



# Growing FAITH at home

5 February 2023

FIFTH SUNDAY  
AFTER EPIPHANY

JESUS CALLS  
US TO BE  
SALT AND  
LIGHT FOR  
HIM



GrowMinistries  
LCA CHILD YOUTH & FAMILY MINISTRY



www.growministries.org.au



## CONVERSATIONS

Share your highs and lows, or respond to the following:

1. What is your favourite salty food?
2. What gives us light and why do we need it?



## BIBLE READINGS

Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.

1st reading

**Isaiah 58:1-12**  
True fasting

2nd reading

**1 Corinthians 2:1-16**  
God's wisdom  
revealed

Gospel reading

**Matthew 5:13-20**  
Salt and light

## DISCUSS

Jesus calls his followers the 'salt of the earth' (Matthew 5:13). What do you think he means by this?



## ACTION RESPONSE

In 1 Corinthians 2:3, the apostle Paul says that when he first visited the Christians in Corinth he came in 'weakness and fear, and with much trembling.' Pastors and other church workers may seem composed on the outside, but often they feel inadequate in their work. Write a note of encouragement to your pastor or a staff member of your church. Let them know that you appreciate them and that God is using them as a light in your lives.



## PRAYER

Lord Jesus,  
help us to be  
your salt today,  
flavouring the  
world around  
us with your  
love and truth.  
Amen.



## BLESSING

May God's love  
shine through  
you, so that  
others see him.



## MEALTIME PRAYER

Jesus our Light, may we shine for you,  
with love so bright. Amen.

MAKE YOUR LIGHT SHINE, SO THAT OTHERS  
WILL SEE THE GOOD THAT YOU DO AND  
WILL PRAISE YOUR FATHER IN HEAVEN.

MATTHEW 5:16

VERSE OF THE WEEK