

Lesson 7.13 - A Lifestyle of Peace: Salt and Light

Topic: Becoming Peacemakers

Subtopic: Salt and Light

3A. Made New in Jesus Christ

4H. Make Good Choices

Class: Standard VII (Grade 7)

Objectives:

Knowledge: Students will know that God calls them to be salt and light in their community. **Attitude:** Students will want to promote peace and be called a child of God.

Materials Needed:

Blackboard and Chalk

Exercise book

Anger Escalation Chart

Optional: salt, candle with matches or a flashlight

References: Matthew 5:1-16

Memory Verse: Matthew 5:14

Teacher Activities

Introduction: *Optional: Worship with singing and prayer time led by students.* Show students salt and a candle or flashlight. What do these items have to do with peace?

Bible Story: Have a student read the scripture. Explain that followers of Jesus are to be *salt* and *light* to the world. Discuss what that means.

Application: Review rules for *Think-Pair-Share* and give students two questions to discuss. Then call on individuals to share what they and their partner discussed.

Evaluation: Do you demonstrate peaceful actions and reactions in your work with the students? Are you “light” and “salt” in the classroom and in your community?

Student Activities

Introduction: Students guess how light and salt relate to peace.

Bible Story: Listen while student leader reads Scripture and think about being salt and light.

Application: *Think-Pair-Share-* How do we shine our light so people in darkness may praise God? How can we continue to keep our “lights” lit, even when we face danger or are tired?
Journal. I am like salt when I

Evaluation: Do students understand how their words and actions can help to build peace?

Extension Activities:

Worship. Have the students lead singing and have a prayer time. A student leader asks for prayer requests, then have a moment of silence for students to pray. The student leader can close with prayer or with another song.

Memory work: Write the memory verse on the board. Say Matthew 5:14 together several times. Then erase one word at a time and have the students repeat the verse. Then erase the entire verse and call on students to see if they can say the verse from memory.

Salt Word Web. Salt is so important for life that ancient people used it for coins and traded it for gold. Have students think of all the ways we use salt and all the places salt can be found. Then

draw a Word Web on the board. See the end of this lesson for an example of a Word Web. You could do a similar web for Light.

Notes for Teacher

This lesson is taken from Jesus' Sermon on the Mount. Today students will learn what it means to be salt and light in the world. Next week they will learn how anger escalates if we do not deal with it. It is important to be aware of the part we may play in developing either peace or conflict. When we allow ourselves to be changed by Christ Jesus, we become peacemakers, the salt and light of the world. However, we must deal with our own emotions or we become the instigators of conflict instead of peace. Next week's lesson deals with anger management.

Key Concept: We must recognize and deal with our own anger before we can be salt and light in the world.

Bible Story: Today's lesson is a sermon from Jesus which he preached on top of a mountain early in his ministry, the "Sermon on the Mount." The "Sermon on the Mount" launched the public peacemaking message of Jesus. He proclaimed that the people who are blessed are the poor, mourning, humble, merciful, pure in heart and persecuted peacemakers. Peacemaking begins with our personal attitudes and lifestyle.

Jesus told his followers they were the salt of the earth (*Teacher, you may wish to bring salt to show the class.*) Salt has been a part of healing medicine for thousands of years, as well as to keep people and animals hydrated in the hot desert where Jesus lived. Even at the time of Jesus people used salt as a remedy for many different illnesses. Salt was used to heal and to keep healthy.

- How do we provide a healing presence in difficult situations? (*Answers will vary. Examples: Using gentle words and acts of kindness*)
- How do we continue to provide a healthy environment after this healing process has begun? (*Possible answers: create safe places to live and work; care for one another*)

Jesus told his followers they were the light of the world (*You may wish to bring a candle and matches or a flashlight to the class.*) In other parts of the world, special lighthouses were set up to guide ships that were out to sea. When ships were close to the shore, they would rely on lighthouses to guide them home through the rocks and other difficulties that the ocean presents. A lighthouse keeper had to be persistent every night to make sure his light stayed on for the sake of the sailors' safety. In the same way, we must continue to shine our lights into the darkness of a spiritual night. We do this by speaking up for justice and righteousness and truth. The light of our message may at first hurt the eyes of those in spiritual darkness, but it will show the way to peace and help them to praise God. We must position our "light" so it burns brightly for those stumbling in the dark.

Application: *Think – Pair- Share*

Review the rules for Think-Pair-Share.

1. First, students THINK alone for about 30 seconds.
2. Then they partner (PAIR) with someone sitting next to them to discuss the question.
3. Finally, the teacher calls on volunteers to SHARE what the partners discussed with the class.

Questions to discuss with a partner.

- How do we shine our light so people in darkness may praise God?
- How can we continue to keep our “lights” lit, even when we face danger or are tired?

Jesus calls his followers to a life of love and peace, rather than a life of violence. In the Sermon on the Mount He gives specific examples of how we can live at peace. Some of the things he suggests are listed below:

- We can no longer justify anger or insult others in conflict. We are to attempt to reconcile with our brother and sister.
- We are not to run from the commitment of marriage into adultery or divorce, but remain faithful to our marriage.
- We are not to lie, but to always to tell the truth.
- When we have been hurt, we are not to hurt back. Instead, we are called to show love and pray for our enemies.
- It is through this witness of love that we are perfected. Being a peacemaker is not always easy but we will have inner peace (in our hearts) and outer peace (in our communities) if we choose to be peacemakers!

Journaling. Have students choose one of the two sentences below. They complete the sentence in their journal and then write a short paragraph explaining what they mean.

I am like salt when I...

I am like light when I...

Optional Word Web:

