



Matthew 5:14-16 – Nicole

July 5, 2026

Read & Reflect

READ:

- Matthew 5:1–16

Jesus doesn't invite us to simply believe the truth—He calls us to embody it. In the Sermon on the Mount, Jesus tells ordinary people that they are the salt of the earth and the light of the world. Our lives become a visible reflection of God's Kingdom as His light transforms us from the inside out.

Understand the Moment

Jesus spoke these words to people who felt ordinary, overlooked, and often forgotten. They weren't religious elites or political leaders. They were everyday people living under difficult circumstances.

Instead of telling them they had little to offer, Jesus gave them incredible purpose. They would become salt that preserves and heals. They would become light that shines into darkness.

Nicole's testimony reminds us what this looks like in real life. During one of the darkest seasons of her life, God met her through persistent prayer, faithful people, and His unchanging love. As His light restored her heart, He also gave her a new purpose—to help others find hope through serving and loving the next generation.

The same invitation is extended to each of us. God doesn't simply rescue us from darkness. He sends us back into the world carrying His light.

Process Together or Alone

- What stands out most to you about Jesus calling ordinary people "salt" and "light"?
- Where have you personally experienced God's light overcoming darkness?
- Why is it sometimes easier to hide our faith than let it shine?
- Who has been salt and light in your life?

Follow Jesus This Week

Listen

- What area of your life is Jesus inviting into His light?
- Where is He asking you to trust Him more fully?

Obey

- What is one intentional way you can shine Christ's love this week?
- How can you serve someone without expecting anything in return?

Share

- Who could benefit from hearing part of your story?
- Who can encourage you as you continue growing?

Care

- Who needs hope, encouragement, or prayer this week?
- How can you faithfully support them?



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Live It Out

Choose one place you regularly spend time—your home, workplace, neighborhood, or school—and intentionally be salt and light there this week.

Ask God each morning to show you one opportunity to encourage, serve, or point someone toward Jesus.

Remember: God shines His light into our lives so His light can shine through our lives.

Pray

- Thank God for bringing His light into dark places.
- Ask Him to help you recognize where your light has grown dim.
- Ask for courage to live as salt and light this week.
- Pray for someone who feels stuck in darkness or discouragement.
- Ask God to use your story to encourage someone else.

Thank You for calling ordinary people to extraordinary purpose. Thank You for bringing light into every dark place and never giving up on us. Help me reflect Your love wherever I go this week. Give me courage to stand out with grace, compassion, and truth. Use my story to help someone else discover the hope found in Jesus. Amen.

Group Leader Optional Questions

Opening Question:

Who has been a "light" in your life, and what made their influence so meaningful?

Closing Reflection:

Where is God calling you to intentionally be salt and light this week?