

# SERMON ON THE MOUNT: SALT & LIGHT

February 8, 2026

*Preaching: Michael Swartzentruber, Senior Minister*



## MATTHEW 5:13-20

13“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. 14“You are the light of the world. A city built on a hill cannot be hid. 15No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. 16In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

17“Do not think that I have come to abolish the law or the prophets; I have

come not to abolish but to fulfill. 18For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. 19Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. 20For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

## REFLECT & DISCUSS

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase, or image stands out to you?
2. What is the “saltiness” or essential quality that makes a Christian? How does that quality add “flavor” or bring out the best “flavors” in others, like salt does?
3. In your experience, what good works shine?
4. What good works have you seen church communities do together that bring glory to God and inspire others? What kind of

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good works shine brightest in today's world?

5. What do you think it means that Jesus came to fulfill, not abolish, the Law/Teaching of Torah?
6. "Righteousness" can also be translated as "justice." How does that different word impact the meaning of verse 20 and connect to the beatitudes in Matthew 5:1-12? What does it look like today for faithful people to "be righteous" or "do justice"?
7. Have you ever played a sport and received a "pep talk" before a match or game?
  - a. What was that like? Did it help?
  - b. Do you remember any of the wisdom or inspiration that was shared?
  - c. How might Jesus be giving his Disciples a "salt and light" pep talk before they embark on a challenging journey?