



For the next *7 weeks*, we will be looking at Jesus' own words from the book of Matthew. Jesus didn't just teach ideas, he lived out His own words! We'll see this as we continue in Matthew through Easter and examine the events from Palm Sunday through the Resurrection!

In *Matthew 5*, we hear Jesus teach about being **salt and light**.

**Salt** preserves and enhances; **light** illuminates and brightens!

In similar ways, being *salt and light* as we live our daily lives can enhance this fallen world with characteristics from God and brighten the darkness!

Living a life that honors God helps show God to those around us!

## MAKE

Make a cookie recipe but leave out the salt. Form a few cookies...add the salt to the remaining dough & form then bake!

## TASTE

...now taste a small piece of the salt less cookie. Then taste the one with salt. Discuss the difference.

## TEST

Give each person a flashlight and have them stand around a room. Turn off the lights. One by one turn on your lights.

## DISCUSS

What did the first light do? How did each light impact the darkness? Read *Matt 5:13-16* and discuss.

For each AKM Series, we select a memory verse we work on each Sunday.  
If you'd like to join us in working on it as a family, display this page to  
practice during the week.

## John 14:6

"I am the **way**,  
the **truth**,  
and the **life**."

No one comes to  
the Father except  
through **me**."



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Scripture references have been taken from the Christian Standard Bible

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