



**These notes are lovingly prepared each week by Anne Maclean – thank you Anne!)*

John 17 :11-18

As followers of Jesus we are called to live in the world, but not to be of the world.
In Matt 5 Jesus uses 2 metaphors to describe how an “in but not of” life should be lived.

#1 – Salt

Matt 5:13 – *You are the salt of the earth.*

Salt – very valuable in Biblical times as it preserved food by acting as a barrier to decay. The salt “stands in the gap” between the food and the harmful bacteria. (Jer 29:4-7; Ez 22:30)

Discuss: Within our spheres of influence, how do we – or how can we – stand in the gap?

Salt can become contaminated, and ‘lose its saltiness’. How can we prevent this from happening in our lives? Read **Matt 5:16**.

Contaminated salt can always be restored to purity again – how do we get restored to saltiness?

#2 – Light

Matt 5:14 – *You are the light of the world.*

Light – darkness is the absence of light. Even a little light overcomes darkness.

I John 1:5 – God is light. We are to reflect the light of God.

Discuss: Within our spheres of influence, how do we – or how can we – reflect God’s light?

Jer 29 : 4-9 - God’s instructions to His people living as exiles (strangers in a foreign land).

Ezek 22:30 – What does Ezekiel tell us we should be doing?

Discuss: How are we building/standing/seeking welfare in your community? What can we do as a group over the next few months?