



“Salt and Light”  
Small Group Questions  
Week of April 26, 2026

**Icebreaker:**

*Share the blandest meal you have ever had or the most perfectly flavored meal you have ever had. Or share a memorable sunset or sunrise you have experienced.*

**Discussion Questions:**

1. Read Matthew 5:1-16. Is Jesus *describing* who his followers are or *prescribing* what they must do? Why?

If the Sermon on the Mount is meant to be viewed as ethics of grace, how does that change the way we seek to apply these words to our life?

2. How are the beatitudes related to Jesus’ words about “salt” and “light”?

3. List together various attributes or uses of salt and light: How might each attribute help us to understand the impact we can have on the world when we live as salt and light?

4. What makes it difficult for followers of Jesus to be salt and light in our world?

How do we overcome these external or internal obstacles?

5. What does it look like for believers to be salt and light in various spheres of society? (education, government, arts, family, economics, etc.)

6. What does it look like for you to be salt and light?

Are there any areas in your life God may be calling you to be more salty or shine brighter?