

Salt and Light (Matt. 5:13-16)

A Small Group Outline



1. Praise *(Purpose: To worship God)*

- What are you thankful for this week? *(let the group's secretary write these down in an A4 hardcover or some notebook)*
- Song Service
 - Sing a few songs of praise to God

2. Pray *(Purpose: To carry each others' burdens and to seek the Lord)*

- What challenges did you have this week? *(write these down in an A4 hardcover or some notebook)*
- Go into a season of prayer

3. Review *(Purpose: To learn accountability)*

- Tell us how it went with what you promised to do in last week's meeting? *(e.g. Who did your share your faith with this past week? Who did you minister to? How did actioning your I WILL STATEMENT go?)*
- Where people have failed to fulfil what they said they would, do not be harsh with them but gently encourage them to try again in the coming week. Give them more support by phoning or joining them in the week.

4. Give *(Purpose: To be good stewards of our monies)*

- This is the time to return tithes and offerings. If done electronically, kindly ensure that you get the bank account details of your local church from your treasurer. Don't forget to complete an envelope and to send the breakdown to him/her.

5. Discover *(Purpose: To learn to listen to God, and be obedient to His Word)*

• **Notes for the facilitator**

- Read *Thoughts from the Mount of Blessings (MB)*, pp. 35-44
- Today's passage deals with the Christian's influence
- Qualities of salt includes: melting ice, flavouring, preserving, healing (as an antiseptic), purifying
- Salt must mingle in order for its value to be received, thus through personal contact and association that people are reached (MB 36)
- Salt's savour is the vital power of a Christian – the love of Jesus in the heart, the righteousness of Christ pervading the life (MB 36)
- A little salt can flavour a whole pot. Similarly a Christian's influence can have an impact of many people.
- Salt without savour: A powerless, cold, loveless and Christless 'Christian'
- Christ is the true Light that illuminates the darkness of the world of sin. It is by receiving His life, that we become light bearers (MB 39)
- If Christ is in the heart you will naturally shine forth His presence. It will not be a heavy task or burden to shine; it will be natural and effortless
- Qualities of light include: exposing, guiding, warning
- Letting our lights shine is a call to mission, to carrying the gospel to the world. Christians therefore have to be the light to help others find salvation in Jesus.
- "Trials patiently borne, blessings gratefully received, temptations manfully resisted, meekness, kindness, mercy, and love habitually revealed, are the lights that shine forth in the character in contrast with the darkness of the selfish heart, into which the light of life has never shone." (MB 44)
- Thus my light is seen when I stand in a queue at the bank, how I treat a petrol attendant, the way I use my tongue, the way I drive my car, etc.

- Not everyone likes light. There are some that love darkness (John 3:19-21), and resist all forms of light
- We must ensure that our lights shine **for God**, and not so they can be seen by people
- Salt works secretly and quietly, light works visibly and openly. We are **both** light and salt, using both forms of reaching people for Christ.
- *Read Matt. 5:13-16. Preferably let one person read it. Let everyone then put down their Bibles and get the group to reconstruct the passage in their own words. This teaches the group to be careful in quotation Scripture correctly and to use it as the basis of their discussions.*
- **Discussion Questions** (use only a few). *The notes in italics after some of the questions below are for the facilitator, and not to be read out to the group.*
 - What are the properties of salt?
 - What did Jesus mean when He called His followers salt?
 - What happens when Christians become too salty?
 - What are ways that we can lose our saltiness?
 - What are the properties of light?
 - What do you think it means to 'let your light shine'?
 - In what practical ways do we hide our light?
 - How do you minister to those who do not love light?
 - How do our good works bring glory to our Father in heaven?
 - What specific behaviours do salty, shining Christians have?
- **Application Questions** (select a few depending on your time. One has to be the I WILL STATEMENT)
 - In which way would you like to salt someone's life this week (i.e. bring flavour, preserve, heal, melt ice, etc.)? (*Hint: This does not necessarily have to be a 'spiritual' activity but can be something as simple as buying your spouse flowers, spending some quality time with your kids, etc.*)
 - On a scale of 1-10, how salty are you? Elaborate (1 being the salt that has lost its savour, and 10 representing a Christian who regularly mingles with people and uses his/her quiet influence to powerfully impact people for Christ. Above 10 symbolises those who are 'too salty')
 - In light of your gifts, abilities and interests, how do you bring the light of the gospel to those around you? (*You can ask to pass if you do not want to respond*)
 - What is the 'hill' that God has set you on for your light to shine? Explain. In other words, in what areas do you particularly have influence over others which you can use positively for the gospel (i.e. at home / work / church / community)?
 - I WILL STATEMENT: Formulate an I will statement in response to what you have discovered in the Word. Let the group's secretary also record these in an A4 notebook. Ensure that everyone gets a chance to give their I WILL STATEMENT. You have to be specific. E.g. "I will salt my friend's life this week by visiting him in hospital, in order to encourage him and pray with him. He was diagnosed with cancer a week ago."

6. Share (Purpose: To be witnesses of our faith)

- Do you have anyone you could share today's lesson with this week? *Be specific.*

7. Closing prayer