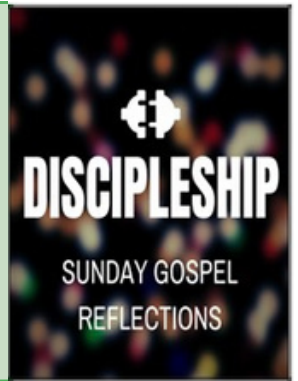


In preparation for February 8, 2026, 5th Sunday in Ordinary Time

Theme - Flavored by Faith, Fueled by Light

“Your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

(Verse 16) Matthew 5:13-16



Adults

1. Part of our responsibility as disciples is to accept our responsibility to be salt and light... bringers of God's goodness to the world. As a follower of Jesus, what happens when you share your light with others? What happens when you choose to hide your light from others?
2. We all have times when we experience discipleship fatigue. When this happens, it does not mean that we have failed as a disciple. It might simply mean we are in a different place in our discipleship. Share about a time when you experienced a little less salt and light in your life. What did you do to renew your faith?
3. What about the fact that our "light" is not ours to claim? Do you recognize that it comes from God and not from our own authority? With that in mind, how does this change your thoughts about being a salt and light bearer?

Obstacles for living out the Gospel: Not recognizing the gift given to us by God to be salt and light bearers.

Teens

1. Jesus is telling us today that we are the salt and light of the earth. Why do you think Jesus compares His followers to salt and light instead of something else?
2. How can you bring flavor or (goodness) to your school, friend group, or family? In what situations do you find it hardest to shine your light?
3. Who in your life do you think really lives as salt and light? What can you learn from them?

Obstacles to living out the Gospel: Trying to match the world's trends instead of living God's truth.



Children

1. When do you put lights on in your house? Have you ever come home and your house was dark? How did it make you feel? Did you feel better/safer when you turned the lights on?
2. What things make our world dark? How can we be Jesus' light when things look dark or sinful?

Obstacles to living out the Gospel: Not realizing how we live can affect the world in a positive or negative way. Failure to live intentionally for Christ.

