

THE SERMON ON THE MOUNT

FAMILY DEVOS



Salt and Light

Scripture: Matthew 5:13-16

Memory Verse: Matthew 5:4

“Blessed are those who mourn,
For they shall be comforted.”

For My Family:

Imagine for a moment that you live in a world where everything is in black and white, like an old movie. Now imagine that you are walking down the street and everyone you see is in various shades of grey when suddenly, you see a flash of red in the crowd. You think to yourself, “Wow! That’s different!” That person in red would really stand out from everyone else, and you would probably go investigate. Seeing something in color is a big difference when everything else is in black and white. The same way, as we follow Jesus our lives begin to look different.

Jesus explains this difference by telling His disciples that they are “the salt of the earth.” This meant something a little more to the people listening than it does to us today. Back then, they thought of salt as a preservative. You would rub salt into something to keep it from going bad (there were no refrigerators or freezers back then). Jesus is saying that Christians have that effect on the earth! But the way we think of salt on food also applies. Salt changes the way things taste (unless it loses its saltiness). As salt, we make life taste different for others. Think about our words. Colossians 4:6 says to “let your speech always be with grace, seasoned with salt.” Followers of Jesus point people to God by how they talk to others. Their words are kind, gentle, encouraging, gracious, etc. Speech seasoned with salt makes life taste better, and as people notice we get to point them to our heavenly Father!

The other thing Jesus calls His followers is “the light of the world.” Take note that light is seen, not heard. This doesn’t mean you glow in the dark... It means you look like Jesus! His light is in you. “For you once were in darkness, but now you are light in the Lord. Walk as children of light” (Ephesians 5:8). So our aim as followers of Jesus is to look like Jesus so we can point people God, not ourselves. The religious leaders in Jesus’ day wanted everyone’s attention to be on them as they did good works so they could receive the praise, but Jesus says that as we do good works, we should do them to point people to our Father in heaven. The things you say and do matter. They could change someone’s life for all eternity!

Before we end today’s devotion, notice that even though we are salt, we can lose our saltiness, and even though we are the light of the world, we can cover up that light. The things we do (or don’t do) can be salt and light to the world around us, but when we act like those who are outside of God’s kingdom (in darkness), we cover up the light that is in us and may miss an opportunity to point others to our Father in heaven who loved us so much that He sent His Son to call us out of darkness into His marvelous light. Let your light shine!

Questions for Young Children:

How are followers of Jesus like light and salt?

How do we cover up our light?

What good works could you do today to point people to God?

Questions for Teens and Pre-teens:

Why does Jesus use salt and light to describe His followers?

How and why might followers of Jesus cover up their light?

Lots of people do good works, but what are some ways followers of Jesus do good works in a way that invites people to glorify God and not ourselves?