



# The Best Life

A SERIES THROUGH THE SERMON ON THE MOUNT



**LIFE**  
**GROUPS**  
WEEK 5 • MAR 8

### **NORTHSHORE'S COMPELLING STATEMENT**

Hope changes everything.

---

### **ICE BREAKER**

When growing up, did you ever experience turning a physical light on that gave you peace? What was the situation?

---

### **BACKGROUND**

Purity and usefulness. For this week's study, these words are tied to the topic of salt. In ancient times, salt was used to keep meat from going bad. It maintained the purity of the meat as a preservative. In the same way, we as citizens of Christ's kingdom need our hearts and lives to remain pure in order to maintain our usefulness and effectiveness for showing the difference of life with Christ versus not. This can be a challenge as we are in the world but not of it. To mix salt with other additives reduces its ability to preserve and protect its object of purity. Some would say that the additives are equivalent to compromises in life; hence, why we would lose our saltiness.

So also with light, either on a hill or in a house, it must burn bright to aid in understanding and hope. As citizens of Christ's kingdom, we are called to be that light (Matthew 5:14-16). And it was Isaiah 49:6 that prophesied that Christ (the Messiah) himself is "a light for the nations, to be my salvation to the end of the earth." We are his children, and we are to show the light of Christ through our life, seen by all and pointing to Christ alone. Why hide such abundance of life, peace, joy and hope? It would be as ridiculous as hiding a light one puts on a stand within a house. Why go through all the effort of producing light only to remove the benefit of its brightness?

Now, as scripture tells us in Matthew 5:11-12, as Christians, our witness will give rise to persecution. For when the salt and light are in stark contrast to the immediate world we live in, there will be pushback and anger from those living in contrast. For the light exposes the darkness and the darkness does not like to be illuminated. For once illuminated, it becomes known and accounted for. Those things done in darkness thrive there. For it lies in what is seen as 'secret'. But nothing is secret to Christ. All is seen. For He is light and nothing can escape that light. So, we stand in the boldness of Christ, for our real citizenship is not in this world but in His eternal kingdom, where life is abundant and everlasting.

### **REVIEW**

What was meaningful from the above context or the sermon from last Sunday?



**KEY VERSES:** Matthew 5:13-14

“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. You are the light of the world. A town built on a hill cannot be hidden.”

**READ:** Matthew 5:13-16



**HEAD LEVEL:** *What does it say? These help us to examine what the Word tells us.*

1. What are we called to be?
2. What is the reality of salt losing its saltiness?
3. How is the lamp in the following verses a source of light?
  - a. Psalm 119:105
  - b. Proverbs 6:20-23
  - c. Proverbs 20:27
  - d. 1 Kings 15:1-4
  - e. 2 Samuel 22:29

**DEEPER DISCOVERY:**

- How was salt involved in grain offerings? Leviticus 2:11-13
- How does salt represent new beginnings? 2 Kings 2:21-22



**HEART LEVEL:** *What does it mean? These questions help us shape our beliefs around the objective truth of God's word.*

1. What has been in the news lately that indicates society is rotting and decaying?
2. What might cause Christians to lose their saltiness?
3. Why might we be tempted to hide our light?



**HANDS LEVEL:** *What does it mean to me? These questions help us commit to live out the truth in our everyday lives and commit to potential next steps.*

1. What relationship do you see between the Beatitudes and our role as salt and light in society?
2. What are some practical ways we can function as salt (preventing decay) where we live and work?
3. What are some practical ways we can function as light (illuminating the darkness) where we live and work?



**MEMORY VERSE:** Matthew 5:16

*“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*

### **PRAYER REQUESTS:**

*(Please remember that these requests are confidential and need to stay within the group.)*