



Matthew 5:13–18 (NRSV)

¹³“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴“You are the light of the world. A city built on a hill cannot be hid. ¹⁵No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

¹⁷“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. ¹⁸For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished.

Opening

- 1. Pray:** God of light and life, you created a world full of beauty and possibility, yet we know how easily things can unravel. Where there is division, bring reconciliation. Where there is despair, kindle hope. Where our faith has grown dim, rekindle your light within us. Teach us what it means to be salt for the earth and light for the world. Amen.
- 2. Share:** What is something in your life that requires continual attention and care in order to stay healthy, strong, or alive?

Dive Into the Text

1. Jesus calls his followers both salt and light. What do these two images have in common?
2. In the ancient world, salt was used to preserve food and slow decay. What kinds of “decay” do you see in our world today?
3. Why do you think Jesus emphasizes visibility when talking about light? What happens when people hide their light?
4. Jesus says he came not to abolish the law but to fulfill it. How does that statement connect to the work of healing, restoration, and renewal?



A messy room versus a clean room as an example of the Second Law of Thermodynamics.

Go Deeper

1. The Second Law of Thermodynamics says that systems naturally move toward disorder unless energy is added. Where do you see this reality showing up in everyday life?
2. What are some places in your life, relationships, community, or faith where you have simply “accepted the drift” instead of intentionally nurturing life?
3. Who has been “salt” or “light” in your own life during difficult seasons?
4. What small act of love, justice, compassion, or courage might God be calling you toward this week?
5. Sometimes we think only large actions matter, but Jesus uses ordinary things like salt and light as sacred metaphors. What does that say about the importance of everyday faithfulness?

Close in Prayer

Close your time in prayer together.