

2023-02-05 ... 10am Worship Together Sermon ... Revd Canon Judy Hunt

Matthew 5: 13 – 20

'Salt & Light: Restoring or Community'

Jesus talks there about two everyday things: salt and light.

Let's think about salt first:

Salt is immediately identifiable by taste.

Let's just check that out: *(Revd Judy asked a volunteer, Rebecca, to taste from 2 saucers and see if she could tell)*

So yes – salt is immediately identifiable by taste. We may notice its absence ... but we certainly notice its presence – and we appreciate it when there's just the right amount!

It may be the other way round **with light** – we very definitely notice it's absence – notice when it's not there. For example, coming into this church in the dark and when there are no lights on ... feels very different to coming in on a bright morning or afternoon.

Jesus says we are to be like both – **like salt and light** – so that other people can be helped and so that they know that God cares about them.

How can we sprinkle a little salt to improve life, or shed light into a dark situation close to us? We might think we are but one very small light to make a difference to the world, but one torch makes all the difference in the darkness of a power cut. You don't always have to be the source of the light: a few visible reflective strips on a jacket can save lives. And when many small lights are brought together they make a strong beacon!

We can do this by what we do together ... and what we do as families or individuals.

So would you please have a look at the sheet you were given on the way into church? *(some in Church)*

On one side there are activities that you might like to do later on at home.

On the other side is a map of Whitchurch.

Please use the pen in your pew to mark on wherever you have quite a bit of contact with other people – home, school, work, voluntary groups, shopping, eating, drinking ... if you live outside the area of the map – just put a mark in the general direction!

Please do write your name on these too ... Wendy is going to gather them in and make a combined one for us to look at by the end of the service ... and then give you yours back again.

PTO

Wherever we have contact with people, we can be God's salt and light.

To be salt is to add flavour, to improve something already there. Just as you would not heap a spoonful of salt onto your egg, but sprinkle 'just enough', so we need to be 'streetwise' about what will best enhance our neighbourhood.

And we don't want our light to make other people blind – but to shine in a helpful way.

So let's have a few moments – looking at our own marked up map and ask God to show us how to be his salt and light – in each.

Being salt and light will help others, will add goodness to what is already going on, will show up what we need to change ... and most of all, will lead others to give thanks to God.

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