

SALT + LIGHT



NOTES

for today's message

MATTHEW 5:13-16 "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.

- The Sermon on the Mount is the first recorded sermon from Jesus. It is a bold and clear message about how we are expected to live.
- Jesus begins this sermon by talking about salt and light.

SALT inhaling spiritually

1. **Enhances taste**
 - *Following Jesus in such a way that our presence enhances life around us.*
 - *Showing the world what love looks like*
2. **Preserves food and promotes healing**
 - *Helping to bring healing to the people around you.*
3. **Promotes thirst**
 - *Causes people to look for something that will satisfy*
 - *We must live in a way that makes Jesus visible to others*

MATTHEW 5:13-16 "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.

- If we have been transformed, we will live differently; not by white-knuckle obedience, but from being transformed by God.
- Inhaling spiritually - Breathing in the grace of God and being changed by it.

LIGHT exhaling spiritually

MATTHEW 5:14-16 “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.

JOHN 1:5 The light shines in the darkness and the darkness will not overcome it.

- If we are going to be the light we need to know the Light.

JOHN 1:1-9 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through him, and without him was not any thing made that was made. 4 In him was life, and the life was the light of men. 5 The light shines in the darkness, and the darkness has not overcome it. 6 There was a man sent from God, whose name was John. 7 He came as a witness, to bear witness about the light, that all might believe through him. 8 He was not the light, but came to bear witness about the light. 9 The true light, which gives light to everyone, was coming into the world.

- As a result of darkness in our world, God sent Jesus into the World to be His Light.

COLOSSIANS 1:15 He is the image of the invisible God, the firstborn of all creation.

HEBREWS 1:3 He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power.

- People in the Old and New Testaments knew that God was going to send a light into the world, they just didn't know that God would come himself.

JOHN 8:12 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.”

- What He's saying is, “Those who accept me as savior will receive spiritual light, but those who reject me will continue to live in spiritual darkness.

DARKNESS

1. Darkness loves the darkness

JOHN 3:19-20 And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For

everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed.

2. Darkness does not overcome the light.

JOHN 1:5 The light shines in the darkness, and the darkness has not overcome it.

1 JOHN 1:5-6 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. 6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.

1 JOHN 1:7-9 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

THE LIGHT

1. He can bring you out of the darkness and give you life.

JOHN 12:46 I have come into the world as light, so that whoever believes in me may not remain in darkness.

2. He can show you a better way to live.

PSALM 119:105 Your word is a lamp to my feet and a light to my path.

3. He can protect you from the darkness.

PSALM 27:1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

- As followers of Jesus, our confidence rests in God alone, not our elected officials, economy, or our own ability.

4. He can give you hope for the future.

ISAIAH 9:2,6 The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone 6 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

- That is our hope and confidence today: If we are to be the light as Jesus wants us to be, we first have to know The Light—Jesus.

STUDY GUIDE

questions for later

Discussion:

1. What's one idea from the message that really stood out to you? Why did this idea grab your attention?
2. Reality check: Jesus begins His sermon by talking about salt and light. These two things were physically essential for daily life for Jesus' audience, but they also illustrate a spiritual necessity. How are salt and light essential physically and spiritually in your life? How are you salt and light to those around you?
3. Read Matthew 5:13-16. Read each of the statements below about salt and light. What are their physical and spiritual implications?

SALT

- Enhances taste.
- Preserves food and promotes healing.
- Promotes thirst

LIGHT

- Brings you out of the darkness and gives you life.
- Shows you a better way to live.
- Protects you from the darkness.
- Gives you hope for the future.

Action Steps:

- **HEART** - discover and deepen your relationship with Jesus through the daily devotional or a daily scripture reading plan. Invite three people of your same gender to commit to meeting together weekly for a year to discover and deepen your relationships with Jesus together.
- **HARD TO REACH** - identify someone this week who is far from Jesus. Find ways to hear their story and begin building a relationship with them.
- **HOME** - spend time with your family discussing ways to grow in devotion to Jesus so that His value in our life is easily and naturally seen by others.
- **HURTING** - identify someone who is hungry, sick, anxious, lonely, or has some other need. Find ways to meet that need.