



new life fellowship

Sermon Title: Salt & Light

Speaker: Helen Kim Nowalk - Pastor of Community Life Team

Scriptures: Matthew 5:13-16

Salt and Light

13 “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.

14 “You are the light of the world. A town built on a hill cannot be hidden. **15** 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.

16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Sermon Summary:

This Sunday, we will continue our series on The Narrow Path. In Matthew 5, Jesus follows the Beatitudes with two metaphors that describe Christ's followers. Pastor Helen will explore how this passage helps frame our purpose and the meaning of our lives in a hopeful, yet challenging way.

Sermon Questions:

1. Name a moment this week where you encountered beauty or delight that caused you to pause.

“Beauty is not an arbitrary human invention; it is a reflection of the glory of God. It is the divine fingerprint on the created world.”
2. How does the metaphor of being salt help you understand what Jesus wants us to do in the world? In the ancient world, salt was used for the seasoning and preservation of food, disinfecting wounds, making cheese, processing leather, glazing bricks and ceramics, textile dyeing, and in medicine and cosmetics.
3. Salt and light are essential. You are essential. Have you ever thought of yourself this way? Why or why not?
4. What would it look like to be salt and light in your context (work, family, neighborhood, etc.)?