

Matthew 5:13-16

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.

Let's Reflect

Reflect on the characteristics of those Jesus calls *makarios (blessed)*: *the poor, mourning, hungry, thirsty, meek, humble, and hurting*. Jesus calls these supremely happy! What **feelings** do we or our culture associate with these?

Let's Consider

- Share some characteristics of salt and light? What do we use them for, and how do they benefit their environment?
- What does Jesus say will happen to salt that loses its saltiness. Why should that worry us as believers? What do you think happens to a church that loses its 'saltiness' (witness)? Can you think of examples?

Let's Apply

- Read Colossians 4:6. What's wrong with using too much salt? Give a few examples of 'salty' actions (things said or done, even if true but without grace)
- How can these 'characteristics of life in God's kingdom' shape our reliance on the Holy Spirit, how we pray, and how we see other Christians?

Let's Pray and Do

- We shine when people see our good deeds and recognize Christ's love in us. What act of love can you do this week to someone (family, friend, neighbour)? How can you shine God's light to those around you?