

TITLE AND NUMBER: 118: Salt and light



REFERENCE AND KEY VERSE(S): 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.

LOOKING FURTHER: Isaiah 9:2-7, John 1: 1-18

What does this Bible passage tell us?

Salt was precious and expensive in the time of Jesus. It kept food from going bad and was so valued that soldiers were sometimes paid with it.

By saying, 'You are the salt of the earth,' Jesus confirms that we are precious in God's sight. As we respond to this amazing truth that we are valued by God, our faith is shown in the way we live; our attitudes, words and actions improving life on our prison wings and within our families.

Jesus warns us not to give up, not to lose heart when we feel discouraged, not to lose our saltiness.

Our second image is of light. Jesus came into the world as a baby, as the light to overcome the darkness.

Fulfilling the prophecy in Isaiah, 'The people who walked in darkness, have seen a great light.'

As we follow Jesus, let us pray that He will fill us with His grace and His Holy Spirit, so that others can see the light of Jesus and give glory to God.

Jesus wants us to make a difference where we are, by helping those who are hurting and by listening to those who need someone to talk to. Bringing hope to others.

As Desmond Tutu said, 'Hope is being able to see that there is light despite all of the darkness.'

Reflections:

- Can you think of someone whose attitudes, words and actions show their faith in action? Give thanks for them. How do they inspire you?
- If you are finding it hard or are feeling discouraged, seek the support of others and Chaplaincy.
- How can you make a positive difference this week where you are?

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

