



Rev. Dr. Sarah Calvert
August 27, 2017

Salt & Light
Matthew 5: 13-16

Written by Jim Steinman, sung by Bonnie Tyler: *"Once upon a time I was falling in love, but now I'm only falling apart and there's nothing I can do, a total eclipse of the heart."*

John Wesley: *"Christianity is essentially a social religion and to turn it into a solitary one is to destroy it."*

John Wesley: *"To conceal this religion is impossible, as well as utterly contrary to the design of its author."*

Doggy Bag: Something to take home and chew on!



1. How would you say you "practice" your spiritual life?
2. Which are you more comfortable with: private expressions of spiritual life like prayer and study, or more public expressions like community worship, or mission and ministry outside the church?
3. If you are more comfortable with private expressions, try having a conversation with someone about what you are seeking and finding in a life with God.
4. If you are more comfortable with community expressions, try spending some additional quiet time with God, praying or reading scriptures.
5. Are there people in your life, like family, co-workers or friends, that you add "salt" to by having a Christian spiritual life? What is one way you could be "salt" that you haven't done before?
6. If someone accused you of being a Christian, would there be evidence to convict you?
7. In what areas of life today could you bring a "light" to a dark place? Consider if God is calling you to be more active in issues that draw your attention.