

Cookin' in the Light Matthew 5:13-16

INTRODUCTION

Imagine you're cooking in the kitchen, preparing your favorite meal. You have all the ingredients lined up and everything smells delicious, but there's one thing missing: salt. Without it, the dish tastes bland, lacking the depth and richness that salt provides. A small amount of salt can completely transform a meal, bringing out the flavors and enhancing everything on the plate.

As disciples, it is our responsibility to bring salt and light to a world that often feels dark and tasteless. This is not just the job of the preacher or those who work in the church. Every believer has a responsibility to participate in bringing change to the world that we live in.

As we look at what is taking place in our culture, our government, our schools, our communities, and our families, it should not catch us by surprise that there is decay. However, we have the ability as the salt of the earth to preserve and purify what is good and true in a world that often drifts towards the opposite. As the light of the world, our lives should shine in a way that helps others navigate through the darkness to the light of God's love.

Let's challenge ourselves to examine whether we are living in a way that reflects our faith or if we've started to blend in so much that our influence has faded. Jesus warns that if salt loses its flavor, it is no longer useful. Let us live in a way that not only preserves what is good and right but also glorifies our Father in heaven.

GETTING STARTED

1. What's your go-to ingredient in the kitchen that you *must* have?
2. Who is someone in your life who has been a "light" for you? How has the way that they have lived their lives influenced you specifically?

LET'S GET PERSONAL

1. Think about your relationship with Christ. Have you "followed" Jesus only to *benefit* from being a disciple, or are you actively participating in your *responsibility* to be salt and light?
2. Are you living your life in a way that is fundamentally different than those who are not disciples of Christ? When people look at your life, can they spot the difference?
3. In what areas do you feel hesitant to share your faith openly, and what might be holding you back?

TAKE THE NEXT STEP

1. How can you intentionally act as “salt” (e.g., preserving and purifying) in your family, job, or community this week?
2. Think of an area in your life where you may be tempted to hide your light. What specific steps can you take to be more open about your faith?
3. Want to dig deeper? Take a look at the following passages: Psalm 119:105; John 1:5; 1 John 1:7; Romans 8:21; 2 Corinthians 5:2; Philippians 2:15; 1 Peter 2:12; Revelation 22:5.

RENEW YOUR MIND

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

Matthew 5:16