

Session 6 | February 10, 2026

*Once Upon a Mountaintop:
The Blessedness of Living as Kingdom Citizens*



WOMEN'S BIBLE STUDY *with* **PATTY STUMP**

The following pages contain information provided
by our speaker for your study and enrichment.

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Week 6: Session Guide

Matthew 5:13 states, *"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything except to be thrown out and trampled underfoot"* (NIV).

At the time of Jesus' sermon, salt was known for having many purposes: _____

Simultaneously, Jesus cautioned His listeners regarding salt: _____

Jesus makes a significant statement regarding the value of "salt" if it loses its saltiness.

Key Takeaways:

As we consider Jesus' call to be the light of the world in **Matthew 5:14-16**, what makes this admonition from Jesus so important?

Simultaneously, Jesus presses His followers to recognize the great significance of His light that is within them, using both stewardship and intentionality in order to shine!

Key Takeaways:

A few verses for reflection:

“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.’” – John 8:12, ESV

“The light shines in the darkness, and the darkness has not overcome it.” – John 1:5, ESV

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” – Matthew 5:16, ESV

*“For at one time you were darkness, but now you are light in the Lord.
Walk as children of light.” – Ephesians 5:8, ESV*

“But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.” – 1 John 1:7, ESV

Week 6: Growth Opportunity

Salt and Light

Day 1: Jesus calls His followers to faithfully follow Him in all that He has said; in turn, they will bear witness of Him. In **Matthew 5:13**, how does Jesus describe His followers?

Do you recall from our session together, the benefits of salt at the time of Jesus’ sermon?

Each of these qualities in the life of believers can have a positive influence in the world. In what ways is a believer, as the “salt of the earth”, a “flavor enhancer”?

How about a “preservative”?

Lastly, how does a believer, as salt, reflect Jesus’ teachings in covenant-making matters?

Salt is distinct in its qualities and benefits. Are there ways as the “salt of the earth” that a believer’s “saltiness” can be misused?

Our “saltiness” as believers is not to “stand alone.” It is the byproduct of living as a Kingdom citizen. Close your time today considering how you enhance the places Jesus “pours you out on”, what you “preserve” that points others to Him, and how your words stand the test of time:

As you close your time in prayer, thank God for using you as His “salt” on earth! A high calling indeed!

Day 2: Matthew 5:13, (NIV) – *“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.”* This is a powerful reality; we can “lose” our “saltiness”/impact on behalf of the Gospel. What are some ways this can occur?

What does **Ephesians 2:10** state? _____

How are we able to discover what God desires to call forth in our lives for His purposes and glory?

If our spiritual disciplines wane, and we become “lukewarm” believers, we lose our “saltiness.” Please don’t rush through this next opportunity to pause. I often refer to three things for consideration: in your life, what may need to be **1) Eliminated, 2) Adjusted, or 3) Concentrated** on?

Is there anything in your life that is hindering your “saltiness” that needs to be intentionally tended to, repented of, or **eliminated**?

Quietly consider: are there things in your life that need to be **adjusted** in order to more fully keep “the main thing the main thing,” which is living for Him?

Lastly, in regards to maintaining your “saltiness” through the good works God has appointed for you, where is He whispering to your heart and guiding your steps to **concentrate** your time, talents, gifts, and abilities in this season in your life?

We all have times when we can feel uncertain regarding where to invest our lives. Spend time in prayerful focus upon **Jeremiah 29:11-13**. What stands out to you from this passage as a promise?

What a good, good God we serve as He promises to guide and instruct us in His ways (**Psalms 32:8**).

Day 3: Today we’ll begin our look at Jesus’ declaration found in **Matthew 5:14-16** – “*You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven*” (NIV).

What are the key points He declares regarding His followers?

Dear one, your life is to share the light of Christ *wherever* you go; it's not to be hidden. What are ways that your life is going forth as the light of Christ?

Praise God for the various ways He is working in and through you to point others to Him! YEAH! Are there ways that His light in you is being hindered? Have any of the following crept in: fear, embarrassment, shame, moral compromise, unforgiveness, slander, anger, bitterness, a critical bent, avoidance, busyness, or something else:

If something is hindering your light, consider afresh the first exhortation Jesus stated to those he spoke with, found in **Matthew 4:17**. _____

It's so very important to be a follower who is fully invested in following Him. Prayerfully pause, tending to *anything* that is thwarting His light within you from shining forth. He promises in **James 4:8** that:

Personal reflection/confession/recommitment:

As each new day dawns, may our commitment to Him be intentional, wholehearted, fruit-bearing, and reflective of the reality that the kingdom of heaven has come near through Jesus!

Day 4: As we consider Jesus' call to be the light of the world in **Matthew 5:14-16**, what makes this admonition from Jesus **so important**?

It has been said that you may be the only Bible that someone ever reads. In other words, how you live out Jesus' call on your life has the ability to have a significant, potentially eternal impact on others. Reread verse 16 and write it out here:

May it be that your life, and God's appointed works for you, point others to God so that they may also glorify God! End today on a "light note," a timeless tune to sing in closing:

This little light of mine, I'm gonna let it shine.

This little light of mine, I'm gonna let it shine.

This little light of mine, I'm gonna let it shine.

Let it shine, let it shine, let it shine!



Verse 2: *Hide it under a bushel, no! I'm gonna let it shine...*

Verse 3: *All around the neighborhood, I'm gonna let it shine...*

Verse 4: *Don't let Satan blow it out! I'm gonna let it shine...*

Verse 5: *Let it shine 'til Jesus comes. I'm gonna let it shine...*

A few closing verses for reflection:

"Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.'" – John 8:12, ESV

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*"For at one time you were darkness, but now you are light in the Lord.
Walk as children of light." – Ephesians 5:8, ESV*

"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin." – 1 John 1:7, ESV

Day 5: Today is a "praise day." Review what we have looked at this week; you are the **salt of the earth**, and the **light of the world**! How significant your relationship with Jesus is in impacting a lost and hurting world for His purposes and ultimately His glory. You matter greatly to God; He desires to work in and through you for Kingdom purposes as you walk out being a Kingdom citizen daily on earth!

Take time for at least one of the following today: if it's not too cold, go for a walk, or write a couple of notes of encouragement and put them in the mail (text/email are options too), call a lonely one God has put on your heart, take steps to right a wrong that needs to be tended to, or something else:

Remember, your life is of GREAT significance to God; invest wisely. As you love and follow Jesus, you are the only real salt someone may ever taste, and the only authentic light they may ever behold! May you sprinkle a bit of beautiful saltiness wherever you go as you shine for Him daily.

*"But grow in the grace and knowledge of our Lord and Savior Jesus Christ.
To him be glory both now and forever! Amen." – 2 Peter 3:18, NIV*