

# Life of Christ

## Be salt and Light

## Matthew 5:13-16

### Younger Verse

“Let your good deeds shine out for all to see.” Matthew 5:16

### Older Verse

“Let your good deeds shine out for all to see, so that everyone will praise your Heavenly Father.” Matthew 5:16

### Lesson Goals

Understand that a follower of Jesus needs to share Him with others  
Learn that we can shine for Jesus by doing good things for Him  
Make sure we are right with God so He can use us

### Welcome Time

Have you ever put salt on food to make it taste better? Were you glad the salt was there? Did you ever have to find your way in the dark? Did you find a flashlight or other light to help you see? Were you glad to have the light? Jesus wants us to help others see Him—and they will be glad we were there to help them.

### Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible before teaching it. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

In the last lesson, we learned about the attitudes Jesus wants His followers to have. That was the first part of a long teaching time with His followers. It is called “The Sermon on the Mount.”

Jesus wanted His followers to understand that they should make a difference in their world. He told them that they should be like *salt*. Salt is a necessary part of cooking and preserving food. When people use salt in their food, it makes the food taste a lot better. Salt can also be used to preserve food. That means that the salt makes the food stay good instead of becoming rotten.

As followers of Jesus, we need to show others that they NEED God! They need to know how good God is so they will want to know Him, too. We need to show them the “flavor” of Christ—love.

**Ask: How do we show people how good God is?** (by helping others, sharing the love of Jesus with others, being peacemakers, praying for/with others)

Jesus warned the disciples that salt with no flavor cannot be used. He meant that we have to keep living for Him so that people can see His love in our lives. He wants to use us to reach the world!

Jesus also told His friends that they needed to be like a *light*. Just like we turn on a light in a dark room, we must shine the light of Jesus to those who do not know Him! Jesus said we should not hide our light. He means that we should not be ashamed to share Him with others. Jesus doesn’t want us to hide the fact that we are Christians. He wants us to tell others about Him and be a good example so that people will praise God and turn

to Him.

**Ask: Do you have the light of Jesus in your life?** Jesus will make your life shine if you ask Him to. Tell Him that you believe in Him and trust Him. Tell Him that you are sorry for all the bad things that you have done. Ask Him to come into your life. Jesus will come in and stay with you forever. He will help you get over all the bad things that you used to do. He will replace them with good things.

#### Review Questions

1. What did Jesus mean when he said his followers need to be salt and light to their world? (Answer: share His love, do good to others, make the world a better place for others)
2. What is a person doing if they are hiding their light? (Answer: not sharing Jesus, being ashamed or embarrassed to talk about Him)
3. How do we know if we have the light of Jesus in our life? (Answer: if we have asked Him to forgive us of our sins and come into our heart and life)

#### Prayer Time

Pray for the children to have courage to shine the light of Jesus brightly. Pray that others will see Jesus in their lives.

#### Life Application

Ask the students if it is hard for them to talk about Jesus with their friends. Discuss ways to bring up the subject of faith. They might ask, “Do you go to church?” or “Do you have a Bible?” General questions like that can lead to more personal, specific questions about Jesus and a person’s beliefs.

Think about the memory verse. **Ask: How can people see our good deeds and want to praise God?** Maybe there is something that no one else is willing to do, like pick up the trash or share a snack with someone who doesn’t have one. When people see that you care enough to do things that they wouldn’t do, they may want to know why you are different. Then you have an opportunity to share that you are following Jesus’ example.

This might be a good time to review John 3:16. It is a good place to start when trying to share Jesus with someone.

**For God so loved the world that He gave His one and only Son that whoever believes in Him will not perish but will have eternal life.**

**John 3:16**

Finish by singing “This Little Light of Mine.” It will remind them to shine their light throughout the week.

Planning for Next Lesson  
Loving your Enemies  
Matthew 5:38-48

## **Preschool Lesson For Be Salt and Light**

Bring a shaker of salt and a flashlight to visualize the story.

Jesus talked to many, many people about God. He taught them lots of things and shared how they should live. He used symbols to help the people understand. He talked about salt and light.

Jesus told the people that they should be like salt. (Hold out the salt shaker and give everyone a little taste of salt.) People use salt to make things taste good. Salt can also be used to preserve food. That means that the salt makes the food stay good instead of becoming rotten.

Jesus told the people that they should be like the salt—helping others and being a person that others like to be around. We should also help others know Jesus so that they can go to Heaven and be with God forever.

Jesus also told the people that they needed to be like a light. (Turn on the flashlight and shine it on the ceiling or wall.) He explained that a person doesn't hide his light under a basket or bowl. NO! He lets it shine for all to see. Jesus was telling His friends that they should not be ashamed of Jesus and hide Him. They had to let others know how much they loved Him and how He had changed their lives.

He told them that if they shine their lights, people would see them and thank God in Heaven for all the good things that they had done.

Pray, asking God to help us be little lights and shine brightly.

Sing "Twinkle, twinkle, little light" to the tune of "Twinkle, twinkle, little star."

Twinkle, twinkle little light (hold up a finger to be a light)  
how you shine so very bright.

You show the world that God loves you, (make a circle with your finger)  
and that He loves all people, too. (hug yourself)

Twinkle, twinkle little light (hold up a finger to be a light)  
how you shine so very bright.

## **Hands-on Activities For Be Salt and Light**

Have a FUN taste test! Bring samples of unsalted and salted things. Some examples may be nuts, popcorn, and chips. Put them in clear bags so that they can't see the difference (label them for your benefit). Let them try the unsalted things first; then the salted. Talk about the difference. (You may need water or juice to wash down the snacks) Ask them how we can be like salty things.

If appropriate for your group, darken the room and shine a flashlight up to the ceiling. Explain that people are in the dark without Jesus. When Christians tell others about Jesus and they believe, it's like turning on a flashlight in a dark room. A person finally understands who Jesus is!

Bring bleach, cotton swabs, and dark construction paper. Let the kids use the bleach to make "light" pictures on the dark paper.

Give each person a candle to remind them to be a light this week.

Bring "Lucas" (Spanish treat) or "Lemon salt" as a little snack. Kids love it. Remind them to be salt this week.

There are other verses about "light" in the Bible. Let the kids look up some of them.

### **Some New Testament Verses:**

Luke 8:16; Luke 11:33-36

John 3:21; John 8:21; John 12:36, 46

### **Some Old Testament Verses:**

Psalms 27:1; Psalm 89:15

Isaiah 9:2; 60:1, 19-20

