



Salt and Light: The Heart of Christ

Matthew 5:13-16 (ESV)

Icebreaker: Have you ever been to a salt mine? If anyone has, talk about your experience and what you saw. If no one has been, look up some images online and talk about what you see.

1. Salt and light bring zest, thirst and clarity.

Consider:

Do you prefer salty or sweet?

When salt is added, it can enhance flavor. But what happens if too much salt is added? When light comes in a room, darkness has to flee, and we can see what is there. But what happens when there is too much light?

Discuss:

We are called to be salt and light, to add flavor and illuminate darkness. Describe what it looks like “in real life” when we are not enough salt or light and conversely, when we are too much salt and light?

2. Salt and light provide restoration and warmth.

Consider:

Look up the benefits and uses of salt in our day-to-day lives. In addition, think about the warmth that light can bring to a cool, dark room... both a literal warmth and a figurative one.

Discuss:

How do we keep “the good salt” in our own lives to benefit us?

How might you provide “warmth” to someone in your life intentionally? And for added challenge, consider answers that reach beyond what comes easy.

3. There should not be an expectation from believers for the lost to act saved. But there is an expectation from Jesus for the saved to love the lost. *Scriptures for reference: Proverbs 4:23 & Matthew 11:28-30*

Consider:

Jesus said that he is gentle and lowly in heart. (Matthew 11:29) Look up these two words. What does it mean to be full of gentleness and lowliness?

Discuss:

Unbelievers don’t know what WE know! How do we interact with gentleness and lowliness so that we reflect the Jesus we know?

Do either or both come naturally to you? If not, how can you choose to behave in new ways?

Think about how you can apply these two words/behaviors to frustrating situations where people are deceived and cannot see the right way.

Act:

We do not know when we are deceived... that is the very nature of deception. Ask God to open our eyes and the eyes around us to illuminate deception in order to see Him and to put His thoughts and desires into tangible action.

4. Salt and light preserve and influence. *Additional scripture: 1 Thessalonians 5:14-15*

Consider:

As Christians, we want to be ones that offer preservation through eternal hope and influence by being gentle and lowly with the people around us. Yes, we need to share our faith and be bold about our belief in Jesus, but we don't want to be obnoxious, unkind or judgmental.

Discuss:

Share an experience you have had in your life when someone was positively influential on your faith. What came from that experience that preserves your hope in eternal life through Jesus?

Act:

Ask God who He wants to be for you as you go about your day. When you encounter unbelievers, obnoxious people or your own family, ask God to help you to be gentle, lowly and a preservative, not a destroyer. Ask Him how to shed light without beaming a bright bulb in someone's eye and blinding them!