

Video:  
<https://youtu.be/uYEpgEfV5-0>  
 Salt and Light by  
 Bethy's Bible Bites



**Lesson 14: SERMON ON THE MOUNT (Part 2)**  
**SALT & LIGHT (Matthew 5:13-20)**



The Bible says that in Jesus' Sermon on the Mount He said, **"You are the salt of the earth."** What do you think Jesus meant?

Jesus was using salt as an example to teach us an important lesson about how we should live.

When salt is added to some food, it tastes better. Salt also makes food (like meat) last longer. In Jesus' day, salt was very important. They didn't have refrigerators to keep food fresh, so they needed salt. Sometimes people were paid in salt instead of money



Jesus also said, "But if 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 by men."

If we don't act like Christians, we are like salt with no flavor. Then we don't help our home, school, sports team, etc. to be a better place.

**How can you be like salt that makes your world a better place?**



Then Jesus said, **“You are the light of the world.”** Light is another example of the way Jesus wants us to live.

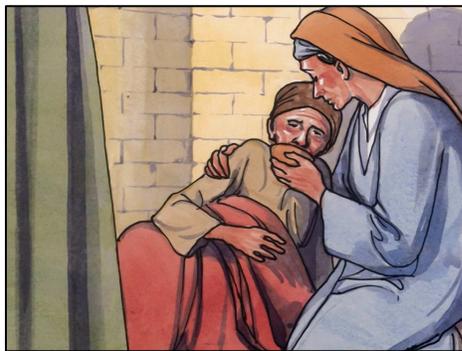


Jesus said, “A city on a hill cannot be hidden.” The lights of a city on a hill shine all around. People can see the hill from far away, even at night.

Jesus went on to say, “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 men, that they may see your good deeds and praise your Father in heaven.**”



What do you think Jesus meant? Did he mean we are not human but that we are light bulbs? Of course not. He was using light to teach another important lesson.

Many people in this world do not know about God. Jesus said that it is like they are in a very dark place. They need someone to give them some light so that they can see. When Christians obey God, then it is like a light is shining. People see Christians doing good things and it makes them want to follow God.



If we do good things, it is like our light is shining. If people never see us do or say good things then it is like we are putting a big bowl over our light. No one can see a light under a bowl.

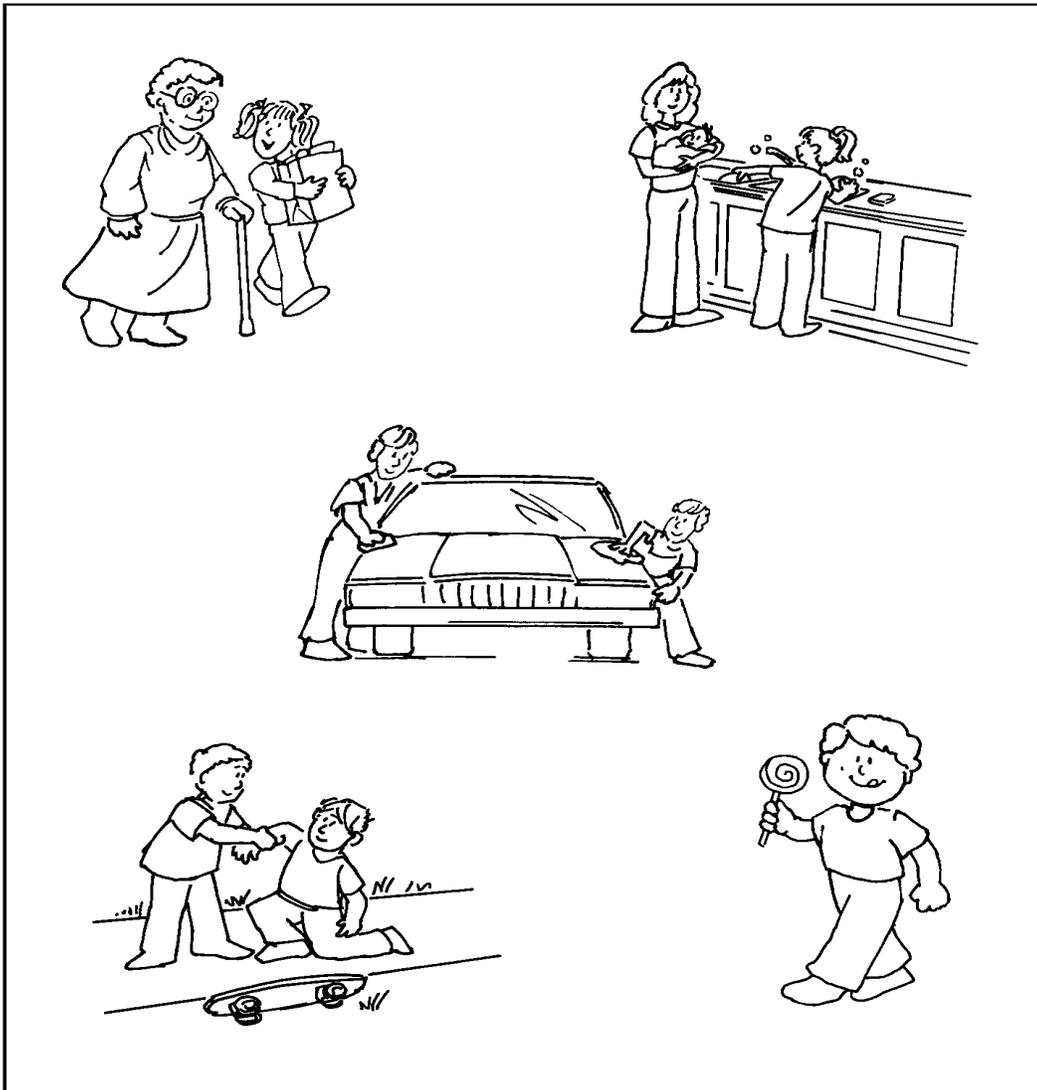


**How will you let your light shine this week?**

### PRIMARY GRADES ACTIVITY

Jesus also said, "Let your light shine so others may see your good deeds."

**Circle** the children who are doing good deeds.



UPPER GRADES ACTIVITY  
FIND THE WORDS FROM THE SERMON ON THE MOUNT



- |           |        |          |       |
|-----------|--------|----------|-------|
| DISCIPLES | SALT   | EARTH    | TASTE |
| SEASONED  | THROWN | TRAMPLED |       |
| UNDERFOOT | LIGHT  | WORLD    | CITY  |
| MOUNTAIN  | HIDDEN | LAMP     | SHINE |
| BUSHEL    | BASKET | DEEDS    | HOUSE |
| GLORIFY   |        |          |       |



**Write About It:**

Describe a time when you did something good to "let your light shine" for God:

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