

**Student Ministries:  
Your Salt, Light and Purpose  
March 22, 2020**

We all come into this world with certain qualities, opportunities and circumstances that are unique to us. Friends may look similar, but there is not a single person who has the same combination of home, family, thoughts, opportunity and heart and soul as you. God created mankind in his own image. He created *you!*

*“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.” Matthew 5:13-16*

What does it mean to “be” **salt**? Imagine drinking a sip of water. It is (mostly) flavorless. Imagine (or, please, try!) drinking a sip of water with salt added to it. It now has flavor! It may be *too* much flavor, but the water now has a presence that resonates with you. That time you drank salt water for church will stand out in a way that other snacks will not. In *you* there is a saltiness that God put in you, making you special and needed in this world.

How are you salty in your home and community?

Where is your salt?

Where is your light? How do you use it for the glory of God?

**Name it.** You were born with gifts that are unique to *you* alone. When you use your gift and refer to them *as* gifts, it is not bragging. They *are* gifts from God.

*“Each of you should use whatever gifts you have received to serve others, as faithful stewards of God’s grace in its various forms.” 1 Peter 4:10*

What are three to five of your unique gifts?

- 1.
- 2.
- 3.
- 4.
- 5.

Look at the other people in your home. What are *their* unique gifts?

**Tell** them you see, know, recognize and benefit from their gifts. Tell them, “you are the salt of the earth. You are the light of the world.” It might feel awkward but it will mean the world to them, and just like the salty water you drank, it will resonate. In our time in isolation, we have an opportunity to be and speak to each other the way God intended. Use this time! Every day is an opportunity, even (especially) this day!

**Meditate.** Imagine you are an invisible light source, visiting all the the dullness and pain in the world. Imagine you can shine your light on them. **SEE** the impact your light and warmth has on others. In your mind, travel through the places you know or have been. Visit the people you have seen. Imagine they can’t see you, but they can feel when you are with them. How does that feel to bring such goodness into the world. **REMEMBER** the times you have felt this warmth and light in your own life. Who was the source? Were you alone (the holy spirit!), or was it someone you know? Allow this light and joy to come into your own heart and come out to grow with those around you. Close your eyes for five minutes and take yourself for that journey, shining light and warmth and salt.

**Sing: Here I am Lord**

I the lord of sea and sky  
I have heard my people cry  
All who dwell in dark and sin  
My hand will save

I have made the stars of night  
I will make their darkness bright  
Who will bear my light to them?  
Whom shall i send?

Here I am Lord  
Is it I Lord?

I have heard You calling in the night  
I will go Lord  
If You lead me  
I will hold Your people in my heart

I the lord of wind and flame  
I will tend the poor and lame  
I will set a feast for them  
My hand will save

Finest bread i will provide  
Till their hearts be satisfied  
I will give my life to them  
Whom shall i send?

### **Family Fun! Salt Dough Easter Eggs**

As a family, make salt dough easter egg ornaments to hang in your home or share with your neighbors!

**Ingredients:**

- 1 c flour
- 1/2 c salt
- 1/2 c water

**Method:** Mix flour and salt together. Add water and knead for 10 minutes. Let rest for 20. Preheat oven to 250. Roll out dough and shape into eggs with either a cookie cutter or knife to form into the shape of eggs! Decorate either with paint, or carefully etch designs into the eggs. You might also try food coloring *in* the dough. Place on cookie sheet and poke a small hole at the top. Cook for about 2 hours or until firm.

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And to mix it up, take a listen to Lauren Daigle's [Light of the World](#).

Hopefully you have all sent a letter to someone else in the church and enjoying the process.

Next movie night is Friday, March 27!