



# GET UP

JEREMY HOGAN

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 **expedition**

# SCRIPTURE

**MATTHEW 5:13-16 (ESV)**

**"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. YOU ARE THE LIGHT OF THE WORLD. A CITY SET ON A HILL CANNOT BE HIDDEN. 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. 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."**

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# SALT

## WHAT DOES SALT DO?

- **SALT PRESERVES: IT KEEPS THINGS FROM SPOILING. WE'RE CALLED TO PRESERVE THE TRUTH IN A WORLD OF COMPROMISE.**
- **SALT ENHANCES: IT BRINGS OUT THE FLAVOR IN FOOD. AS FOLLOWERS OF CHRIST, WE ENHANCE THE WORLD BY LIVING IN A WAY THAT REFLECTS GOD'S GOODNESS.**
- **SALT CREATES THIRST: ARE PEOPLE THIRSTING FOR WHAT YOU HAVE BECAUSE THEY SEE THE DIFFERENCE CHRIST MAKES IN YOUR LIFE?**

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# LIGHT

## *WHAT DOES LIGHT LOOK LIKE IN DARKNESS?*

- *LIGHT EXPOSES: IT SHOWS WHAT'S HIDDEN IN THE DARK. ARE WE LIVING IN A WAY THAT REVEALS HOPE AND TRUTH?*
- *LIGHT GUIDES: IT HELPS PEOPLE FIND THEIR WAY. YOUR LIFE SHOULD POINT OTHERS TOWARD JESUS.*

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# ACTION

- **WHAT KEEPS ME SALTY?**

- **STAY IN THE WORD.**
- **PRAY DAILY.**
- **SURROUND YOURSELF WITH GODLY MEN WHO HOLD YOU ACCOUNTABLE.**
- **SERVE OTHERS—YOU'RE NEVER MORE LIKE CHRIST THAN WHEN YOU SERVE.**

- **EXAMPLES OF BEING SALTY AND LIGHT:**

- **PRAISE IN THE VALLEY LIKE YOU'RE ON THE MOUNTAINTOP.**
- **PRAISE IN THE ER LIKE YOU'RE ALREADY IN RECOVERY.**
- **PRAISE IN THE MIDDLE OF THE BATTLE BECAUSE THE WAR HAS ALREADY BEEN WON.**

**GET UP**

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# "GET UP!"

*WHEN LIFE KNOCKS YOU DOWN, CHRIST SAYS, "GET UP!"*

*BE SALTY. BE A LIGHT.*

*"GET UP AND GET YOU SOME, SON!"*

*(SON OF GOD, THAT IS)*

**GET UP**

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 **expedition**

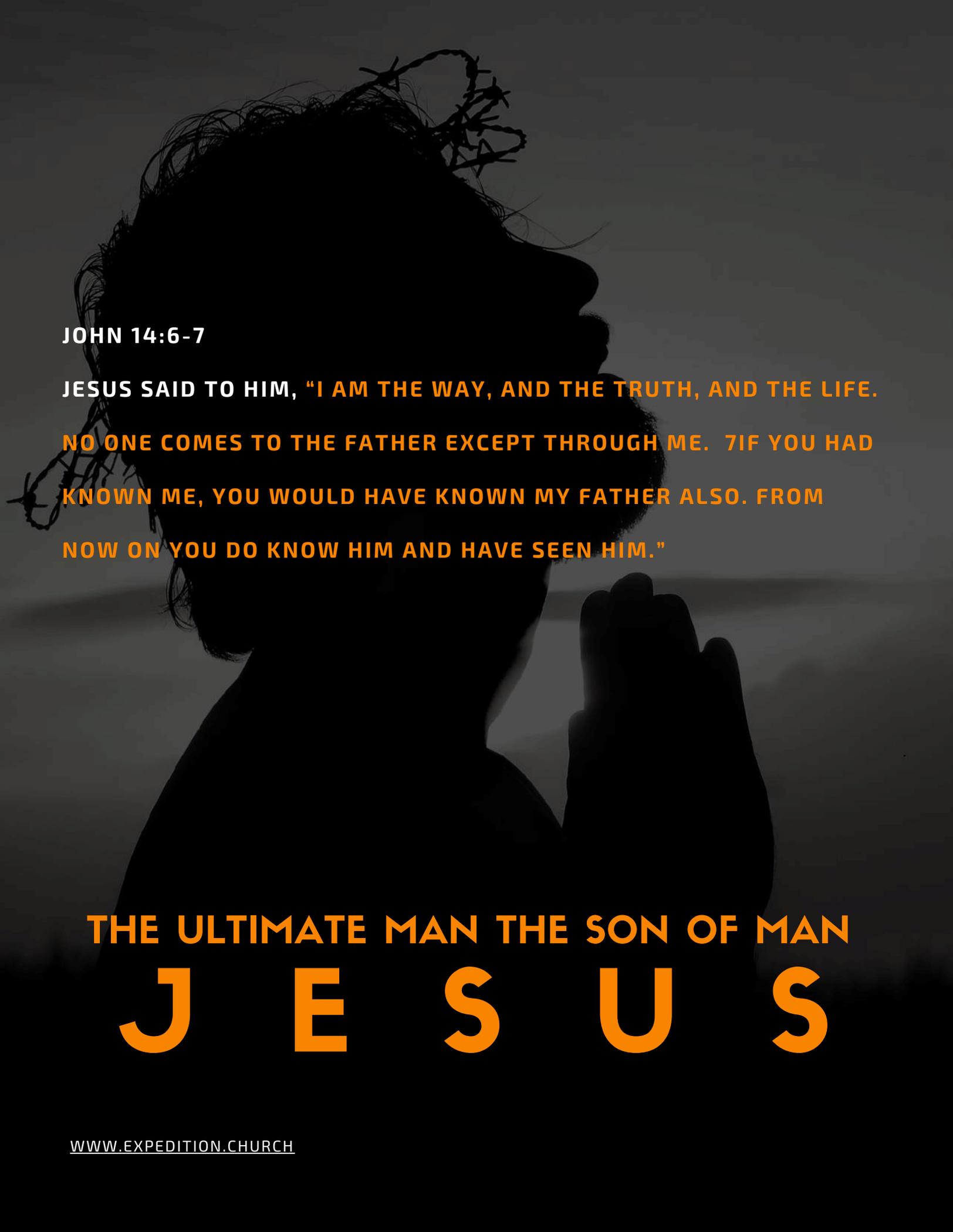
# QUESTIONS

- **WHAT DOES IT MEAN TO BE "THE SALT OF THE EARTH" IN YOUR EVERYDAY LIFE? HOW CAN YOU PRESERVE TRUTH AND BRING OUT GOD'S GOODNESS IN YOUR FAMILY, WORK, OR COMMUNITY?**
- **THINK ABOUT A TIME WHEN YOU FELT LIKE YOU WERE IN COMPLETE DARKNESS. WHAT BROUGHT LIGHT INTO YOUR SITUATION? HOW CAN YOU NOW BE THAT LIGHT FOR SOMEONE ELSE?**
- **WHAT ARE SOME PRACTICAL WAYS TO STAY SALTY AND KEEP YOUR LIGHT SHINING? ARE THERE AREAS OF YOUR LIFE WHERE YOU FEEL LIKE YOUR SALT HAS LOST ITS FLAVOR OR YOUR LIGHT HAS DIMMED?**
- **JESUS SAYS TO "LET YOUR LIGHT SHINE BEFORE OTHERS." WHAT ARE SOME SPECIFIC WAYS YOU CAN SHINE YOUR LIGHT THIS WEEK, ESPECIALLY IN DIFFICULT OR DARK CIRCUMSTANCES?**
- **WHEN LIFE KNOCKS YOU DOWN, WHAT HELPS YOU GET UP AND KEEP GOING? HOW CAN THE MEN IN THIS ROOM HELP HOLD YOU ACCOUNTABLE TO GET BACK UP WHEN TIMES ARE TOUGH?**

**GET UP**

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 **expedition**

A silhouette of a man with a beard and long hair, wearing a crown of thorns. His hands are clasped in prayer. The background is a soft, hazy landscape.

**JOHN 14:6-7**

**JESUS SAID TO HIM, "I AM THE WAY, AND THE TRUTH, AND THE LIFE. NO ONE COMES TO THE FATHER EXCEPT THROUGH ME. 7IF YOU HAD KNOWN ME, YOU WOULD HAVE KNOWN MY FATHER ALSO. FROM NOW ON YOU DO KNOW HIM AND HAVE SEEN HIM."**

**THE ULTIMATE MAN THE SON OF MAN**  
**J E S U S**