



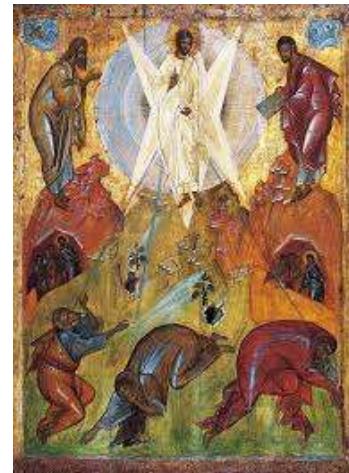
EPIPHANY TO TRANSFIGURATION

JOURNEY WITH US FROM EPIPHANY THROUGH TO THE TRANSFIGURATION

5 January - 15 February 2026

LECTIONARY - YEAR A (2025-2026)

- WEEK 1** The Baptism of Jesus
- WEEK 2** John Testifies About Jesus
- WEEK 3** Jesus Begins to Preach
- WEEK 4** Introduction to the Sermon on the Mount
- WEEK 5** **Salt and Light**
- WEEK 6** The Transfiguration



HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).



WORSHIP SONG:

Highfield Community Baptist Church: **Salt and Light**

<https://youtu.be/ezd8QtWK0DQ>

WEEK 5: Sunday, February 08, 2026: Salt and Light



SUNDAY
READINGS

- Isaiah 58:1-9a (9b-12)**
- Psalm 112:1-9 (10)**
- 1 Corinthians 2:1-12 (13-16)**
- Matthew 5:13-20** New International Version

Salt and Light

¹³ “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.¹⁴ “You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ 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. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

The Fulfilment of the Law

¹⁷ “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. ¹⁸ For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. ¹⁹ Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. ²⁰ For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

REFLECTION WRITTEN BY: KEAGILE MOLOABI – LOCAL PREACHER

As a Christian community, we sometimes misunderstand what it truly means to follow Christ and the responsibility that comes with it. Being a Christian is not limited to attending church services or knowing Scripture, it is a daily commitment to live like Christ. This means reflecting His character, His words, and His actions in every area of our lives so that the world around us may be transformed through Him.

Wherever we go, whatever we do, and whatever we say, whether in private or in public, our lives should bear witness to Christ. To be “in Christ” means that His life is visible through us. Our faith must be lived out intentionally, not passively.

In **Matthew 5:13–20**, Jesus calls us the *salt of the earth* and the *light of the world*. Light exists to illuminate darkness. Jesus reminds us that a city built on a hill cannot be hidden, meaning our faith is meant to be visible. As Christians, we are called to bring light where there is darkness: to those who feel lost, trapped in addiction, weighed down by despair, or disconnected from God. We are also called to bring hope and dignity to those suffering from unemployment, homelessness, injustice, and brokenness.

Salt, on the other hand, preserves and enhances. When Jesus says we are the salt of the earth, He is reminding us that our presence should make a meaningful difference in the world. We are called to speak and act into painful realities such as gender-based violence, inequality, tribalism, and other injustices that plague our society. If we fail to do so, Jesus warns that we risk becoming like salt that has lost its saltiness, present, but ineffective.

Living as salt and light requires us to remain rooted in righteousness. Jesus makes it clear that grace does not cancel obedience. In **Matthew 5:17**, He says He did not come to abolish the Law, but to fulfil it. Grace invites us into a transformed way of living, not a careless one.

Thankfully, we are not left to figure this out on our own. In **1 Corinthians 2**, Paul reminds the church that true wisdom comes from God through the Holy Spirit. The Spirit helps us understand God’s will, empowers us to live faithfully, and guides us in reflecting Christ in the world.

Finally, **Isaiah 58:1–12** reminds us that true worship and true fasting are not merely spiritual rituals, but acts of justice, compassion, and love. Feeding the hungry, clothing the naked, uplifting the oppressed, and walking humbly with God are powerful ways we become salt and light in the world.

As we journey through this season of Epiphany, may we commit ourselves anew to living visibly for Christ, guided by the Holy Spirit, grounded in righteousness, and active in love, so that God’s light may shine through us for the healing of the world.

GROUP/CLASS QUESTIONS:

1. What does it practically mean for you to be “salt and light” in your daily life at home, work, or school?
2. Where do you see darkness or brokenness in your community, and how might God be calling you to bring light there?

- How can the church collectively address social issues such as injustice, inequality, or addiction while remaining rooted in Christ?
- What role does the Holy Spirit play in helping us live faithfully as salt and light, and how can we become more attentive to His guidance?

MEMORY VERSES FOR THE WEEK:

Monday: MEMORY VERSE: Matthew 5:13

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again?"

PRAYER: Lord, help me to live a life that preserves goodness and reflects Your character wherever I go.

Tuesday: MEMORY VERSE: Matthew 5:14

"You are the light of the world. A town built on a hill cannot be hidden."

PRAYER: Father, let Your light shine through me so that others may see You in my words and actions.

Wednesday: MEMORY VERSE: Isaiah 58:10

"If you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness."

PRAYER: God, open my eyes to the needs around me and give me a compassionate heart to serve others.

Thursday: MEMORY VERSE: Psalm 112:4

"Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous."

PRAYER: Lord, help me to remain upright and compassionate so that Your light may shine through me, even in difficult times.

Friday: MEMORY VERSE: 1 Corinthians 2:12

"What we have received is not the spirit of the world, but the Spirit who is from God."

PRAYER: Holy Spirit, guide my thoughts, decisions, and actions so that I may live according to God's wisdom.

Saturday: MEMORY VERSE: Matthew 5:16

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

PRAYER: May my life glorify You, Lord. Use me as a vessel of Your love, truth, and grace.



- Monday, February 09, 2026:** Psalm 119:105-112; 2 Kings 22:3-20; Romans 11:2-10;
- Tuesday, February 10, 2026:** Psalm 119:105-112; 2 Kings 23:1-8, 21-25; 2 Corinthians 4:1-12;
- Wednesday, February 11, 2026:** Psalm 119:105-112; Proverbs 6:6-23; John 8:12-30;
- Thursday, February 12, 2026:** Psalm 2; Exodus 6:2-9; Hebrews 8:1-7;
- Friday, February 13, 2026:** Psalm 2; Exodus 19:9b-25; Hebrews 11:23-28;

FAMILY TIME: WRITTEN BY JENNY BLAKE

Week 5: Salt and Light

Readings: Isaiah 58:1-9a (9b-12), Psalm 112:1-9 (10), 1 Corinthians 2:1-12 (13-16), Matthew 5:13-20

Theme: Living So God's Light Can Shine Through Us



Introduction

During Epiphany, Jesus has been revealing who He is and what life in God's Kingdom looks like. This week, Jesus turns the focus toward us. He tells His followers that they are the salt of the earth and the light of the world. That means faith isn't something we keep hidden—it's something that shapes how we live, how we treat others, and how we bring hope to the world. The Scriptures this week remind us that shining God's light happens through everyday acts of love, justice, and faithfulness.

Opening Prayer

“Jesus, help us live in ways that show Your love and light to everyone around us. Amen.”

1. Isaiah 58:1–9a (9b–12) – True Worship Changes How We Live

God says that real worship isn’t just about prayers or rituals—it’s about helping the hungry, caring for the hurting, and setting people free. When we live this way, God’s light shines through us.

Talk About It

Kids: How can you help someone who is sad or lonely?

Teens: Why do you think God connects worship with justice and compassion?

2. Psalm 112:1–9 (10) – A Life That Shines

This psalm describes people who trust God and live generously. Their lives are steady, kind, and full of light—even in dark times.

Talk About It

Kids: What does it mean to be generous?

Teens: How does trusting God help us live differently from others?

3. 1 Corinthians 2:1–12 (13–16) – God’s Wisdom Comes from the Spirit

Paul reminds us that God’s wisdom doesn’t come from being clever or impressive. God’s Spirit helps us understand what truly matters.

Talk About It

Kids: Who helps you learn about God?

Teens: How can listening to God’s Spirit guide your choices this week?

4. Matthew 5:13–20 – You Are Salt and Light

Jesus says:

Salt adds flavour and keeps things from going bad.

Light helps people see clearly.

Jesus calls His followers to live in a way that makes the world better and points others to God.

Talk About It

Kids: How can you be “light” at school or at home?

Teens: What does it look like to live your faith openly without showing off?

Bringing It Together

These readings show us that:

- Faith is lived out through justice and kindness (Isaiah).
- God’s people shine through generosity and trust (Psalm).
- God’s Spirit teaches us what really matters (Corinthians).
- Jesus calls us to influence the world for good (Gospel).
- Epiphany truth: Jesus is the Light—and He shines through us

Family Activity: “Salt and Light in Action”

Place a small lamp or candle in the middle of the room and a bowl of salt nearby.

Take turns answering:

- One way I can be salt this week (make life better for someone).
- One way I can be light this week (show God’s love clearly).
- You may end by turning on the light together.

Family Prayer

“Jesus, thank You for trusting us to be salt and light. Help our family live in ways that bring hope, kindness, and truth to the world. Amen.”

Blessing

“May God’s light shine through you, and may your lives bring flavour and joy to the world this week.”