



Week beginning February 8th

Living in the Kingdom: Living Salt and Light

Opening Questions

- Are you a fan of spicy foods? If so, what are your favourite meals?
- Is there someone you are thankful for because they have brought 'flavour' to your life, perhaps by their encouragement, their enthusiasm or their wisdom?

Getting in to the text

Read Matthew 5:13-20

- What do you think Jesus means when he tells the people they are the salt of the earth?
- Jesus warned his listeners not to lose their saltiness. Can you think of any ways this might happen?
- What did Jesus' teaching about the light and where it should be placed tell them about how they should live their lives?

- In Jesus' time why might people have been reluctant to live their lives in this way?

Applying the Bible to your life

- How can St Philip's be salt and light in this community?
- What about in your own daily life? What small things can you do each day so that you are salt and light to people you come into contact with?
- What challenges might you face when you try to be salt and light in your community? What might help you to overcome them?

Something to pray about

Paul writes to the church in Ephesus, **'For you were once in darkness, but now you are light in the Lord. Live as children of light.'** (Eph. 5:8)

- Ask God to help you to be salt and light in your community or workplace.
- Pray that St Philip's will be a beacon in the community, bringing light where there is darkness.
- Pray for Christians in countries where they take huge risks to be salt and light in their communities.