

Lifegroup Lesson: Salt and Light

Looking Back (15 mins)

Family Time

1. Vision:
 - Vision Statement: Invite someone in your lifegroup to share what your Lifegroup's vision means to them.
 - Connection Question: what color describes how you've been feeling? Why?
2. Check-Ins:
 - Life updates from the previous week(s), prayer requests, praise reports.

Looking Up

Worship (~10-15 mins)

- [Spirit Move - Bethel Music](#)
- [Ancient Gates - Brooke Ligertwood](#)

Bible Study (15 mins)

Matthew 5:13-16, NIV

13 "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.

14 "You are the light of the world. A town built on a hill cannot be hidden. **15** 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. **16** In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Discussion Questions:

- In your own words, why is Jesus inviting us to be salt and light?
- How does salt “lose its saltiness?”
- What are the “bowls” in our lives that keep us from shining our light?
- What is the relational value in being “a town” and in providing light to “everyone in the house?”

Looking Forward (25 mins)

Get into groups of 3-4. Discuss the following:

- **Celebrate:** How am I being salt and light in my spheres of influence today? Or, what characteristics has God given me that can be utilized for salt and light?
- **Challenge:** How can I be challenged to be more intentional and focused in being a salt and light in my spheres of influence? Who is God placing on my heart (specific names) and what needs do they have?
- **Help:** How can I receive help in this? Who can I ask to help champion me?
- **Prayer:** Pray for one another.