

**Sermon on the Mount Daily Office**  
**Week of September 13**

**Morning**

**Intro**

Welcome to the practice of the Daily Office. In this practice we are seeking to ground our lives more deeply in God's presence as we pause each morning, mid-day, and evening for silence, scripture, and prayer. In this season, we are going to ground ourselves in Jesus's teaching in the Sermon on the Mount. How might our lives be formed if we soak in this important teaching for three months? How might our relationships be more like Jesus? How will our work deepen? How might we be equipped to live in the Kingdom and cultivate pockets of the Kingdom in the world?

Will you join us in this journey?

**Silence**

Let's begin in silence. Silence helps us to settle the internal and external noise and distractions that so often stand in the way of our ability to hear the Lord.

Take a deep breath.

Remember, right now, that God is personally present with you. Psalm 139 says there is no where we can go to escape God's loving presence, and it says that you are so precious to God, that the Lord's thoughts about you outnumber the grains of sand.

Take another deep breath. God is closer than the air we breathe.

Take two minutes to rest in the presence of the Lord.

**Scripture**

Let's sit in Matthew 5:13-16 this morning. Read the way Eugene Peterson puts Jesus's teaching into modern language.

"Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavors of this earth. If you lose your saltiness, how will people taste godliness? You've lost your usefulness and will end up in the garbage.

"Here's another way to put it: You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven.

We are here to bring out the God-flavors or the God-colors in the world. This teaching harkens back to our creation in Genesis 1. Humanity is created to be the image of God. The word used in Genesis that we translate image was often used when a king would put someone in position to rule in his place. Once again, we find ourselves considering the Kingdom of God.

Jesus is inviting us to join him, representing his Kingdom to the world, a Kingdom of love, a kingdom of joy and peace, patience and kindness, goodness, faithfulness, gentleness, and self-control. Let's pause and listen.

How is Jesus inviting you to be the salt seasoning that brings out the God-flavors of this earth today? Think about your schedule today. How will you be able to bring out the God-colors of this world? How are you being invited to represent the Kingdom of Jesus today?

Read this passage one more time this morning. As we move through our days, let's keep it in mind. How is God inviting us throughout the day to be salt and light?

“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.

“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.

Glory be to the Father and to the Son and to the Holy Spirit. Amen.

### **Mid-day**

We pause now in mid-day. How have you lived in the teaching of Jesus today? How is it echoing through your day?

### **Silence**

Let’s allow the hurry, anxiety, and distractions of the day to settle now as we let go and entrust it all to the one who is with us and loves us more than we can possibly understand.

Take a deep breath. Remember what Paul says, “In God we live and move and have our being.”

Take another deep breath.

Take two minutes of silence to rest in the presence of the Lord.

### **Prayer**

Now will you join me in this adapted prayer from Sam Hargreaves?

We are the salt of the earth.  
Sprinkle us across our town, God,  
across our world,  
to bring the flavor of your Kingdom wherever we go.

We are the light of the world.  
Uncover the radiance that is  
within us, God,  
to shine the truth of your love  
wherever we go.

Let our light shine before others  
that everyone we meet  
may see our lives of worship  
and glorify you,  
our Father in heaven. Amen.

## **Evening**

### **Silence**

Tonight, we pause to rest in the peace and strength of Christ and to present our requests to him.

Let us first pause in silence, so we might be grounded in the loving presence of God.

Take a deep breath.

Remember Jesus promised to be with us always.

Take another deep breath.

Paul writes, "God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Take two minutes of silence to rest in the presence of the Lord. In this space, rest in this truth. Jesus did not die to *make* you loveable. He died *because* he loves you.

### **Prayer**

Tonight, let's reflect on our day. As we begin, let's review the day with gratitude. As you think back on your day, for what are you grateful? Take a moment and name your gratitude.

Now let's look back on the day and consider when we lived as salt and light.

How did your actions today reflect God's Kingdom of love, joy, and peace?

How were your words flavored with patience, kindness and goodness?

How did your thoughts shine with faithfulness, gentleness, and self-control?

Take a moment to reflect.

As we continue reviewing the day, when did we not show the characteristics of the Kingdom to those around us?

When did your actions fail to reflect God's Kingdom of love, joy, and peace?

When did your words fall short of patience, kindness and goodness?

When did your thoughts miss the mark of faithfulness, gentleness, and self-control?

Take a moment to reflect.

Now let's choose one moment from today and have a conversation with God. You may choose a moment when you brought out the God-flavors of the world or one where you missed the mark. Have a conversation with God. Speak to the Lord and listen.

Glory be to the Father and to the Son and to the Holy Spirit. Amen.