

# Look at the Book

Matthew 5:13 – 16; Romans 12:1 – 2 (NIV)

## Salt and Light

<sup>13</sup>“You are the salt of the earth. But if the 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 underfoot.**

<sup>14</sup>“You are the light of the world. A town built on a hill **cannot be hidden.** <sup>15</sup>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.** <sup>16</sup>In the same way, let your light shine before others, that they may see your good deeds and **glorify your Father in heaven.**

## Transformed, Not Conformed

Therefore, I urge you, brothers and sisters, **in view of God’s mercy,** to offer your bodies as a living sacrifice, **holy and pleasing to God**—this is your true and proper worship. <sup>2</sup>Do not conform to the pattern of this world, **but be transformed** by the renewing of your mind. Then you will be able to test and approve what God’s will is—**his good, pleasing and perfect will.**

## Probing

1. Why didn’t Jesus say, “You are the salt of your church?” Why did he say instead, “You are the salt of the earth.”?
2. How do Christians lose their saltiness?
3. Circle phrases in the Salt and Light passage that show a need for boldness. On a scale of 1 (timid) to 10 (bold), where are you?
4. When is a time you put the commands of God or the needs of another person ahead of your own wants or convenience? In other words, when have you been a living sacrifice? (You probably have hundreds of times in a day when you can choose to do this.)
5. Which is more natural for you—to be transformed or to not conform?