



{INVITATIONS}
CELEBRATE.

YOU are Salt and Light

Matthew 5:13-20

GETTING STARTED

Share a story that is related to spice and food. (Yes...this is a wide open question with the potential of a lot of laughs or revealing what you really like—or not).

READ AND REFLECT

Read Matthew 5:13-20

How have you traditionally understood or applied the salt and light passage?

What do you know about elements and the impact of salt and light? How are they important to our world?

In what ways does Jesus represent salt and light in the Gospels?

How big a deal is it when Jesus says *YOU are...salt and light*?

In what ways is there a connect between the *fulfillment of the law* section and the *salt and light* section?

ENGAGE AND DISCUSS

Over the years, books and ideas have been generated on how one could “salt” their friends, neighborhoods and so on with acts of service, kindness, etc. Do you think this is what Jesus intends us to do...to shake “salt” on others? Explain.

What is the difference between *trying* to salt and *being* salt/*trying* to shine and *being* light?

React to Os Guinness’s words:

"The main problem with American Christians is not that they aren't where they should be, but that they are not what they should be right where they are as doctors, housewives, lawyers, salesmen, or nurses, and so on."

In what ways do we (or you) lose saltiness or hide our light? What are the kinds of consequences do you see when the church is not salt or hides its light? How does Jesus understand consequences?

If Jesus calls his followers (the church) to be salt and light (embody Jesus and God’s mission), what is your opinion in how we are doing? Explain.

NEXT STEPS

Reflect how the teaching and discussion this past week on salt and light has impacted you.

What would it mean for you to live more fully as salt and light instead of trying spread a little salt or light?

What, if any, shifts need to take place to be true to your form (“You are salt and light”) in the contexts of your life (home, work, marriage, family, parenting, friends, neighbors, conflict situations...)?