

Salt and light

Matthew 5:13-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What two pictures does Jesus use for his disciples, and what is each one for?

2. What does it show me about people — and about myself?

Where in your daily life is your faith most hidden right now?

3. What will I obey this week? (a concrete step, with a day)

Do one good work in the open this week — serve a neighbor or coworker by name — so someone can see it and glorify your Father.

4. Who will I tell?

Who watched you this week, and what did your life say to them about God?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, you set me in this place as salt and light. Keep me from going flat or hiding under a basket, so that my good works point people to you.



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