

Salt and Light  
Matthew 5:13 – 16  
The Laurel Center  
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**Main Idea:** Jesus expects us to flavor, preserve and shine in our world.

**Introduction**

Our world is full of ideas and strategies, principles and guidelines. What is the place of the Christian in the midst of this world? We are told we are to be in the world but not of it. In the sermon on the mount Jesus teaches us what he expects of us as far as how we present ourselves as his representatives in this world. He calls us to be like salt in that we flavor and preserve our conversations and our faith. He calls us to be light and that we reveal sin and the path to Christ. Let us take a closer look at being salt and light in the world.

**Matthew 5:13**

**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.

- I.** Jesus calls us to be the salt of the earth.
  - A Salt adds flavor to food.
  - B Salt preserves food.

**Matthew 5:14-16**

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

- II.** Jesus calls us to be lights in the world.
  - A Light reveals what is in the dark.
  - B Light highlights the path to take.

**Conclusion**

We see that Jesus expects for us not only to be different but also to be an alternative to the world’s wisdom. We are expected to be different than the world, to show it and to demonstrate that Jesus has better ways. Let us be salt and light in this world and please our Lord who has called us to be greater and deeper than those we speak with. This is not in a prideful way but in a helpful way. By this point the way to Christ and all that we say and do.