

LIFE GROUP

DISCUSSION QUESTIONS

Live It!
March 2, 2025

Summary

Pastor Heather Flies spoke in this second sermon of the *The Good Life* series. She focused on Matthew 5:13-16, where Jesus tells His disciples, "You are the salt of the earth" and "You are the light of the world." Being salt means bringing flavor, preserving goodness and being essential in the world, while being light means shining God's love in dark places. The message encouraged believers to live out their faith with authenticity, gentleness and intentionality. It also highlighted how transformation happens through a close relationship with God, as the Holy Spirit shapes us to reflect Jesus. The challenge: To actively be salt and light in our daily lives.

Scripture

Season all your grain offerings with salt. Do not leave the salt of the covenant of your God out of your grain offerings; add salt to all your offerings. Leviticus 2:13 (NIV)

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. Matthew 5:1-2 (NIV)

"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 (NIV)

Let's Start

What is your favorite salty snack?

Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. When you hear the phrases "salt of the earth" and "light of the world," what comes to mind? How has someone positively influenced (been salt and light) your life?
2. How has God transformed you through your relationship with Him?
3. Where do you see darkness or blandness in the world you feel called to impact?

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4. Pastor Heather shared this quote from Michael J. Wilkins: "Jesus' disciples are called to be the light of the world. They cannot be hidden, for their very nature, the kingdom life within them, is living testimony to those in the world who do not yet have that light." How can we shine our light in everyday life, and what challenges might we face in doing so?"

Let's Act

What is one change Jesus is asking you to make this week?

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