



sermon on the  
MOUNT

# ***Sermon on the Mount***

## ***Sermon 2***

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

***"God's Favorite Flavor"***

**Sermon Study Guide**  
**January 19, 2020**

## Opening:

What is salt? What does it do? The body uses sodium to maintain fluid levels. A balance of fluid and sodium is necessary for the health of the heart, liver, and kidneys. It regulates blood fluids and prevents low blood pressure. It was once a valuable commodity, and it has been used as a currency for trading. Salt has long been used for flavoring and for preserving food. It has also been used in tanning, dyeing and bleaching, and in the production of pottery, soap, and chlorine. Today, it is widely used in the chemical industry. It is commonly featured at the table or in the kitchen as free-flowing table salt, rock salt, sea salt, or kosher salt.

Jesus used salt and light to help explain the Kingdom of Heaven to the Jews who were following Jesus on the mount next to the Sea of Galilee.

## Matthew 5:13-16 (ESV)

**13** *“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.”*

- What was the use of salt in ancient times?

- How could salt lose its tastiness in the ancient times? (Check the internet for this one.) How does that relate to Jesus' teaching here?
- Jesus said, "you are the salt of the earth" – what is Jesus saying to those who are following Him?
- If salt has no flavor, then it has no value. If Christians make no effort to affect the world around them, what regrets will they have when they are standing before Jesus in eternity?

- If we look and act like the world, we are worthless. Christians should not blend in with everyone else. Instead, we should affect others positively, just as seasoning brings out the best flavor in food. *Make a list of the people you see every day and pray for them that the Holy Spirit will open opportunities to speak to the people about Jesus.*

**14** *“You are the light of the world. A city set on a hill cannot be hidden.”*

- What is light? Name its characteristics.
- Can you hide a city that is sitting on top of a mountain? How does that relate to what Jesus is teaching here?

- If we live for Christ, we will glow like lights, showing others what Christ is like. What can hinder our light from being seen?

**15** *“Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house.”*

- The presence of light in darkness is something that is unmistakable. What is the difference between darkness and light?
- Why must we be like a light in the darkness?

- How does truth of God's Word bring light to the darkened hearts of sinful man?

**16** *"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."*

- How does John 1:1-10 describe the Light of the world? Why did the Light of the world come? How can we carry the light and expose the darkness around us?

## **Application:**

1. Recognize and accept our identity in Christ. (Shake off old labels, fears, insecurities.)
2. Repent, if needed, for losing passion for the things of God. Is our light even shining? If not, why not?
3. Become more generous with our life and the Gospel. Who around me needs what I have in Christ?

## **Notes:**

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*Sermon Study Guide*



# ***The Year of the Bible***

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