



LIFE GROUP NOTES

Week Beginning: 2nd March 2025



Matthew 5:13-16 Indispensable

Warm Up

Who likes salt on their chips? How much do you put on?

Have you ever been anywhere with a total absence of light? What was it like?

Background and context

There are two powers in the spiritual realm. One that leads to darkness, destruction and death, the other leads to light and life. In this short but powerful passage Jesus explains why His followers are indispensable in pointing people to the light and life that the truth about God will bring. The two examples Jesus uses have the same message and there is also a warning about failing to live up to our calling to follow Christ.

Thinking it through: Main discussion/activity



READ Matthew 5:13-16. *What are the surprising things in the passage? What is new? What don't you really understand?*

1. In the ancient world, why was salt so important? What was its function?
2. How does your understanding of salt apply to your Christian life?
3. What is it that Christians should be doing to behave like salt?
4. It is said that a single candle in a dark environment can be seen from over a mile away! What does this imply about the power of light?
5. In what way is this world dark? How can a Christian bring light into a situation? Read: Philippians 2:14-15. to help.
6. What are the warnings Jesus gives about salt and light? What would this look like in our churches today?
7. How can we maintain our "saltiness" and our "light" as we navigate the world we live in?

Discipleship and Application



8. In your own walk with Jesus, what are the things that dim your light or make your salt ineffective? How can you change this?
9. Why is being "salty" and "shining like stars" so important to Jesus?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.