

## READ IT

This week's Bible story is

### **Salt and Light**

from Matthew 5:13-20.

#### **Our actions as Christians are important and should be witnessed.**

Ask each other what you remember about:

- Restore
- Trample
- Abolish
- Accomplish
- Exceed

Salt is used not only to add flavor to food, but also to preserve it so it doesn't go bad.

#### **Read the whole story together in the Bible!**

*Spark Story Bible* pages 268-269

*Spark NRSV Bible* page 1062

#### **Family Prayer**

Dear Lord, it can be overwhelming to try to live our Christian faith in the midst of other values. It helps to remember that, like salt or the light from a lamp, small things and individuals can make a difference. Please help us let your love shine through our lives. In Jesus' name we pray. Amen.

## TALK ABOUT IT



### **Family Conversations**

- 1** What do you like to put salt on? When is it important to have light?
- 2** "We are salt" and "we are light" are metaphors. What other metaphors can you think of?
- 3** Why do you think Jesus used metaphors?
- 4** Get out a few cookbooks and flip through the recipes. Jesus compared us to salt. How many dishes need salt?



### **Eye Spark**

How many different sources of light can you see this week? When you notice one, remember the light you can share with Jesus' help.



### **Ear Spark**

What metaphors do you hear people use this week? Remember Jesus using them to teach.

## LIVE IT

### **For families to do together**

Get a flashlight or a lamp and some salt. Then go together into a place that can be made completely dark—so dark you will not see your own hand waving before your nose. Sit down close to one another. First, everyone taste the salt. Next, eliminate all the light except the light from lamp or flashlight. Cover the light with a basket or your hand or a dishtowel, something to dim the light. Then, turn the light off. Sit a minute and consider the impact that a little salt and a little light can have.

### **For younger kids**

Go on a light hunt. Walk around your house and count how many different lights you have.

### **For older kids**

Do some research on salt. What is its story?



All Kids, Salt and Light Family Page.

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