



Salt and Light

Lesson Aim: To explore what it means to be salt and light in our daily lives.

THE WORSHIP

Who God Is: The King Who Teaches

THE WORD

What He Has Done: Jesus taught that we are the salt of the earth and the light of the world.

Scripture Focus: Matthew 5:13-16; Ephesians 5:8-13 **Key Verse:** Matthew 5:16

Christ Connection: Daniel 6:25-26

THE WAY

The Big Question: If today were your last day on earth, how would you spend it?

UNIT 6 FOCUS VERSE

"Yes, my soul, find rest in God; my hope comes from Him. Truly He is my rock and my salvation; He is my fortress, I will not be shaken. My salvation and my honor depend on God; He is my mighty rock, my refuge. Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge." Psalm 62:5-8

| Unit 6: The King Who Teaches—Parables and Teachings 2 | | | |
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| | Bible Story | What He Has Done | Lesson Aim* |
| 28 | The Rich Fool, Luke 12:15-21; Matthew 6:19-24 | Jesus taught about a rich man who stored up things for himself. | To learn what it means to count God as our greatest treasure. |
| 29 | Salt and Light, Matthew 5:13-16; Ephesians 5:8-13 | Jesus taught that we are the salt of the earth and the light of the world. | To explore what it means to be salt and light in our daily lives. |
| 30 | Seek God's Kingdom First, Matthew 6:25-34; Philippians 4:6-9 | Jesus taught about seeking God's kingdom instead of worrying. | To know we can find security as we seek God's kingdom. |
| 31 | The Lost Son, Luke 15:11-32; John 14:6 | Jesus taught about a father who welcomed his lost son home. | To know God forgives us and welcomes us back to Him. (Salvation Message) |
| 32 | The Good Samaritan, Luke 10:25-37 | Jesus taught about a man who was a good neighbor. | To show kindness and love sacrificially. |

LEADER'S ENCOURAGEMENT This week, read Hebrews 13:20-21. Please join us in praying, "Thank You, Lord, for trusting us with Your work. Fill the students with Your Spirit so they might be the salt and the light of the world. Amen."

Lesson Aims are based on reflecting God's character as we participate in His actions to, for, and in the world.

Take Home Elements: The Journal Entry, Action Card, and Family Discussion Card may be sent home to encourage students to reflect on the lesson. The Journal Entry is an in-depth personal study. The Action Card is a visual reminder of the Bible story, God's action, and how we can join into that action. The Family Discussion Card gives parents and guardians a way to engage their students in what they are learning.

Leader's Tip: For larger gatherings, teach THE WELCOME, THE WORSHIP, and THE WORD in a large group setting and divide into small groups for discussion with THE WAY.



Getting started

THE WELCOME

Suggestions: Choose a game that focuses on concepts related to the lesson such as salt, salty food, light, lamps, or a city on a hill.

ACTIVITY OPTION 1: ALPHABET FOODS

Purpose: To introduce Jesus' teaching on being "the salt of the earth."

Supplies: Paper, pens or pencils

Directions:

1. Divide students into groups of 3-6 students. Give each group a piece of paper and a pen or pencil. Have groups choose a team member to take notes.
2. Instruct groups to write the alphabet in a list form down one side of their papers.
3. On your signal, groups have 3 minutes to write the names of salty foods beside each letter starting with that letter. For example, 'P' could be popcorn and 'S' could be soup.
4. Afterward, teams count the number of salty foods they named. The team with the most foods, wins.
Teacher Tip: You may wish to have someone review their paper before calling them the winner.

ACTIVITY OPTION 2: SALT AND LIGHT

Purpose: To introduce Jesus' teachings on being salt and light in the world.

Supplies: Paper, pens or pencils, white board or large paper and markers, optional: salty foods

Optional: You may choose to have some salty foods for students to snack on during their discussion.

Jesus used the senses of taste and sight to illustrate what effect believers should have on the world. Let's read these teachings. Read Matthew 5:13-16.

Directions:

1. After reading the scripture, divide the students into groups of 3-4 students. Give each group paper and a pen or pencil. Have groups choose a team member to take notes.
2. Challenge the groups to think of as many characteristics and uses of salt and light as they can.
E.g. Salt: makes you thirsty, makes foods taste better, needed to maintain health, preserves foods, prevents infection and heals
Light: Lights the way, removes darkness, causes growth, gives life, transmits messages
3. After a few minutes ask each group to share their ideas and write them on a large sheet of paper or whiteboard. Ask, **Why do you think Jesus compared believers to salt and light?**

ACTIVITY OPTION 3: FLASHLIGHT TAG

Purpose: To introduce being light in the world.

Supplies: Flashlight

Directions:

1. Choose one student to be "It." Give him/her the flashlight.
2. "It" closes their eyes and counts to 100 while the other students hide.
3. Give "It" a set time to tag as many people as possible. Students are allowed to move.
4. "It" tries to find people and tag them by shining the flashlight on them and calling their names.
Once students are tagged, they are out of the game.

Play again, choosing another student to be "It." Play as many rounds as possible. The person who tags the most people on their turn, wins.



The King who teaches **THE WORSHIP**

Note to Leader: The instructions below are suggestions only. Adapt this time of worship to suit your environment, resources, and cultural expression. Encourage students to broaden their view of corporate worship by including a variety of expressions such as group prayer, group praise, silent meditation, singing, listening to music, reading scripture, collecting an offering, drama, dance, visual arts, and/or a physical exploration of nature or neighborhoods.

Ideas for Optional Visuals: _____

Today, we worship God as the King who teaches. Today, we will study Jesus' teaching on being salt and light. As we worship Jesus now, let's thank Him for bringing light into our darkness by coming to earth to save us and teaching us how to be salt and light.

Read Unit 6 Focus Verse: Psalm 62:5-8.



Sing worship songs that focus on Jesus as the King who teaches on being salt and light.



Read Psalm 18:28.



Invite students to offer sentences of praise to God by completing the following sentence:
"Lord, we worship You for _____."



Salt and light

THE WORD Presentation

Note to Leader: Adapt this segment to your setting (Sunday School class, youth group, multi-age gathering, youth camp, retreat, etc.). In some settings, you may choose to have a student read the scripture aloud, and then have the leader, in his or her own words, briefly communicate the Teaching Points, the Christ Connection, and the Big Question. In other settings, a teacher, pastor, or other experienced speaker may present a lecture or extended message that includes those same elements.

Ideas for Optional Visuals:

You may choose to include an object lesson, video clip, drama, dance, song, or work of art to illustrate the teaching points.

Option 1: _____

Option 2: _____



TEACHING POINTS

Consider current culture and influences impacting your students, and adjust the teaching accordingly.

Read the suggested scripture and communicate each of the points noted.

The leader or a student reads Matthew 5:13-16 aloud.

- Jesus told His disciples, “You are the salt of the earth.” He may have chosen to use salt for this teaching because in Bible times, salt was very important. It was used as a seasoning, as a disinfectant, in ceremonial offerings, and as a unit of exchange because of its value. It also preserved food by slowing its decay. In those days, there was no reliable refrigeration, so salt was necessary for preserving food.
- Just as salt can preserve good food, slow down its decay, and affect its flavor, Christians—as the salt of the earth—can preserve what is good in our world by preserving what is good, slowing the world’s decay, and influencing our culture. We do this by showing love not hate, fighting evil with good, and living a life that makes the world around us better, not worse.
- Just as many grains of salt must be combined together to preserve food, many Christians must come together to be effective in preserving the good in this world.
- Next Jesus told them, “You are the light of the world.” Light has many properties. It removes darkness as well as revealing what is around us and what is in the distance. It draws our focus to something or someone specific.
- Jesus did not just say, “You are the salt” or “You are the light;” He said, “You are the salt of the earth” and “You are the light of the world.” His teaching is about our purpose in this world. Jesus calls His disciples, both then and now, to reach out to others, to preserve goodness in the world, and to bring light into its dark places.

THE WORD Presentation *continued*

The leader or a student reads Ephesians 5:8-13 aloud.

- As the light of the world, our lives can point others to God. The way we live our lives, love others and make choices reflects His love and goodness. That love and goodness is like a light that shines in the darkness, causing the darkness to become light.



Connecting the Old Testament, the New Testament, and Us

CHRIST CONNECTION

In the whole story of God, what's the connection between this New Testament story and the Old Testament?

- More than 500 years before Jesus called us to be “the salt of the earth” and “the light of the world,” the life of Daniel gave us an example of that kind of life.
- In the book of Daniel, we read King Darius issued a decree that no one was to pray to anyone but him. But, Daniel knew that was not what God wanted. He continued to pray to God where he could be plainly seen, just as he had always done.
- His choice showed the king that Daniel trusted God no matter what. But, the king had to follow the law, so Daniel was seized and thrown into a den of lions. The next day, the king ran to the lions’ den and was pleased to see Daniel was alive; God had saved him from the lions.
- By trusting God, Daniel was salt and light to the king and to the nation. To know the effect Daniel had on King Darius and his kingdom read King Darius’ decree that followed Daniel’s experience in the lions’ den.

The leader or a student reads Daniel 6:25-26.

- It is important to never underestimate the influence that even the smallest decisions in our lives can have on those who are watching and those who are affected by our decisions. In our circumstances, God gives us the opportunity to be salt or light or both.



THE BIG QUESTION

Introduce and elaborate on this question. Students will answer it in their discussion group.

How can you be salt and light in your world?



THE WAY Discussion



GETTING STARTED Display and review the Discussion Group Covenant below:

**We will include everyone here, treating one another with respect and kindness.
We will encourage everyone here to express their thoughts and opposing views.**

Every student shares his or her best experience or greatest challenge of the past week.



READ IT AGAIN

Read Matthew 5:13-16 silently or aloud.

What did Jesus say happens to salt that loses its saltiness?

What did Jesus say will happen when others see our good deeds?



THE BIG QUESTION Invite students to share their answers.

How can you be salt and light in your world?



TAKE ACTION Lead students in a discussion using the questions below.

What might be an example of someone losing their saltiness?

Being “the salt of the earth” is preserving the world’s goodness and affecting its culture for good. When have you seen someone you know do that?

What might be an example of someone hiding their light?

Being “the light of the world” means reflecting the love and goodness of Jesus and pointing others to God. When have you seen someone you know do that?

Ask each student to complete this sentence: **God calls us to be the salt and light SO THAT others might _____.**



PRAY Share prayer requests and answered prayers.

Have students pray with partners, or have the whole group pray together.



FINAL FIVE MINUTES When only 5 minutes remain, begin this segment.

Give each student Action Card #29 and Journal Entry #29. **Take home today’s Action Card as a reminder of how we can join in what God is doing. Use the Journal Entry as your personal devotional study. Complete your Journal Entries at home and keep them together in a notebook or in your Bible.** Optional: Provide parent or guardian with Family Discussion Card #29.

KINGS & KINGDOMS

JOURNAL ENTRY #29

Salt and Light
Matthew 5:13-16

WHAT DOES IT SAY?

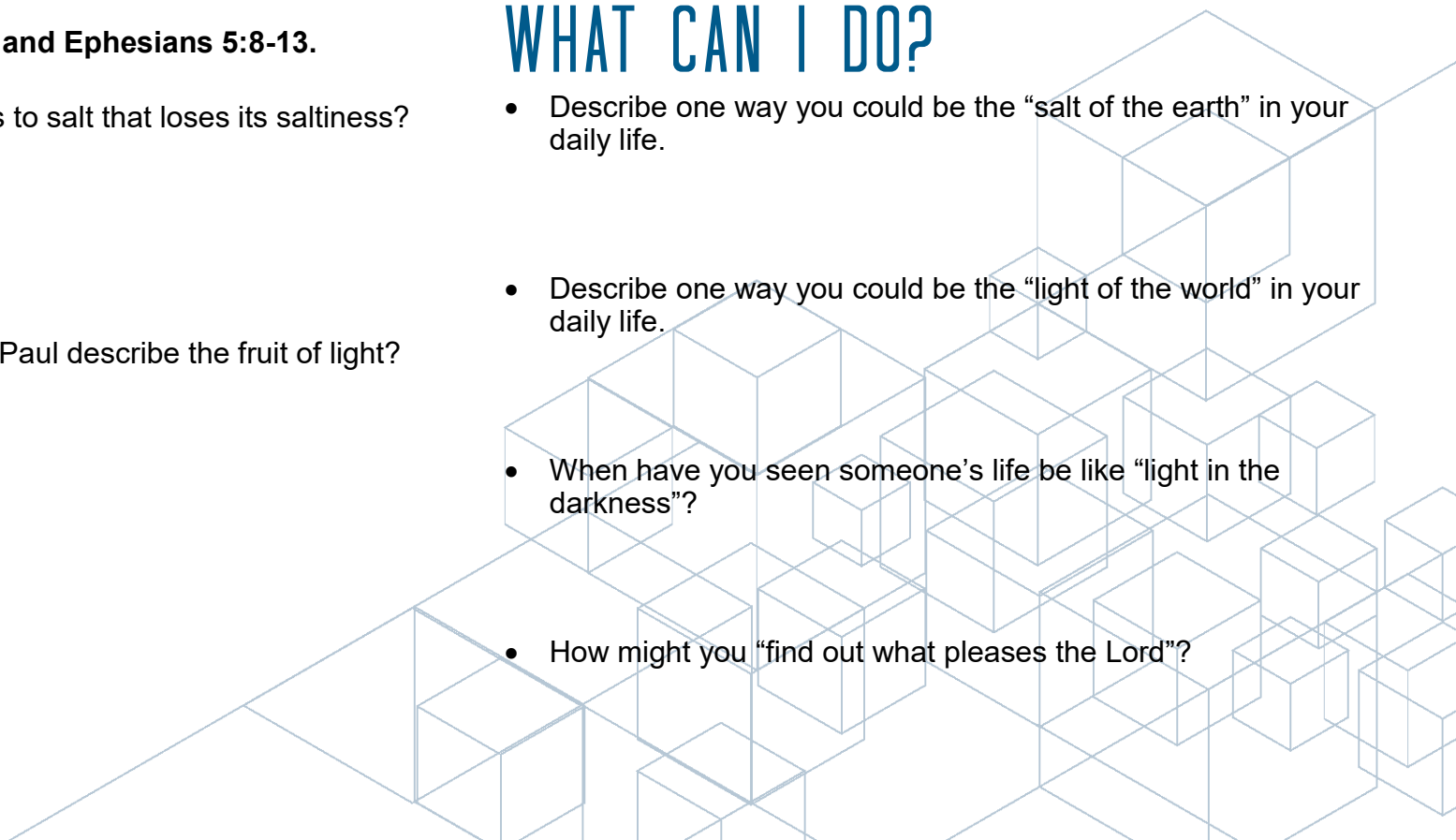
- **Pray!!!** Ask the Holy Spirit to show you what He wants you to learn from this passage.
- Now read **Matthew 5:13-16** and **Ephesians 5:8-13**.
- What did Jesus say happens to salt that loses its saltiness?
- In Ephesians 5:9, how does Paul describe the fruit of light?

WHAT DOES IT MEAN?

- What do you think Jesus meant when He told His disciples, “You are the salt of the earth”?
- What do you think Jesus meant when He told His disciples, “You are the light of the world”?
- How might someone’s good deeds point others to God?

WHAT CAN I DO?

- Describe one way you could be the “salt of the earth” in your daily life.
- Describe one way you could be the “light of the world” in your daily life.
- When have you seen someone’s life be like “light in the darkness”?
- How might you “find out what pleases the Lord”?



Action Card #29/K&K

SALT AND LIGHT

MATTHEW 5:13-16; EPHESIANS 5:8-13

JESUS CALLS HIS DISCIPLES, “*THE SALT OF THE EARTH*” AND “*THE LIGHT OF THE WORLD.*”

WE ARE CALLED TO BE *SALT AND LIGHT.*

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“THE SALT OF THE EARTH” OR “THE LIGHT OF
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WHEN HAS SOMEONE’S GOOD DEED REMINDED
YOU OF *GOD’S LOVE AND GOODNESS*?

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