

SALT AND LIGHT

MATTHEW 5:13-16

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

- Matthew 5:14-15

As you begin your group time use one or more of the following questions to get the conversation going:

What's the saltiest food you've ever tasted, but still loved?

What foods do you like to put a good salting on?

Do you know the lyrics to the song "This Little Light of Mine?" Have some fun and sing a little of it together!

Jesus challenges us to be the flavor and light this world is missing. Without your Christian influence in the world it would be a dark and lonely place. In this passage Jesus lays out some instructions on how to be effective followers whose faith makes a difference. So how can we contribute to making the world a better place as believers?

Jesus shared that His followers can be effective if they **ADD SALT**. **Read Matthew 5:13 as a group.**

Describe what salt is capable of doing and list below. How is this analogous to Christians and what we're capable of?

When you become "the salt of the earth" it causes others to thirst for God. Read David's words in **Psalm 63:1** then ask yourselves when was the last time you thirsted for God like that. Are we being effective Christians if we don't evoke that kind of thirst in others? Discuss.

List some things below that we have done and are doing as a church to be the salt of the earth. Discuss as a group how you can be involved personally in those activities. What is our goal when participating in these things?

How have you seen the Church lose it's saltiness in the world today? How can we better maintain our effectiveness?

Jesus also said that to be effective we must **BE EXPOSED**. Read **Matthew 5:14-15** as a group.

Discuss what Pastor Erik meant when he said “people should be able to find us without trying.” How exposed is your VGroup in the community where you meet?

Read Paul’s words in **2 Corinthians 5:20**. What does he say we are to be to those around us? What does that mean and how do we achieve our goal as such?

Philippians 2:14-16 says “you will shine among them like stars in the sky.” What does Paul say in these verses that causes us to do so? How is that different from the world around us?

What sentiments must we overcome as believers to shine our light today and spread the message of reconciliation to others? How will people see past Christian stereotypes to receive the light of the Gospel?

Finally, Jesus shares that in order to be effective we must **BE BRIGHT**. Read **Matthew 5:16** as a group.

What should our purpose be in shining brightly?

In Jesus’ “Woe’s” He describes the Pharisees as whitewashed tombs. What did He mean by this and how do we/our churches fall into this same category? Read here - **Matthew 23:27-28**.

Pray:

As you close your time together pray that God would use you, individually and as a group, as the salt of the earth. Ask the Holy Spirit for courage to allow your light to shine brightly in the darkest places of your life and to be a light to others. Pray for an effective witness to unchurched and non-believing family and friends.

Connect:

Listen to the song “Do Something” by Matthew West on YouTube or Spotify today!