

## Men's Breakfast January Notes

### Matthew 5:13-16

**13** “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. **14** “You are the light of the world. A city set on a hill cannot be hidden. **15** 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. **16** In the same way, let your light shine before others, so that<sup>a</sup> they may see your good works and give glory to your Father who is in heaven.

Salt does the following:

1. Season/seasoning
2. Power
3. Stops the rot
4. Heals
5. Creates thirst

Questions to ponder:

1. Each person share one of the five attributes of salt and state its spiritual application.
2. What situations or environments do you tend to fit in rather than being salt?
3. What can you do to change your behavior in those situations?
4. Think of one specific person that you can be salt to this week. Explain how, giving specific actions.