



Firm Foundations

Following the way of Jesus

Essential To Life

Date: Sunday 6th June

Speaker: Ruth Page

Key Verses: Matthew 5:13-16

Talk Summary:

- Salt and light are essential ingredients that hold back decay and release life.
- Jesus' followers would have recognised the salt and light as symbolising many things: flavour, healing, purity, preservation, the promise between God and his people, wisdom, revelation, safety and life. These things also characterise Jesus.
- Salt and light are agents of change that have to come into contact with the substance they are healing/preserving/flavouring/illuminating. So we too need to be connected to and bring about change in all the areas where we have influence (families, friendships, neighbours, work places, industries, social sectors, cities).
- Like salt and light, we are needed because there is moral decay that must be held back and darkness which must be overcome.
- Jesus is the model and reason we can do this. He calls us to partner with him in this work of restoration.
- We need to be careful not to diminish or dilute what Jesus has done in how we act and what we say. We must be ready to give a reason for our hope.
- A small amount of salt can go a long way, and a small amount of light extinguishes the dark. So even if we think we are 'small' or our actions are 'small' God can do a lot with them.

Worship

Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.

(Small group worship resources can be found at bvc.so/sgworship)

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

If you have a time of singing you can skip the above questions but please do ask this question each week:

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

Discussion Questions (choose some which are most relevant to your group)

- What characteristics of salt and light do you find easiest to release to people around you?
- What areas of need most need you to bring 'salt and light'? This could be an individual relationship, a neighbourhood need or a larger industry/sector or social issue.
- What is one thing that you can do this week to start to release the 'salt and light' that are needed in the area above? How can you as a group pray and support each other in taking this step?

Witness

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invite to?