

## **Salt and Light Prayer Stations.**

Here are five stations that walk through Matthew 5.13-17 and allows participants to see the Scripture that refers to them as both salt and light in a new light. The Stations do not have to be journeyed through in any particular order, but it is recommended that the journaling station be saved for last so as to get the entire experience completed before reflecting upon it.

### **Salt Station**

Place bowls of several different types of salt on the table with accompanying signage directing participants in what to do at that station. Here participants will read the passage, and spend time reflecting on salt and how it applies to Scripture and to their lives.

*Supplies needed: signs, Scripture, salt, bowls.*

### **Light Station**

Set several light sources on the table with accompanying signage. Here participants will be encouraged to interact with light, what it does, how it interacts with them and they with it, and how it applies to the passage.

*Supplies needed: signs, flashlight, basket, lamp, candles, matches.*

### **Law & the Prophets**

Though not really a part of the Salt and Light segment, it can be useful to tack this on as a reminder that even though Salt and Light focuses on we humans, there is a greater power that allows us to be the focal point of those few verses. Place several Bibles on the table with select passages marked (Isaiah, Jeremiah, Deuteronomy, Leviticus, and Hosea are all great places to start). Here participants will be encouraged to read through segments of the Law and Prophets found in the Old Testament and reflect upon it.

*Supplies needed: signs, multiple Bibles, Post-It notes to mark passages*

### **Prayer Requests Station**

Here participants will be invited to share their prayers about their life, how to be salt and light to the world. Set up signs directing the station, a basket, a stack of prayer request cards and pens.

*Supplies needed: sign, basket, pens, prayer request cards*

### **Journaling Station**

Place journals and pens on the table for participants to journal their thoughts about the experience.

*Supplies needed: sign, journals, pens.*

For a video displaying how to set up the stations, go to <http://blip.tv/file/2326038>