Matthew 5:13-16

13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. 14 "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

The following questions are for personal and or group reflection.

- 1. Observation for reflection- What word or phrase is the Spirit prompting in my heart? What word or phrase says, "I am for you today"?
- 2. Interpretation- What does the word or phrase mean that the Spirit is giving me?
- 3. Application- What is the word or phrase calling me to be or to do?