



September 10  
Sunday Sermon Study Guide  
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Re-tuning:  
*An Indispensable Reality - Matthew 5:13-16*

*“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.<sup>14</sup> “You are the light of the world. A city set on a hill cannot be hidden.<sup>15</sup> 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.<sup>16</sup> 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.” Matthew 5:13-16 (ESV)*

*<sup>3</sup> “Blessed are the poor in spirit, for theirs is the kingdom of heaven.<sup>4</sup> “Blessed are those who mourn, for they shall be comforted.<sup>5</sup> “Blessed are the meek, for they shall inherit the earth.<sup>6</sup> “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.<sup>7</sup> “Blessed are the merciful, for they shall receive mercy.<sup>8</sup> “Blessed are the pure in heart, for they shall see God.<sup>9</sup> “Blessed are the peacemakers, for they shall be called sons<sup>[a]</sup> of God.<sup>10</sup> “Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.<sup>11</sup> “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Matthew 5:3-11(ESV)*

### **A Life Application Study Guide**

James 1:22-25 tells us to put into practice what we are discovering in God's word.

## **INTRODUCTION**

### **Salt in Ancient Times**

Salt played a crucial role in the development of ancient civilizations. It was used as a seasoning and a preservative for food, which allowed people to store food for longer periods and travel farther distances. In addition to its culinary uses, salt was also used as a trading commodity. The ancient Greeks and Romans believed that salt was a sacred mineral.

Roman soldiers were paid in salt, hence the word “salary”. Salt was also used in ancient times as a form of payment. In fact, the word “salary” comes from the Latin word “salarium,” which was the payment given to Roman soldiers to buy salt. The value of salt was so high in some cultures that it was even used as a form of currency. Salt has many medicinal uses and healing properties as well and is critical to good health.

**Positive effects of Sunlight:** 1. Improves Your Sleep 2. Reduces Stress 3. Maintains Strong Bones 4. Helps Keep Weight Off 5. Strengthens Your Immune System 6. Fights Off Depression

## **LESSONS TO EXPLORE**

1. SALT & LIGHT
2. WHO YOU ARE, IS NOT A SUGGESTION
3. READ THE OWNERS MANUAL
4. BASICS = BEATITUDES

## DISCUSSION POINTS

1. Re-tuning is a process that must happen frequently for a musical instrument to create the sort of sound that it was created for. An instrument might be very slightly out of tune, and this might only be perceptible to either the musician who plays the instrument or to the artist who crafted it.

a. Why might it be important to know what an instrument should sound like so that we know when it is out of tune?

- How do we know when we need a spiritual re-tuning?

- How is Brian using this term in today's teaching as we look at the topic of being indispensable where we live?

b. Why does Jesus teach about salt and light in Matthew 5?

- How have we perhaps taken this teaching for granted and overlooked the implications of salt that has lost its effectiveness or a light that has been quenched or dimmed?

- God made the sun, moon, stars even fire for light, warmth, cooking. All to sustain life and health and illuminate the darkness. Describe life without these.

2. Salt and Light may not seem to apply to this teaching, but both are elements that describe us or describe what we are **expected** to be as we study Matthew 5.

- a. What did salt represent in the ancient world? List some of the many ways that it was used and why.

- Where do you envision is your value here in NOVA as a Christ Follower?

- b. How does light bring hope, healing, safety, clarity?

- How can you promote spiritual healing as you live out your faith in your sphere of influence? What does that look like in your daily living?

c. How can both salt and light be life giving to a broken and dying world?

- How do we individually serve as salt and light? In other words, we will each be used as God calls us, what is He calling you to do that makes you indispensable?

3. If you've ever started a project without reading the instruction manual or driven a new car but neglected to read the owner's manual, you know what can happen. Sometimes it's not until we have finished the project that we either discover that we made mistakes along the way or that we approached the project incorrectly. Others watching us may wonder about our methods or our motives.

- a. We are called to be indispensable in our world, the salt and the light but the how and the why matters.
  - When was the last time that you checked in with God and His word to determine if you are accurately reading the owner's manual?

4. The Beatitudes describe the character of kingdom citizens. We are kingdom citizens first within our families, our workplaces, and our neighborhoods. While citizenship offers us privileges and rights there is also a responsibility to that country or kingdom in the way that we behave. What are our rights and what is expected of us?

a. How are you living out these kingdom character qualities as you navigate your daily life? If this is our owner's manual, how are you doing?

- Poor in spirit-we recognize that we are sinners in need of a Savior.
- We mourn when we see our own brokenness first.
- We are peace makers.
- We seek to be more like Jesus.
- We show mercy to those around us.
- We seek to know and exhibit the heart of God.
- We are salt and light.

b. Consider where you may need the help of the Holy Spirit to re-direct or re-tune you as you process this teaching.

## MAKING IT REAL

- This week, study the topics more closely and ask God to reveal to you where he is calling you to be indispensable to those around you.