

# **Sermon on the Mount**

## **Group Leader Guide - Week 1**

### **Matthew 5:13-16**

#### **Ice Breaker**

If you could only communicate using animal sounds for a week, which animal would you choose to be and why?

#### **Show Teaching Video**

#### **Teaching Recap**

Rachel explores the teachings of Jesus from the Sermon on the Mount, focusing on how Christians are called to live as salt and light in the world. Through the metaphors of salt and light, she emphasizes the importance of positively influencing others by embodying love, hope, and integrity, even in challenging circumstances. She cautions against losing our "saltiness" by allowing impurities or worldly influences to diminish our impact, as well as dimming our light by disconnecting from our relationship with Christ. The teaching concludes with a challenge to remain authentically salty and bright, reflecting the love of Christ in all aspects of life.

#### **Discussion Questions**

- 1) What from the teaching stood out to you? How were you challenged, motivated, or convicted from what you heard?
- 2) In what ways can you shine your light in your work, school, or community, and why is it important that your actions point to God?
  - Rachel emphasizes that light illuminates truth and points the way, showing that our good works should credit our heavenly Father.
  - Reflect on a recent event where you felt you could have shown more light. What would you do differently next time?
- 3) How can the concept of not losing your saltiness relate to being true to your values, even when it's hard?
  - Rachel warns that salt can lose its flavor due to impurities or conforming to the environment, which can apply to our choices and actions too.

- Think about a time when you compromised your values. How can you avoid that situation in the future?
- 4) According to 1 Peter 3:15, how should you be ready to explain the hope you have in Christ to others?
- Rachel mentions that followers of Christ should live daily in a way that prompts questions about their source of hope.
  - How prepared do you feel to share your faith? What steps can you take to become more confident?
- 5) What are some practical steps you can take to ensure you stay connected to Christ, the source of your light?
- Rachel discusses that disconnecting from the source of light can dim our influence, highlighting the importance of a personal relationship with Christ.
  - If you would create a simple plan for your daily routine that allows you to grow closer to Christ - what would you include?
- 6) What does it mean to be “the salt of the earth” in your daily life, and how can you improve the “flavor” of those around you?
- Rachel shares that Christians should live in a way that improves bitterness, brings brightness, and glorifies God.
  - Can you think of a specific situation where you could have positively influenced someone by being more like “salt”?

## **Prayer**

- Ask for any prayer requests from the group.
- Pray for help in applying the teachings of humility and forgiveness in everyday interactions.
- Ask God for opportunities to be salt and light in your community this week.
- Seek guidance in identifying areas where you may have lost your saltiness and need renewal.