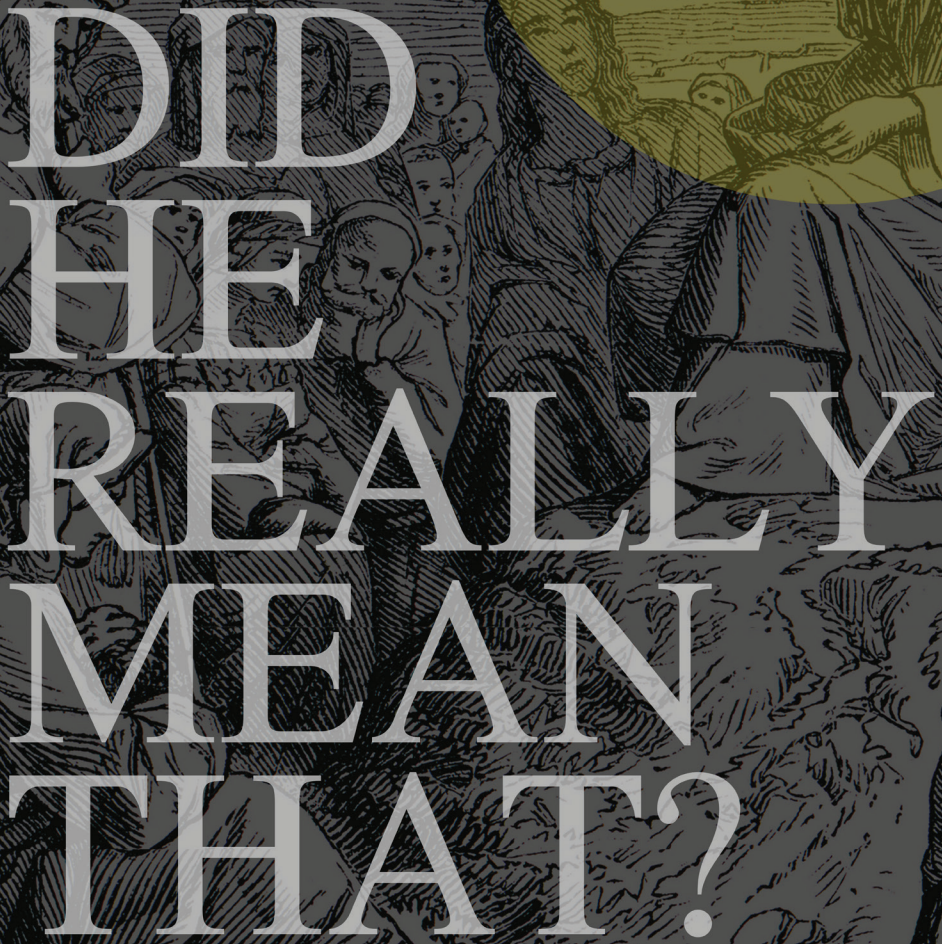


SALT & LIGHT

3



DID  
HE  
REALLY  
MEAN  
THAT?

A STUDY ON THE SERMON ON THE MOUNT

## MORNING

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### READ | Matthew 5:13

*"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."*

**- Matthew 5:13**

"Loses its saltiness" is a tricky word to translate. The Greek is μωραίνω (mórainó) which means, to be foolish, to turn to foolishness, to be dull. It seems that Jesus' point is that if someone forgets who they essentially are they become trampled under foot, discarded by the world they were sent to enrich.

In the presence of God reflect for a moment: who are you in essence?

## EVENING

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**REVIEW:** Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

**Notes:** \_\_\_\_\_  
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# TUESDAY// AUGUST 24TH

## MORNING

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### READ | John 1:5

*And the light shines in the darkness, and the darkness did not comprehend it.*

**- John 1:5**

Many translations interpret the Greek word καταλαμβάνω (katalambanó) as “does not overcome” – the light shines in the darkness and the darkness does not overcome it. But the word also carries the meaning “does not comprehend, has a lack of understanding” – the light shines in the darkness and the darkness does not understand.

Which of these interpretations do you find yourself drawn towards? Which interpretation engenders more grace/compassion for yourself, others and the nature of things?

## EVENING

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**REVIEW:** Look back on your day with God. What was your experience love (of harmony) with God, with yourself, with others?



# WEDNESDAY// AUGUST 25TH

## MORNING

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**READ | John 8:31-32**

*So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."*

**- John 8:31-32**

The truth will set you free. But not until it's finished with you.

**- David Foster Wallace**

The truth will set you free, but first it will make you miserable.

**- Jamie Buckingham**

A question to open our hearts to this morning: what do I desire more – freedom or comfort? What comforts am I clinging to that might be inhibiting my experience of freedom?

## EVENING

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**REVIEW:** Make yourself aware of God's presence. With God, look back on your day. What are you grateful for?



# THURSDAY// AUGUST 26TH

## MORNING

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### READ | John 8:12

*Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."*

- John 8:12

The closer the light comes, or the deeper our awareness of Christ's pre-existent light in our beings, the more aware we are of the darkness and clutter that "understandith him not." What obstacles/distractions will you pray for the grace to surrender today?

## EVENING

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**REVIEW:** Make yourself aware of your breath, and pay attention to only your breathing for the next 2 minutes. As thoughts enter your mind, acknowledge them and then slowly focus your attention on only your breath. Enjoy abiding in Christ, free from habitual thought loops and patterns of striving to connect. Let go and be.



**Notes:** \_\_\_\_\_

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## MORNING

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**READ | John 8:12 & Matthew 5:14**

*"I am the light of the world..."* - **John 8:12**

*"You are the light of the world..."* - **Matthew 5:14**

How do you connect these two statements of Christ?

## EVENING

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**REVIEW:** In the presence of God, consider: who was encouraged by my presence today?



# SATURDAY// AUGUST 28TH

## MORNING

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### READ | Matthew 5:16

*Let your light shine before others that they may see your good deeds and glorify your Father in heaven.*

– Matthew 5:16

What stirs in you as you read these words? Name the feelings that arise and don't be afraid to be honest with yourself. Stay with it until the root of the emotion becomes clear.

## EVENING

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**REVIEW:** Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

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# SUNDAY//

# AUGUST 29TH

## MORNING

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Look back at all the verses, prayers and meditations this week. Spend some additional time with whatever was most helpful.

## EVENING

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**COMMIT:** Spend time with someone you love. Call them on the phone, take them out to dinner, just relax with them.

**Notes:** \_\_\_\_\_  
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CHURCH

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