



spiritual infant

# DISCIPLE ME

**THE ONE ABOUT SALT & LIGHT**

## **ICEBREAKER: FLAVOR TOWN**

Imagine you're building your *ultimate flavor lineup*. Rank your **top three** spices or condiments - the ones you couldn't live without. (Think of classics like hot sauce, garlic salt, ketchup, ranch, soy sauce, BBQ sauce, honey, pepper, or lemon juice.) Then answer: If you could only keep **one** for the rest of your life, which would it be - and why?

- What kind of "flavor" do you like to bring to life? Are you bold, simple, comforting, or spicy? What's the secret sauce that you bring to the world?

## **STUDY: 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. You are the light of the world. A town built on a hill cannot be hidden. 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. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

- What stands out to you from these verses?
- What do you think Jesus is trying to communicate to His followers through these two pictures?

In this passage, Jesus tells His followers they are the **salt of the earth** and the **light of the world**, two pictures that may need to be unpacked a bit more for us.

In the first century, salt was essential - used to preserve food, enhance flavor, and purify offerings in Jewish worship (Leviticus 2:13). It was also valuable, sometimes used as currency. When Jesus called His followers the "salt of the earth," He was saying they should preserve what's good, bring out God's goodness, and live faithfully in a world that easily loses its flavor.

- How do you think Jesus wanted His followers to be the "salt of the earth" on a daily basis?
- In what ways can a person "lose their saltiness"? What might it look like for a Christian to "lose their saltiness" today?

The second image Jesus used is a bit more familiar. It's the picture of light. In the first century, light symbolized life, truth, and God's presence. People relied on small oil lamps to guide their steps and illuminate darkness - light was precious and often limited.

In the Scriptures, light represented God's revelation and goodness (Psalm 27:1, Isaiah 60:1). When Jesus called His followers "the light of the world," He was saying they were meant to reflect God's truth and goodness, helping others find their way to Him in a dark and broken world.

- Why do you think Jesus warns against hiding your light? What might "hiding your light" look like?
- What "bowl" tends to hide your light - fear, doubt, distraction, or something else?
- What are some ways that how you live could be a "light" and help others see and glorify God, rather than notice you?

## **CONSIDER: INFLUENCE ISN'T OPTIONAL**

Jesus didn't command His followers to *become* salt and light - He declared that they *already were salt and light*. That means influence isn't optional; it's inevitable. Every word you speak, every choice you make, every attitude you carry is shaping the people around you in some way. The question isn't **if** your life is influencing others, but **how**.

When your heart is aligned with God's, your presence begins to change the atmosphere. You bring peace into anxious spaces, hope into discouraged hearts, and clarity into confusion. Like salt, your life adds flavor and preserves what's good. Like light, your life reveals God's truth and grace.

Your influence grows through simple, consistent choices: showing kindness when it's inconvenient, speaking hope when others complain, practicing integrity when no one's watching. When your life reflects the goodness and grace of God, people begin to see Him more clearly - sometimes without you saying a word.

- What kind of influence do you think you currently have on the people closest to you?
- Where might God be inviting you to shine a little brighter this week?

## **CHALLENGE: PASS THE TORCH**

This week, use your words (online or in person) to spread encouragement and light. Send a message, post, or text to someone who might need a lift. Remind them they're seen, loved, and not alone. Then invite them to *pass it on* by encouraging someone else. Even one spark can start a chain reaction of hope.

**Sample Message:** "Hey, just wanted to let you know I appreciate you. You bring light to the people around you - even on hard days. I'm trying to spread some encouragement this week, so I'm sending this your way. When you get a chance, pass it on to someone else who could use a little light today."