



We are the Church

Session 3: Whole Life Disciples: Salt and Light on our frontlines

Matthew 5:13-16 Luke 10:1-12

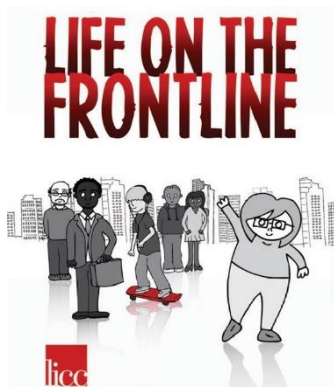
Reflect Back...

Briefly reflect back on last week's session which was part I of 'Whole Life Disciples'

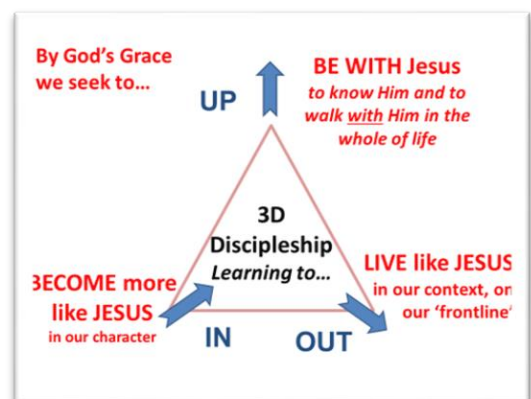
- How have you lived out being a 'follower of Jesus' this last week? Share any examples however small...

Being Whole-Life Disciples Part 2: Salt and Light on our Frontlines

This week we pick up the OUT dimension of discipleship and think about **"being sent out to live like Jesus in our contexts, on our frontlines."**



[For those who are not familiar to the term 'frontline' we use it to describe 'the places where we find ourselves in the week - the places where God has called us to be; the places that God wants to use us.' This might be our homes, our neighbourhoods, our workplaces etc. You might even like to watch the video 'Meet Anne' here: [Life on the Frontline: Meet Anne - YouTube](https://www.youtube.com/watch?v=rk8ERxqCZqQ)]



Watch the video 'This is discipleship' here: <https://www.youtube.com/watch?v=rk8ERxqCZqQ>

- What strikes you? What challenges you? Discuss together!
- In 3's share briefly a little about where your 'frontlines' are at the moment.

Read **Matthew 5:13-16**

Our church vision statement talks about 'seeing lives transformed and communities flourish as we proclaim and demonstrate God's kingdom.'

- What do you understand by 'proclaiming and demonstrating God's kingdom'?
- What do you think being 'salt and light' on our frontlines might look like? You might like to reflect on the LICC's '6M's' (see image).
- How might we 'lose our saltiness' or 'hide our light under a bowl'? What do you find hard about seeking to be 'salt and light'?

6Ms

- ...Modelling godly character
- ...Making good work
- ...Ministering grace & love
- ...Moulding culture
- ...Mouthpiece for truth & justice
- ...Messenger of the gospel



- Split into two groups to look at the following passages about the sending out of the disciples.
 - **Luke 10:1-12.**
 - **John 20:21-23**
- What do you find interesting here? What might they teach us about us being 'sent out' on our frontlines?

Getting Practical & Prayer

- Back in your 3's, share any challenging situations or issues which you are currently facing on your frontlines. Together think about 'what would Jesus do if he were you' in those situations? What might being 'salt and light' look like?
- Pray for those specific situations that you have shared.
- Pray too for any specific people on your frontlines who you sense God is calling you to 'proclaim and demonstrate' the kingdom to at the moment.

Live it out... Be a 'salt and light' on your frontlines!

These are some suggestions as to how you might seek to live this out this week. Choose one to try out this week and share it 2 or 3 others so they can pray for you.

- 1) If you are not sure about where your frontline might be or who God might be calling you to be salt and light to at the moment, you might like to do the 'Finding My Frontline Exercise' here: www.staandasmalvern.org/wp-content/uploads/2018/07/Finding-my-Frontline.pdf
- 2) Commit at the start of each day to pray and ask God to show you how you can be 'salt and light' on your frontlines, and spend a few minutes listening to God to see if he prompts you with anything. Keep praying this throughout the day and see where the Holy Spirit leads...and seek to be obedient to any promptings you may sense.
- 3) Commit to praying for 5 people on your frontlines each day that they would come to know Jesus and that you would have an opportunity to share God's love with them.
- 4) Look at the 6M's above. Prayerfully ask God which of these he particularly wants you to pray about and live out on your frontlines and also what that might look like. (E.g. maybe there is a difficult culture of gossip and back stabbing in your workplace, seek instead to 'come in the opposite spirit' and bless others this week and pray that God would use you to change the culture of your workplace.)
- 5) Seek to 'bless' one person each day this week by an act of kindness. Ask the Holy Spirit to show you who to bless and how. And enjoy the adventure!



St Andrew's & All Saints

Partnering with God in the flourishing of our communities

- Encountering Jesus in Worship, Prayer, Word and Spirit
- Growing whole-life, life-long disciples
- Seeing lives transformed and communities flourish as we demonstrate and proclaim God's Kingdom