

SERMON-BASED STUDY: SALT AND LIGHT

Matthew 5:13-16, ESV – ¹³ “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.

¹⁴ “You are the light of the world. A city set on a hill cannot be hidden. ¹⁵ Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Notes:

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

QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 This week we learned that salt fights back decay, inspires health, and creates thirst. How does this imagery help to explain how believers need to interact with the world?
- 2 How can believers stay salty and not lose their saltiness?
- 3 We also learned that we are to reflect the light of God to a dark world. How do we reflect the light of God for others to see?

DIGGING DEEPER

A **Mark 9:50, ESV** – ⁵⁰ *Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and be at peace with one another.*”

Colossians 4:5-6, ESV – ⁵ *Walk in wisdom toward outsiders, making the best use of the time.* ⁶ *Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.*

Ephesians 4:29, ESV – ²⁹ *Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

4 Looking at the verses above, we read that our saltiness needs to be mixed with graciousness. Why do we need to have a balance between these two things?

5 In Colossians 4:5-6, what does Paul mean by “outsiders”? Why do believers need to walk in wisdom toward them? How is Paul’s exhortation in Ephesians 4:29 related to this idea of walking in wisdom?

6 Share a time when you passed the salt to someone else. How did you pass the salt? How was it received?

B **John 8:12, ESV** – ¹² *Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.”*

Ephesians 5:7-14, ESV – ⁷ *Therefore do not become partners with them;* ⁸ *for at one time you were darkness, but now you are light in the Lord. Walk as children of light* ⁹ *(for the fruit of light is found in all that is good and right and true),* ¹⁰ *and try to discern what is pleasing to the Lord.* ¹¹ *Take no part in the unfruitful works of darkness, but instead expose them.* ¹² *For it is shameful even to speak of the things that they do in secret.* ¹³ *But when anything is exposed by the light, it becomes visible,* ¹⁴ *for anything that becomes visible is light. Therefore it says, “Awake, O sleeper, and arise from the dead, and Christ will shine on you.”*

7 What does Jesus mean when He says His followers, “will have the light of life”?

8 Looking at Ephesians 5:7-14, we are told to walk as children of light. What does it mean to walk as children of light?

How is Ephesians 5:14 hope for someone who has not yet put their faith in Jesus? How can we, as children of light, help someone find that hope?

TAKING IT HOME

Jesus concludes this section of His message with two pronouncements on those who believe: “You are the salt of the earth,” and “You are the light of the world.” Believers are Jesus’ truth speakers and reflection of His goodness. However, salt can lose its saltiness and a light can be turned off. How are you doing at being salt and light for Jesus? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to be salt and light to a dark world that needs to hear the good news of Jesus.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Luke 8:16, 14:34

Acts 13:47

Romans 12:1

1 Peter 2:9

1 John 1:5