

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

Jesus, please help Christians be salt and light

Jesus said to the crowds: 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

Jesus, help me practise a higher level of goodness

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, help me practise a higher level of goodness