

Sermon on the Mount part 2
Salt and Light (Matthew 5:13-16)

Checklist: - Need one salted and one unsalted cracker per person.

1. Two Crackers Object Lesson:

Give each person a salted cracker and an unsalted one to taste. Then...

Ask: What's the difference between the crackers? How easy it is to tell?

2. Christians Are Like Salt:

Today we're continuing to study Jesus' teaching from the Sermon on the Mount...

Read Matthew 5:13 (while youth follow along in Bibles)

Explain these points to the class (in your own words):

- Salt makes things tasty and it also can help keep things from rotting – like salted meat.
- Christians are like salt for the earth.
- The earth could be seen kind of like meat.

Ask:

- What are things going on in the world – at your school, on TV, etc. – that are rotten (sinful)?
- How are Christians supposed to be different?
- How can Christians work like salt to keep the world from rotting?

3. Christians are Like Light:

Ask: If I held up a flashlight in a dark room, how easy would it be to see? Why?

Have someone read Matthew 5:14-16 (while youth follow along)

Ask:

- How can Christians be like light to the world?
(Ideas if youth don't come up with them: 1. Being an example to others about how to live for God. 2. Sharing the truth of Christ with other people. 3. Helping people see the truth in our dark world.)
- What would it look like for you to be a light at school?
- What are ways Christians sometimes "hide their light under a bowl"?
(Ideas if youth don't come up with them: 1. Sin can cover our light. 2. Christians can hide their light by being "undercover Christians" – not letting people know. 3. Not sharing Jesus with people can be like covering the light.)
- Why does verse 16 say we're supposed to let our light shine?

4. Is it Easy to Tell You're a Christian?:

Say something like:

- One main thing about salt and light is that they stand out.
 - It was easy to tell which cracker had the salt.
 - It would be easy to see a flashlight in a dark room.
- *(Rhetorical question)* Is it obvious that you're a Christian or is it hard for people to see?
- *(Rhetorical)* Are you excited to share Jesus and your Christianity with other people or do you "hide it under a bowl"?

Add analogy of how sin or doing things for our glory can cover our light like dirt covers a flashlight?

5. Personal Reflection and Prayer:

Have youth spend a minutes or two in silent thought and prayer. Tell them to think about all the stuff about salt and light and about whether or not their being good salt and light as Christians. And tell them to ask Jesus to help them any way they need Him to in order to be good salt and light to others for Him. (Do they need to be more open at school about being a Christian? Do they need to be a better example in their actions? Do they need to share Jesus more with friends and family?)

6. Closing Prayer *(Ask God to help all the Christians in our youth group and church to stand out in a good way for God.)*

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