



# Identity – Week 8 – Salt and Light: out and about everyday

Connect and review	Notes
<p>Have you any questions from last week?</p> <p>The objective this week is to <b>realise and utilise my potential in everyday life.</b></p>	
Inspire and engage	
<p>Read Matthew 5:13-16. What does Jesus mean by “salt” and “light”?</p> <p>Watch You Tube video “Salt and light in 90 seconds or less!”</p> <p>Helping others is dependent upon:</p> <ul style="list-style-type: none"><li>• Knowing Scriptures</li><li>• Being a good listener</li><li>• Being aware of relationship skills and safeguards</li><li>• Setting boundaries</li></ul>	
Explore and apply	
<p><b>Explore</b></p> <p>We are called to be active not passive Christians. We are to spread abroad God’s love, peace and joy to all we meet.</p> <p>How can we do this? Discuss in pairs. Let a few share ideas with the whole group.</p> <p><b>Apply</b></p> <p>Think of examples in Scripture where people put others before themselves. Discuss in small groups and select a spokesperson to feed back later.</p>	
Reflect and review	
<p><i>Personal reflection:</i></p> <p>How am I going to build a good relationship with 1 or 2 close friends to develop my Christian walk?</p> <p><i>Suggested activity:</i></p> <p>Read through the notes from all 8 weeks of “Identity”. Ask yourself have I grown spiritually over this time? Do I have a better understanding of who I am in God and my role in the Body of Christ? What steps am I going to take to utilise my potential in everyday life?</p> <p>Remember to keep using your journal with God!!!</p>	