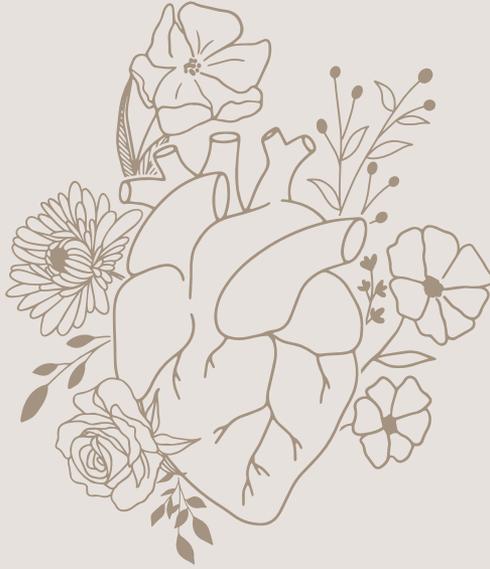


T H E

heart



*soul*

D E V O T I O N A L

# *salt & light*

WEEK TWO: AN INTRODUCTION



MATTHEW 5:13-16

## *reflect*

Take a moment and reflect on the sermon from Sunday, October 22, 2023. You can watch or listen to it at [cornerstoneboulder.org/sermons](https://cornerstoneboulder.org/sermons) (select the second message in the Heart & Soul series). Read through Matthew 5:13-16 a few times and allow the words to wash over you as you close out your day.

**YOU ARE THE SALT OF THE EARTH. BUT IF THE SALT LOSES ITS SALTINESS, HOW CAN IT BE MADE SALTY AGAIN? IT IS NO LONGER GOOD FOR ANYTHING, EXCEPT TO BE THROWN OUT AND TRAMPLED UNDERFOOT.**

**YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL. INSTEAD THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT TO EVERYONE IN THE HOUSE. IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.**



**MATTHEW 5:13-16**

# *salt & light*

DAY ONE



MATTHEW 5:13-16

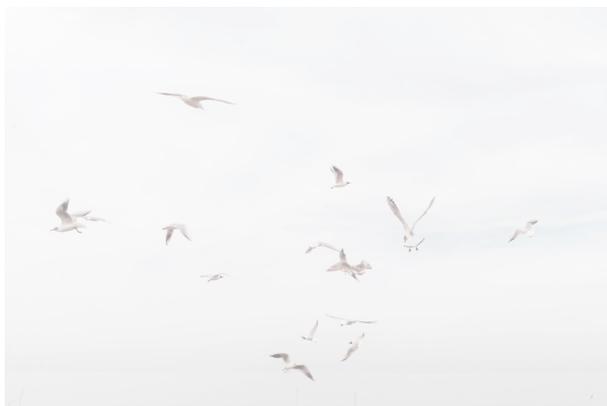
# K I N G D O M   R E A L I T I E S



Jesus often used ordinary elements to express Kingdom realities. We see this in the Sermon On The Mount as he proclaimed that all who gathered were “the salt of the earth” and “the light of the world.” Though they may not have understood all of the spiritual implications, they grasped the importance of salt and light in everyday life. Salt was a prized commodity that preserved and flavored food but was also used for medicinal purposes. And light pushed back darkness and enabled one to see the reality around them.

With these words and ordinary images he welcomed his listeners to partner with Him for the glory of God and the good of others. They were called to be a source of preserving what is good, bringing out the best, and healing what was broken. They were to be beacons of hope, love and joy that extinguished the darkness in peoples lives.

This was yet another radical shift placing kingdom authority in the hands of the common person, bypassing the religious and political leaders of the day. The gospel message was for everyone flowing through anyone who believed in Him. Building on the message of "The Beatitudes" he declared that they were blessed by God to be a blessing to others.



## R E F L E C T

This call to be the salt of the earth and the light of the world is for each of us today. We are to be people who don't waste our preserving, seasoning, and healing authority given by God but pour it out. We are invited not to hide the light but to let it shine that others may find their way. This fills our heart and soul with a beautiful purpose to partner with God dispensing love and hope to our communities and beyond.

How have you been uniquely blessed by God to be a blessing to others?

# *salt & light*

DAY TWO

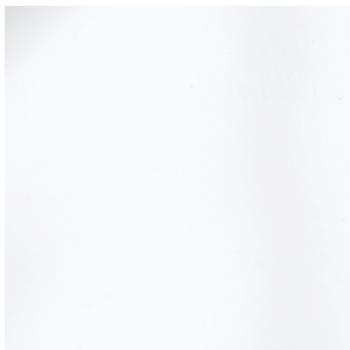


MATTHEW 5:13-16

## YOUR NAME

Take a moment and read the passage again slowly.

As you read, place your name in the passage. Think of these verses as more than what Jesus taught to a crowd long ago. Let it be a declaration about you.



I NAME I, YOU ARE THE SALT OF THE EARTH. BUT IF THE SALT LOSES ITS SALTINESS, HOW CAN IT BE MADE SALTY AGAIN? IT IS NO LONGER GOOD FOR ANYTHING, EXCEPT TO BE THROWN OUT AND TRAMPLED UNDERFOOT.

I NAME I, YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL. INSTEAD THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT TO EVERYONE IN THE HOUSE. IN THE SAME WAY, LET YOUR LIGHT I NAME I, SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

WHAT ARE THE THOUGHTS AND FEELINGS THAT COME OVER YOU AS YOU HEAR JESUS SPEAKING THIS INVITATION TO PARTNER WITH HIM TO YOU?

MATTHEW 5:13-16

# *salt & light*

DAY THREE



MATTHEW 5:3-11

## S U R R E N D E R

Take a moment and slowly read the section from this weeks text a few times. What does it mean for you to be a source of preserving what is good, bringing out the best and healing what is broken?

**YOU ARE THE SALT OF THE EARTH. BUT IF THE SALT LOSES ITS SALTINESS, HOW CAN IT BE MADE SALTY AGAIN? IT IS NO LONGER GOOD FOR ANYTHING, EXCEPT TO BE THROWN OUT AND TRAMPLED UNDERFOOT.**



**MATTHEW 5:13-16**

# *salt & light*

DAY FOUR



MATTHEW 5:13-16

## A S K & A L L O W

Take a moment and slowly read the passage below a few times.

As you read ask the Holy Spirit to show you if there are ways you have lost your "saltiness". Maybe the busyness of life has diluted your ability to be a source of preserving what is good, bringing out the best, and healing what is broken. Don't try to think of ways but allow the Spirit to show you.

If the Holy Spirit has brought an area to mind, ask Jesus for forgiveness and receive His grace. Ask Him who makes all things new to help you regain what was lost.

**YOU ARE THE SALT OF THE EARTH. BUT IF THE SALT LOSES ITS SALTINESS, HOW CAN IT BE MADE SALTY AGAIN? IT IS NO LONGER GOOD FOR ANYTHING, EXCEPT TO BE THROWN OUT AND TRAMPLED UNDERFOOT.**



**MATTHEW 5:3-11**

# *salt & light*

DAY FIVE



MATTHEW 5:13-16

# I M A G I N E



**Take a moment and slowly read the passage a few times.**

**What does it mean for you to be a source of light to the people around you?**

**Ask the Holy Spirit to show you how He wants to partner with you as a beacon of hope, love, joy and peace to specific people in your life.**

YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL. INSTEAD THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT TO EVERYONE IN THE HOUSE. IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.



MATTHEW 5:13-16

# *salt & light*

DAY SIX



MATTHEW 5:13-16

# *ask*

Take a moment and slowly read the passage below a few times.

As you read, ask the Holy Spirit if there are ways you are hiding your light?

Don't try to think of ways but ask The Spirit to show you where this may be the case.

If there is an area, ask Jesus for forgiveness and receive His grace.

Ask Him who makes all things new to help you have the courage to let your light shine in dark places.

**YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL. INSTEAD THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT TO EVERYONE IN THE HOUSE. IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.**



**MATTHEW 5:13-16**

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THE HEART & SOUL PROJECT VISIT  
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BRINGING HEALTH AND WHOLENESS  
TO OUR COMMUNITY