**100 Days with Jesus**

**Study No. 6 Matthew 5:13-15**

**Introduction**So when did Britain become such a foody nation? Who was the first person to put great, modern food on the telly? Was it baby-faced Jamie, foul-mouthed Gordon, or smooth-talking Nigella? Good food should taste good and a bit of salt brings up the taste.

So salt is important, and as for light, who wants to live in a world without candles? These days people can’t even go to a pop concert, remember an old friend or even have a bath without lighting a few. So when Jesus talks about salt and light he is scratching where we itch.

**Questions**

1. Read Matthew 5:13-15
2. What are the different qualities that salt has?
3. Why was salt even more important in Jesus day than it is now?
4. Why do you think it is so difficult to be salt like?
5. Can you think of an occasion when God has asked you to be salt?
6. Can you remember an occasion when you were in the dark and were scared?
7. In what ways can we shine for Jesus?
8. How do we turn our brightness up? Where does our light come from?

**Key question to finish: Who is God and how do we respond?**

**Conclusion and Prayer**

Salt and light are about lifestyle and character as well as words and image. They are about who we are, what we do, and how we speak. Later on in the Sermon Jesus takes this double image or metaphor and applies it to our anger management (v21), marital faithfulness (v27), divorce (31), personal honesty (v33), generosity (v38) and love for our enemies (v43). These are all real-life issues: not Sunday morning in church, but seven days a week in the world issues. Are we salt-ily flavoursome in our financial generosity or are we tasteless and tight-fisted? Are our relationships characterised by a lightsome smile or are they grey and full of shadows?

That is an awful lot of salt and light. Enough, in fact, to change the world, making it a tastier and brighter place.

Jesus, You truly were the light of the world and the salt of the earth.

Help me become like you

That I might never lose my saltiness or hide my light.

And that the place where I live

Might be a better home.

Amen.