

## Chapter 5 (13 - 48)

Jesus said to the crowds:

You are the salt of the earth.

But if salt loses its taste, it's no use for anything.

You are the light of the world.

Let the world see your light, your good deeds.

When people see you doing good deeds,  
people will praise God

I have not come to abolish the Jewish religion.  
I have come to raise it to a higher level of  
goodness.

Your goodness must not just be something  
superficial. Your goodness must be something  
from the heart

You must avoid anger and insult,  
just like you avoid murder.

If you have offended someone, say "Sorry".

You must avoid lustful looks and thoughts.

Looking at someone lustfully,  
is immorality of the heart.

Love and pray for people who are unkind to you.  
This is the way to practise the highest level of  
goodness

Jesus, please help me practice  
a higher level of goodness