Now this is the message that we have heard from him and proclaim to you: God is light, and in him there is no darkness at all. If we say, “We have fellowship with him,” while we continue to walk in darkness, we lie and do not act in truth. But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin.

**The Word of the Lord**

Responsorial Psalm: Psalm 27

**The LORD is my light and my salvation**

The LORD is my light and my salvation; whom should I fear?  
The LORD is my life’s refuge; of whom should I be afraid?  
When evildoers come at me to devour my flesh,  
These my enemies and foes themselves stumble and fall.

Though an army encamp against me, my heart does not fear;  
Though war be waged against me, even then do I trust.  
One thing I ask of the LORD; this I seek:  
To dwell in the LORD’s house all the days of my life,  
To gaze on the LORD’s beauty, to visit his temple

I believe I shall see the LORD’s goodness in the land of the living.  
Wait for the LORD, take courage; be stouthearted, wait for the LORD!

**Alleluia, Alleluia, (Jn 8:12)**

“I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life”.

**Alleluia**

Gospel: Matthew 5:13-16.

*You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.*

*You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. **The Gospel of the Lord.***