



International Bible Lesson
Uniform Sunday School Lessons Series
L.G. Parkhurst, Jr.

Living as Salt and Light
July 7, 2019
Matthew 5:13-20

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot” (Matthew 5:13).

Jesus told His disciples they were the salt of the earth. Salt gives flavor to food. Jesus and His followers add flavor to life on earth. Without Jesus and His followers, the earth could become a dreary place. The followers of Jesus show and teach what life on earth can mean for those who will live according to Jesus’ teachings. Salt can also act as a preservative for food. As Jesus’ followers truly learn and live how God wants His children to live, they help preserve the moral and spiritual way of life that God knows will bring true blessings to everyone who will live according to Jesus’ commands. As the salt of the earth, Jesus’ disciples are also “the light of the world” (Matthew 5:14). John wrote that when Jesus came, He was the light of the world and the darkness did not overcome or comprehend His light (John 1:4-5). John wrote that apart from Jesus Christ, people will walk in darkness and stumble and not know where they are going (John 11:10; 12:35). Thankfully, Jesus promised, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life” (John 8:12). The light that shines forth from Jesus’ followers is Jesus working in and through them to give truth and understanding to the world as they teach the Bible in the power of the Holy Spirit. Jesus sent His followers “that everyone who believes in Jesus should not remain in the darkness” (John 12:46).

Thinking Further

1. How might you use Jesus’ teaching in these verses to help someone who thinks that if they are a Christian then they do not need to obey the law of God?
2. Why might you say it is important or unimportant to teach Christians about the moral law and the ceremonial law?
3. How might someone exceed the righteousness of the scribes and Pharisees? Do Christians need to do this?
4. Compare Psalms 119:160 — “The sum of your word is truth; and every one of your righteous ordinances endures forever” with Matthew 5:19.
5. Is Psalms 119:124 — “Deal with your servant according to your steadfast love, and teach me your statutes” a prayer the followers of Jesus can still pray today? Give a reason for your answer.

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