

Conversation Starters

- Did you have any exciting or big achievements from this week?
- Can you think of someone (friend, family, teacher, coach, etc.) who has influenced your life?

Discuss

We all long to make a difference and have an impact with our life. Jesus instructed those who believe in Him how to do this by first being "the salt of the world." In Biblical time, salt was heavily relied upon as a food preservative. Similarly, God put people in place to be the ones to prevent the world from decaying; to take a stand for Christ and humanity. And we don't have to make our stand complicated, it can happen with one little difference or choice at a time – but it does require us to actually make a choice and act on it.

- How do you think the world would look without Christians?
- How do you think your workplace, home, or social circle would look without you?
- Are there any choices you make in your daily life that are not reflective of Christ's values?
- How can you take a small stand for humanity in your daily living?

Jesus also challenged His followers to be "the light of the world." To see beyond ourselves and recognize what is real and true about life, particularly spiritual truth. We are called to share Christ with others and allow Him to make a difference in the lives of others, not just in our own life. To make a difference we must move beyond ourselves and give our life to serving the least and the lost in this world.

- Where do you stand with who Jesus is?
- If you are a Christian, do you regularly share your faith with others?
- Do you spend time thinking about how you can share your faith with the lost around you?
- Do you give time regularly to serving the least in this world?

Being the salt and light of the world is not just another teaching from Jesus, but a direct challenge to those who believe in Him. Those who have faith in Christ are not to just continually be fed and informed about God, but to allow Him to transform you into a new person and how you live in the world and further influence it. Jesus issued The Great Commission (Matthew 28:18-20) for us to take what we have been given and share it with the world. We can't worry about what everyone else is doing or expect them to do it for us, it is up to you to give what only you can give.

- Has your life been transformed by Christ? How?
- If you evaluate yourself (as a Christian), do you often sit back while others actively work to show Christ to the world around us?
- What do you think others would notice about your life?
- Does your heart break over sexism and racism?
- How will you influence the world?

Next Steps

Take 10 minutes to sit and reflect on your past week. Think about the conversations you had and the tasks that you carried out. How would a third party describe your words or actions if they were witness to any of those?

As you go into the next week, if you find yourself in similar circumstances or scenarios, think about how you would speak or act differently if you were making a true effort at being salt and light in the world.

Further Reflection

"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father." (Matthew 5:13-16)

Pray

God, you alone have the power to completely transform our lives and truly live. Thank you for how you have impacted our lives and for instruction on how to live and influence others to experience that same transformation. Help us as we go about living to remember that and let it affect how we interact with the world around us. Help us to see the little steps that we can take today and trust your wisdom to have an influence for you in this world.