**Being Salt and Light**

Eddie said at the last Parish Council, “What are we about as a parish?”

There may be many answers – worshipping God, creating and sustaining healthy relationships, learning how to live in community, serving the needs of others.

At heart we have noticed something about God, want to live it and want others to do the same.

**“You are like salt for the world”, “You are like light for humanity”** (Matthew 5.13, 14)

What is it about God that we have noticed?

[1] God is not distant. [2] God is good. [3] God cares enough to want to help us.

How do we live this?

[1] By not being distant to others (in the Church or in the community), [2] By being good. [3] By caring enough to help.

What we actually *do* is covered by our TEXT.

Being salt means being part of life, bringing zest/taste to life, preserving what is best in life.

Being light means allowing God to be seen.

Note that we use a light to see other things, we do not look at the light itself.

ie this is not all about us. If others do not ‘join us’ should this stop what we do? No!

This is not a matter of choice – salt that stays in the cellar, light that is hidden, are both no good.

The TEXT says ‘for the world’ ‘for humanity’.

Today we renew our Covenant as Methodists around the world do each year. It is about acknowledging God, and allowing God to guide, strengthen and correct us, so that we can not just believe [1], [2], [3] above, but also live them.