



Sunday 5<sup>th</sup> February 2023 – Salt and Light

**Read:** Matthew 5:13-20

Today's reading is from the Sermon on the Mount – this is where Jesus spent some time giving a sermon or a talk on a mountain – that's where the name comes from. In today's story Jesus uses two very ordinary things to make his point – he talks about salt and light. At the time of Jesus salt was very important – it was used to preserve food (no electricity for a fridge), as a currency, to disinfect wounds and to add flavour to things. Today we mostly use salt for flavour, but it is also important as it stops roads freezing and can be used in chemistry. In this example when Jesus is talking about salt, he is talking about its use to add flavour – he wants us to be like that for others – he wants us to have an impact on other people – but Jesus doesn't stop there – he then goes on to talk about Light and how we can be like light. Light is useless if we hide it – it needs to be seen to have a benefit. But we can easily share our light with others – if we share it, our light will not dim but we will have made a difference to others. We need to share our light with others – showing them the love of God by shining brightly for him.

**Watch:** <https://www.youtube.com/watch?v=cKkblZtghyQ>

Can you sing along and join in the actions of this song?

**Do:** Colouring page – <https://sundayschool.works/wp-content/uploads/2020/02/light-of-the-world-coloring-page.pdf>

Suncatcher craft - <http://flamecreativekids.blogspot.com/2017/11/light-of-world-sun-catchers-with.html>

Wordsearch - [https://sermons4kids.com/salt\\_of\\_the\\_earth\\_wordsearch?fromSermonId=406](https://sermons4kids.com/salt_of_the_earth_wordsearch?fromSermonId=406)

Fill the blanks - [https://sermons4kids.com/salt\\_of\\_the\\_earth\\_cloze?fromSermonId=406](https://sermons4kids.com/salt_of_the_earth_cloze?fromSermonId=406)

**Pray:** Dear God, help us to be like salt and light in the world. Amen

Father in heaven watch over our loved ones.

Keep them by your side.

May they be safe and peaceful, in you may they abide.

Give wisdom to the doctors and nurses too we pray,  
renew their strength and bless them for the work they do each day.

Send healing and restoration and let them feel your love.

May your Holy Spirit give them rest as gentle as a dove. Amen

(Taken from Praying Together)

**Share:** Can you think of a way to shine your light for others to see? How can you show God's love to the people you live with?