



## Topic: Did Jesus Say That?

### Salt and Light

#### Pray:

Begin your prayer with gratitude for God's wisdom and guidance. Reflect on Psalm 25:4-5 (NIV): "Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long." Thank God for His Word that guides us to be the salt and light He desires us to be.

#### Meditate:

**Read Matthew 5:13-16 (NIV) - "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. 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. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."**

Did you know that salt was so valuable in ancient times that Roman soldiers were sometimes paid with salt? This practice is the origin of the word "salary." Just as salt had value in the past, Jesus emphasizes the value of His followers as they bring preservation and flavor to a world in need.

Jesus compares His followers to salt and light, using common elements from the ancient world to convey deep spiritual truths. Salt was not only used for flavoring but also as a preservative to prevent decay. Just as salt prevents decay, Jesus' disciples are called to bring life and renewal to the world around them. Light, on the other hand, illuminates darkness and guides the way. By shining their light, disciples reveal God's truth and love to a dark world. As followers of Jesus, we have a responsibility to be salt and light in our communities. Just as salt prevents decay, we can bring godly influence and positive change to the world. Just as light dispels darkness, our actions and words can reveal God's truth and love. Let us strive to live in a way that reflects the values of the kingdom of heaven, impacting those around us for the better.

**Proclaim:**

"I declare that I am the salt of the earth and the light of the world through Christ Jesus. I am called to bring preservation, flavor, and illumination to the lives of those around me. By living according to God's truth, I will impact the world for His glory."

**Fellowship:**

Discuss with a friend or family member how you can intentionally enhance the lives of those around you. Share ways you can preserve and promote goodness in your sphere of influence.

**Discussion Questions:**

For Parents:

- How can you be a positive influence in your children's lives, guiding them with godly values?
- What practical steps can you take to ensure that your home environment reflects the "salt" that preserves love and harmony?

For Students:

- How can you use your influence among your peers to make a positive impact on the school community?
- In what ways can you stand up for what's right and set an example as a follower of Jesus?

For Professionals:

- How can you infuse your workplace with the "salt" of integrity and kindness, positively impacting your colleagues?
- What opportunities do you have to lead by example in your workplace, demonstrating the values of the Kingdom?

Embracing Jesus' call to be salt and light is an invitation to shine brightly in a world seeking hope and meaning. Just as salt preserves and light illuminates, our lives can make a profound impact. By living out our faith authentically and showing God's love through our actions, we have the opportunity to transform lives and point others to the source of true light. As we reflect the values of the kingdom of heaven, we fulfill our purpose to bring glory to our Father in heaven and make a lasting difference in the lives of those around us.

