



## THE HABITS OF JESUS

# SALT AND LIGHT

(MATTHEW 5:13-16)

### 1 READ THE SCRIPTURE

You are like salt for everyone on earth. But if salt no longer tastes like salt, how can it make food salty? All it is good for is to be thrown out and walked on. You are like light for the whole world. A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a clay pot. A lamp is placed on a lampstand, where it can give light to everyone in the house. Make your light shine, so that others will see the good that you do and will praise your Father in heaven.

*-Matthew 5:13-16*

### 2 CHOOSE AN IMAGE

Choose one of the six images that best represents “darkness” in the world.

### 3 REFLECT

- Why did you choose the image you did to represent darkness in the world?
- What kind of “light” would drive away the kind of darkness your image represents, and why?

### 4 CHOOSE AN IMAGE

Choose one of the six images that best represents “light” in the world.

### 5 REFLECT Ask some or all of these questions, depending on your context and timeframe

- Why did you choose the image you did to represent light in the world?
- Today, how have you seen or heard someone bringing that kind of light into your world? Explain.
- When you think about your own life, how have others experienced your “light” shining?
- In what ways has “making your light shine” actually brought praise to God, and why?