

# Happiness: Salt Life

## Matthew 5-7

Try to have a Bible (or app) open during this discussion. It'll be helpful to see the text during your conversation.

1. What kind of feelings come to mind when you hear the terms “salt” and “light?” How does someone who is “blessed” resemble salt to the earth and light to the world?
2. Jesus opens (5:17) and closes (7:12) the major part of his sermon with a reference to “the Law and the Prophets.” He claims that the Law and Prophets can be summed up in one principle: “do to others what you would have them do to you.” For the sake of Sunday’s message, we’ll call this the advocate principle.  
Spend a little while touching on some of the topics Jesus mentioned, and discuss how the advocate principle applies to each one.

3. Give some practical examples of how the advocate principle can help you navigate the difficult decisions and moral “grey areas” of life.

**THE ADVOCATE PRINCIPLE**  
**“Do to others what you would  
have them do to you.”**

4. Time to get vulnerable. As you feel comfortable (or slightly uncomfortable), take turns sharing instances when you treated someone as they deserved to be treated, or as you wanted them to be treated, rather than as you would want to be treated. Then, share how you could have acted as their advocate.
5. Are there any situations in your life that you’re acting or planning on acting more as an adversary than an advocate? Could this be God challenging you to reevaluate your actions?
6. Read the Apostle Paul’s passionate celebration of victory found in Romans 8:31-39. How does understanding that Jesus is your advocate give you the ability to serve as an advocate for others? How does seeing him as your enthusiastic Hungarian husband 🤗 give you the freedom to sacrifice for the sake of others?

**To be an advocate for others, you need to  
understand that Jesus is an advocate for you.**