

SALT + LIGHT

Theme Resource Pack
June 2026
(7 June - 4 July)

Introduction

We are salt and light! Jesus says so! We are called to compassion and charged with seasoning and shining throughout the world!

This month we reflect on what it means to carry our little light and our cellar of salt, sprinkling music and laughter, prophecy and praise as we go.

Salt has many properties and uses and so do we! How are we salt in our communities? Where are we enhancing flavour? Transforming texture? Preserving goodness? Melting ice? Scrubbing grime? Manufacturing solutions?

Small amounts of salt are vital for our neuro-chemistry to send signals through our cells. How are we enabling the 'neuro-chemistry' of our local communities? Helping to link together the cells of the Body of Christ.

Week one — Seasoning and shining! We begin our theme by looking at Jesus's description of us as salt and light! What can we learn about ourselves from this analogy?

Week two — Salt, light and laughter... In this week we consider the role of humour in grace, humility and self-discovery.

Week three — Bittersweet salt and light. Light can glare and salt can sting, this week we explore the bittersweetness of a life fully lived.

Week four — Paradigm shifts! As salt and light can startle us, our final week has us reading the Bible alive to the paradigm shifts in the text — the clean breaks and sudden twists!

Format

This theme will run 4 weeks taking us from 7 June - 4 July. Over the course of 2026 we are going on a journey that we began in Advent 2025 — of coming round the table with God.

Our themes drawn from Revised Common Lectionary and additional readings shape our Daily Worship, live streams and all sorts of other creative things we get up to! Each week runs Sunday - Saturday and each has a series of daily Bible readings and prompts for reflection.

Seasoning and shining! (Week 1, 7 June)

Introduction: We begin our theme by looking at Jesus's description of us as salt and light! What can we learn about ourselves from this analogy? How are we bringing taste and flavour, colour and vibrancy to our homes and streets, places of work, study and worship?

Seeds to sow: What are some of your favourite tastes? What are some of your favourite colours?

- 1. Matthew 5: 13 Salt of the earth!** Salt has many properties and uses and so do we! How are we salt in our communities? Where are we enhancing flavour? Transforming texture? Preserving goodness? Melting ice? Scrubbing grime? Manufacturing solutions? Sending signals and transmitting information?
- 2. Matthew 5: 14-16 Let your light shine!** How are you letting your light shine?
- 3. Psalm 33: 1-12 Sing to him a new song!** One way of bringing salt and light to the world is singing new songs. What new songs are you singing?
- 4. Hosea 5:15-6:6 Pressing on to know the Lord!** What does it mean for us to 'press on' letting our little light shine today?
- 5. Psalm 50:7-15 God is not hungry!** God doesn't need a *Deliveroo*. What are we offering instead?
- 6. Romans 4: 13-25 Depending on faith to rest on grace!** Are we self-made and self-reliant? Or God-made and God-reliant? How are our lives marked with faith and grace? How is it visible to others?
- 7. Matthew 9:9-13, 18-26 Standing back or reaching out?** The Pharisees stand back in judgement of Jesus, whereas the tax-collectors, sinners and the father, and the bleeding woman all reach out. Those that hold back remain unchanged. Those who reach out have their lives changed forever.

Salt, light and laughter. (Week 2, 14 June)

Introduction: This week we read scripture alive to the humour, the laughter, the human emotion that runs all the way through it. Laughter is the salt that makes the flavour hit harder as we: laugh in recognition, in wonder, in apprehension. We are called to a salt and light life — not a muted, bland life. Life should be bright and vibrant and lived to the full. There will be laughter.

Seeds to sow: What makes you laugh?

1. **Genesis 18:1-15 Laughter of surprise.** Sarah is surprised, taken off guard by God. When does God make us laugh with surprise? Where is God sprinkling the salt of surprise?
2. **Psalms 116:1-2, 12-19 Chuckle of relief.** Imagine the psalmist chuckling in relief. When have you chuckled with relief with God?
3. **Exodus 19:2-8a Nervous laughter.** We know that Moses was not enamoured with public speaking. He had a complicated relationship with leadership and indeed with God! Here once again God is tasking him with communicating to the people. Let's humanise Moses in this moment, let's imagine his nervous laughter as the enormity of the moment sinks in, the covenant that he is charged with sharing. When has God made us laugh nervously?
4. **Psalms 100 Whoops of joy!** What makes you cheer, whoop and cry out? What are you glad for? What shining lights are you celebrating?
5. **Romans 5: 1-8 Paul's self-deprecating chuckle.** Paul's boasting in weakness is a disarming, self-deprecating laugh. It's like he's saying, 'We were total no-hopers and yet look what God has done!' There's a rueful chuckle in the voice of experience in verses 3-4 too.
6. **Matthew 9:35-10:16) A laugh of fondness.** Let us focus on verses 9:36 and 10:16. There's tenderness in Jesus's observation of the crowds milling around like sheep. It's a rare glimpse in the gospels of Jesus's inner-psyche, his compassion and fondness. Once can imagine him chuckling under his breath at the leaderless sheep. It stays in his mind, as in 10:16 he still sees them as sheep.
7. **Psalms 126 Survival laughter.** Often as the tension leaves the body, we realise 'we have survived' and it escapes as laughter. When in our lives has salt tears given us glimpses of the light?

Bittersweet salt and light (Week 3, 21 June)

Introduction: We often find ourselves drawn to the bittersweet in life — the flavours that are smoky and sugary, the image that is life-affirming and haunting, the story that is heartbreaking and heart-mending. Such juxtapositions resonate with us because they are true to life as we live it with all its light and shade. However great the darkness it never consumes the smallest light. And at the edges of a clear blue sky are the clouds that will gather, the darkness round the corner. This week we read scripture that blends the salt and the light, the bitter and the sweet, the sour and the fresh. In such moments we meet a God who comes running to meet us in the midst of our lives with compassion and love.

Seeds to sow: What bittersweet tastes, songs, books or films do you like?

- 1. Genesis 21: 8-21 A well in a dry land.** From a story of family unity and blessing we move sharply to dysfunction and disunity. From miracle to meanness and celebration to suspicion. Where is the music of Sarah's laughter now? The messiness of this family is not presented as an archetype for us to follow. Rather it shows us a flawed patriarch and matriarch who have only partially understood God. And yet in the bitterness of this story — comes the sweetness of the water in the desert. Abraham may cast Hagar and his own son aside, but God won't.
- 2. Psalm 86:1-10, 16-17 Not all plain sailing.** The psalms are an incredibly library of poetry and song that relate the joy and wonder but also the pain and suffering of being alive. How often have we prayed a prayer that mirrors verse 17 in our own lives?
- 3. Jeremiah 20:7-13 Jeremiah gets salty!** Like Abraham and Sarah earlier this week, Jeremiah is a complex character! He is a prophet of God but he is not immune to resentment, pettiness and vindictiveness. The people we see in the Bible are not all paragons of virtue — they are people like us, with flaws like us, who nonetheless are used by God (as we are too!).
- 4. Psalm 69: 7-18 Longing for light.** Sometimes when we 'walk in the light' we will feel bathed in the light, and on other days we'll glimpse only a glimmer. Such is the bittersweetness of a real, lived faith.
- 5. Romans 6:1b-11 The bittersweetness of being buried and raised.** Part of living is dying, part of raising is burying, parting of gaining is losing, part of learning is forgetting.
- 6. Matthew 10:24-39 Division?** There's bittersweetness here in this uncomfortable reading. We are confronted with division instead of unity and hurt instead of wholeness. Jesus here is challenging the tribal and familial ties that shaped so much of reality then (and now). Part of new beginnings is endings. Speaking into a culture where a father's power over his family, and elder extended family over others was great — Jesus says there may well be fractures here. Your reality is no longer shaped by those ties, but by my ties — but remember this yoke is light. When in our lives is the bitterness of parting woven into the sweetness of transformation?
- 7. Ecclesiastes 3: 1-8 Both bitter and sweet.** Rich vivid lives are multifaceted things. There is no 'plain sailing'. God gives us sanctuary, but a restless sanctuary — made to go through the storm, not around it.

Paradigm shifts! (Week 4, 28 June)

Introduction: In our final week we read the Bible alive to the paradigm shifts in the texts — the clean breaks and sudden twists. Part of being salt and life is bringing prophecy and critique to the mainstream. Showing the world that another way is possible. Light can blind and burn and salt can sting and scour.

Seeds to sow: What paradigm shifts have you seen in your lifetime? Perhaps a leap in science in technology? A change in social attitude and values? Or a more personal change in your own life?

- 1. Genesis 22:1-14 A clean break.** As hard as it is for us to get our heads around — many who first head this story in ancient times would have been shocked that God **didn't** want the firstborn as a sacrifice. It was not uncommon for societies at this time to ratchet up the scale of sacrifice more and more painfully. Part of the reason this story is so shocking to us is that we live in societies powerfully shaped by it. This is not a story about a God who expects human sacrifice and a person who overcomes their doubts to (almost) go through with it. It's a story about a man who fully expects the divine to ask this of him and the sudden understanding that God claims ownership of the son — and that human sacrifice is not what he ever asks for. This is a huge paradigm shift.
- 2. Psalm 13 An abrupt change of tone!** Our lives are full of such paradigm shifts!
- 3. Psalm 89:1-4, 15-18 Singing of steadfast love forever.** Aligning ourselves with God is a lasting life-changing paradigm shift.
- 4. Romans 6: 12-23 The paradigm shift of freedom!** Rays of sunlight can act as a disinfectant and salt can remove stubborn stains. To be effective salt and light in the world we need to go through the internal paradigm shifts of salt and light in our own lives.
- 5. Matthew 10: 40-42 Welcoming others, welcoming Christ.** In welcoming 'the least' we welcome the most! Have we experienced paradigm shifts in our social lives as we have got to know Christ?
- 6. Matthew 27: 51 The curtain is torn, a paradigm shift for reality.** The death of Jesus, the tearing of the curtain in the temple is THE profound paradigm shift in our lives. God does not live in a temple made of human hands! God lives in us!
- 7. 1 Corinthians 3: 10-17 God dwells in you!** We are not the source of the salt or the light that our communities need — but we can carry them, for God dwells in us!