

*Take a couple of minutes and add your thoughts on today's experience to the journal in front of you. Does this morning's journey encourage you? Are you challenged by it? Has it changed how you see God?*

*This morning you are encountering what it means to be the salt and the light in the world that God placed you in. How can you accomplish this? How does pray factor into all of this?*

*Write your prayer requests on a card and place it in the basket. Then take a few minutes and pray over the other requests in the basket.*

*"Do not think that I have come to abolish the Law or the Prophets..."*

Flip through some of the Prophets in these Bibles. What are some of the things that they say about Israel? About life in general?

Flip through some of the Law in these Bibles. What do they have to say about how we live our lives?

Why do you think that Jesus made it a point to tell people he didn't come to do away with the Law or the Prophets? The people lived their lives according to what the Law and the Prophets had to say. Was it a good thing Jesus did not do away with them?

How can you see that Jesus fulfilled the Law and the Prophets?

*"You are the light of the world..."*

Take some time to think about light. Light is useful for many things. Seeing, providing heat. Light drives away the darkness. Could you live in a world without light? What would that look like?

Light the lights on the table. Turn them off.

Place one under a basket. What happens to the light?

What about in your life? Are you like a lighthouse, or a flashlight with dying batteries?

What do you need to do to make your light shine brightly, and not hide it under a basket?

*"You are the salt of the earth..."*

Take some time to think about the salt on the table. What is it good for? How do use it in your everyday life? Is it used in your life every day? What happens if salt becomes un-salty?

Taste some of the salt. What does it make you think of? Why is salt a good thing?

How can you be salt to the world around you?

Are you salt that is full of flavor? Do you bring the flavor of Jesus to everyone you meet?

Or are you salt that has lost its flavor? Do you need to get your flavor back?

How can you get your flavor back?