

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Matthew 5:13-20	Salt and light
Monday	2 Kings 2:19-22	A miracle involving salt
Tuesday	Mark 9:42-50	Have salt in yourselves
Wednesday	Colossians 4:2-6	Conversation seasoned with salt
Thursday	Ephesians 5:3-14	You are light in the Lord
Friday	1 Thessalonians 5:5-11	You are children of the light
Saturday	Psalms 36:5-9	In your light we see light
Sunday	Matthew 5:21-37	Teachings of Jesus

SCRIPTURE VERSE FOR THIS WEEK:

“Make your light shine, so that others will see the good that you do and will praise your Father in heaven.” *Matthew 5:16* (CEV)

SAY, PRAY AND BLESS:

A Prayer for the Week:

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

Epiphany Mealtime Prayer:

Christ our light, shine upon us. Refresh us through this meal to reflect your love to others. Amen.

A Blessing to Give:

May God’s love shine through you, so that others see that God is good and worthy of praise. Amen.

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Matthew 5:13-20	Salt and light
Monday	2 Kings 2:19-22	A miracle involving salt
Tuesday	Mark 9:42-50	Have salt in yourselves
Wednesday	Colossians 4:2-6	Conversation seasoned with salt
Thursday	Ephesians 5:3-14	You are light in the Lord
Friday	1 Thessalonians 5:5-11	You are children of the light
Saturday	Psalms 36:5-9	In your light we see light
Sunday	Matthew 5:21-37	Teachings of Jesus

SCRIPTURE VERSE FOR THIS WEEK:

“Make your light shine, so that others will see the good that you do and will praise your Father in heaven.” *Matthew 5:16* (CEV)

SAY, PRAY AND BLESS:

A Prayer for the Week:

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

Epiphany Mealtime Prayer:

Christ our light, shine upon us. Refresh us through this meal to reflect your love to others. Amen.

A Blessing to Give:

May God’s love shine through you, so that others see that God is good and worthy of praise. Amen.



CARING CONVERSATION:

Discuss in your household or small group:

- What is your favorite salty food?
- Jesus calls his followers the 'salt of the earth' (Matthew 5:13). What do you think he means by this?
- Just as salt flavors food, Christians flavor the lives of others by the ways they live. Share some examples from your own experience.

DEVOTIONS:

Share some salty foods during your home devotional times this week (e.g. salted potato chips). As you snack, discuss ways in which other Christians have "flavored" your lives with the love of Jesus, and ways in which you can flavor the lives of others (look up Isaiah 58:6-7, 9b-10 for some ideas).

SERVICE:

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.

RITUALS AND TRADITIONS:

Find a candle for each member of your household. Finish your meal-times this week with a brief candle lighting ritual. Light one another's candles in turn either by using matches or passing a flame from candle to candle. As each person's candle is lit, have other household members bless them with this week's "Blessing to Give":

May God's love shine through you, so that others see that he is good and praise him. Amen.

CARING CONVERSATION:

Discuss in your household or small group:

- What is your favorite salty food?
- Jesus calls his followers the 'salt of the earth' (Matthew 5:13). What do you think he means by this?
- Just as salt flavors food, Christians flavor the lives of others by the ways they live. Share some examples from your own experience.

DEVOTIONS:

Share some salty foods during your home devotional times this week (e.g. salted potato chips). As you snack, discuss ways in which other Christians have "flavored" your lives with the love of Jesus, and ways in which you can flavor the lives of others (look up Isaiah 58:6-7, 9b-10 for some ideas).

SERVICE:

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.

RITUALS AND TRADITIONS:

Find a candle for each member of your household. Finish your meal-times this week with a brief candle lighting ritual. Light one another's candles in turn either by using matches or passing a flame from candle to candle. As each person's candle is lit, have other household members bless them with this week's "Blessing to Give":

May God's love shine through you, so that others see that he is good and praise him. Amen.