



**Be Honest With Yourself — Part 4**

**(The Truth About My Identity)**

*(Salt & Light — Matthew 5:13–16)*

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

**Date: January 25, 2026**

**Monthly Summary:**

In Matthew 5, Jesus confronts the **inner life** before outward behavior:

1. **The Truth About My Attitude** (*The Beatitudes — Matthew 5:3–12*)
2. **The Truth About My Private Issues** (*Anger & Lust — Matthew 5:21–30*)
3. **The Truth About My Relationships** (*Retaliation & Love — Matthew 5:38–48*)
4. **The Truth About My Identity** (*Salt & Light — Matthew 5:13–16*)

**Text: Matthew 5:13-16 (NIV)**

13 “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

14 “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

**Big Question:** Why does it never feel like I’m doing enough?

**I. Identity Is Often Challenged by “Not Enough”**

**Note:** Most identity struggles don’t look like pride. **They look like pressure.**

- I didn’t **give** enough
- I didn’t **serve** enough
- I didn’t **save** enough
- I didn’t **build** enough
- I didn’t **move fast** enough

**Note:** This is not laziness. This is **relentless internal accusation.**

**Down-Home Thought:** When everything is measured, nothing ever feels finished.



## II. Jesus Does Not Say “Do More” — He Says “You Are”

- “You are the salt of the earth.”  
“You are the light of the world.”
- Notice what Jesus **doesn’t** say:
  - You will be salt *if*
  - You’ll become light *when*
  - You earn this identity *after*

**Note: Identity is declared before performance. Jesus anchors identity ahead of output.**

## III. The Pressure to Be Enough Is Not From God

- Salt is not judged by **quantity**.  
Light is not judged by **speed**.
- Salt works quietly.  
Light works steadily.

### Neither one:

- Rushes
- Competes
- Explains itself

**Truth:** God never measures you by comparison — only by obedience.

## IV. “Losing Saltiness” Is About Exhaustion, Not Laziness

- “If the salt loses its saltiness...”
- Salt doesn’t lose strength by being used.  
It loses strength by being **diluted**.

### Dilution happens when:

- We carry expectations God never gave us
- We adopt standards God never set
- We measure success by outcomes instead of faithfulness

### Down-Home Thought:

- You don’t feel empty because you gave too little —



- You feel empty because you carried too much.

#### V. Light Is Not About Being Seen — It's About Being Faithful

- “They don’t light a lamp and put it under a bowl...”
- Many leaders hide light not because they’re afraid of people —  
But because they’re tired of **never feeling sufficient**.

##### Honest Question:

What if the problem isn’t that you didn’t shine enough — But that you demanded more light than God required?

#### VI. “Let Your Light Shine” Is About Release, Not Pressure

“Let your light shine before others...”

##### Jesus does not say:

- Force it
- Prove it
- Defend it

##### He says: Let.

- Light doesn’t strain.
- It rests where it’s placed.
- When you stop proving, you start shining.

##### Closing Truth (This Is the Heart of It)

- You are not behind.  
You are not late.  
You are not failing.
- You are **salt** — already useful.  
You are **light** — already enough.

##### Closing Declaration:

“Lord, free me from the lie that I’m never enough,  
and teach me to rest in who You’ve already made