

Salt and Light

Matthew 5:13-16: "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."

Colossians 4:6: Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Galatians 5:22-25: But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit.

Notes:

Transformed by the Truth

Questions for Reflection & Discussion

1. Read [Matthew 5:3-10](#). Which of these beatitudes do you think you exemplify? Which one do you most need to work on? How can you begin to do that?

2. Read Matthew 5:13. What do you think it means to be "salty" as a Christian? Do you think verses 3-10 help to answer this question? Why or why not?

3. Read Matthew 5:14-16. How, according to this passage, do we "let our light shine"? What is something specific you have done in the last month to let your light shine?

4. Re-write Colossians 4:6 in your own words. How could your conversation be more gracious? More salty?

5. Read Galatians 5:22-25. If you could choose one fruit of the Holy Spirit to grow in throughout 2021, which one would it be? Why? How can you begin to mature in this area?
