



10-MINUTE BIBLE LESSON

Salt and Light

Matthew 5:13-16

Before watching the video: What do you already know about the Sermon on the Mount? What teachings from it might you know already? What are you most curious about regarding these chapters?

Now read the passage twice. Take each one at a time, noticing every sentence and phrase. You may even want to start and stop the video to spend more time with each. What stands out to you?

¹³You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. ¹⁴You are the light of the world. A city built on a hill cannot be hid. ¹⁵No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. –
Matthew 5:13-16

After watching the video: Do you have memories of singing “This Little Light of Mine” as part of a church group? What did you take away from that song while singing it?

Think about the three metaphors Jesus uses in this passage: salt, a city, and a lamp. Which of these makes the most sense to you? What is Jesus talking about by using them?

Is there some part of you that you keep hidden, or can you think about instances when you were afraid to share a talent or good news with others because you weren’t sure how others would react? What could have happened if you’d shared yourself instead? What gifts or special news are you worried about sharing with others now?

Jesus encourages his hearers to let their light shine so others may benefit from it. How can you shine God’s light this week?

Conclude in prayer. Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with “amen.”