



# Being Salt and Light in Your Friend Group



Discover how to influence your friends positively by living as salt and light, reflecting God's love and truth in everyday life.

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## Introduction

Welcome to this 7-day Bible study on being salt and light in your friend group! *As a teen, your friendships shape much of your experience and identity.* But they can also be powerful opportunities to make a difference. Jesus calls us to be the salt and light of the world — to bring flavor, preservation, clarity, and guidance wherever we go.

Salt was used not just to season food but to preserve it from decay. Light illuminates darkness and helps people find their way. When you live as salt and light among your friends, you help them see God’s love and truth clearly through your words and actions.

Sometimes it may seem hard to stand out or speak up in your friend group. You might wonder, “How can I impact others without being awkward or rejected?” This study will encourage and equip you to embrace your role as God’s representative in your circle. You’ll dive into Scripture passages that reveal the heart of being salt and light, gain practical insights, and reflect on your unique calling.

*Each day’s devotional invites you to see yourself as a positive influence in a world that often needs encouragement, kindness, and truth. Whether in conversations, decisions, or attitudes, you can bring God’s flavor and shine His light in tangible ways.* Let’s journey through God’s Word together and discover the joy and responsibility of being salt and light in your friend group!





## Day 1: 🧂 Called to Be Salt



Day 1:  Called to Be Salt

## Your 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?"*

## Supporting Scriptures

- *Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt."*
- *Mark 9:50 - "Salt is good, but if it loses its saltiness, how can you make it salty again?"*



Day 1:  Called to Be Salt

## Devotional: Embrace Your Role as Salt

**Jesus calls you the salt of the earth.** That means you carry a special purpose — to add flavor and preserve goodness around you, especially in your friend group. Salt isn't just about taste; it stops things from spoiling and keeps them fresh. When you're with your friends, you have the chance to stop harmful attitudes like gossip, negativity, or peer pressure from taking over. Your words and actions can bring life and positivity.

*But salt that loses its saltiness isn't useful anymore.* Jesus warns us that if we don't live intentionally, if we let the culture around us numb our influence, we lose the power God gave us to make a difference. Think about your friendships—how can you bring the flavor of kindness, truth, and encouragement?

Being salt means standing strong in God's truth, even when it's not popular. It means offering grace and speaking words that build up rather than tear down. You don't have to be loud or perfect—just real and filled with God's love. Today, ask God to show you how to be salt in your conversations and choices.



Day 1:  Called to Be Salt

## Reflect and Apply

1. What parts of your friend group need the ‘flavor’ of kindness or truth?

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2. Are there times you’ve felt pressure to go along with something you knew was wrong?

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3. How can speaking gracious words impact your friends’ lives?

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Day 1: 🧂 Called to Be Salt

## Journaling Prompts

1. Write about a recent moment you influenced your friend group positively.

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2. List three ways you can be a peacemaker and encourager this week.

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3. Reflect on how God's love has changed the way you treat others.

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Day 1: 🧂 Called to Be Salt

## Prayer for Today

**Dear God,** thank You for calling me to be salt in my friend group. Help me to add flavor through kindness and truth so others can see Your love through me. Keep me from losing my saltiness by reminding me to stay close to You every day. Give me courage to stand for what is right, even when it's hard. Fill my words with grace and my heart with kindness. Use me to preserve goodness and encourage my friends. *Thank You for giving me this purpose!*

Amen. 🧂 💬 🙏 ✨





## Day 2: 💡 Shine Your Light Brightly



## Day 2: 💡 Shine Your Light Brightly

## Your Verse

*Matthew 5:14 - "You are the light of the world. A town built on a hill cannot be hidden."*

## Supporting Scriptures

- *Philippians 2:15 - "...so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky."*
- *John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness."*



Day 2: 💡 Shine Your Light Brightly

## Devotional: Let Your Light Shine Boldly

**Imagine a city on a hill glowing brightly in the dark.** That's how Jesus describes us — His followers — as light in the world. Light helps people see clearly and find their way. When you let God's light shine through you, your friend group experiences hope, joy, and direction.

*Sometimes it's tempting to hide who we really are or dim our faith to fit in.* But Jesus encourages us to be visible, confident, and bold. Your actions and choices reflect your heart and impact those around you. When you choose to be honest, kind, and faithful, you shine light into situations that might otherwise feel dark or confusing to your friends.

Being light also means showing God's love through practical ways — standing up for someone being treated unfairly, including those left out, or encouraging a friend who's struggling. Your authentic light can inspire others to seek Jesus and live differently too.

Ask God today to help you shine brightly in your friend group. Pray for opportunities to share His light in tangible ways.



Day 2: 💡 Shine Your Light Brightly

## Reflect and Apply

1. Are there ways you've hidden your faith to avoid standing out?

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2. How can you show God's light through your actions at school or gatherings?

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3. Who in your friend group might need the hope your light can bring?

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Day 2: 💡 Shine Your Light Brightly

## Journaling Prompts

1. Describe a time you saw someone shine God's light in your life.

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2. Write down three ways you plan to shine your light this week.

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3. Reflect on how following Jesus changes your daily decisions.

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Day 2: 💡 Shine Your Light Brightly

## Prayer for Today

**Lord Jesus**, thank You for calling me to be the light of the world. Help me to shine brightly in my friend group by living in ways that honor You. Give me courage to be visible and bold, even when it feels uncomfortable. Use me to bring hope, joy, and love to others. Help me to show Your light through both words and actions, so my friends can see You clearly. Keep me close to You, my true source of brightness. Amen. 💡 ✨ 🙏 ❤️





## Day 3: 🙌 Influence Through Grace





Day 3: 🍷 Influence Through Grace

## Your Verse

*Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt..."*

## Supporting Scriptures

- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*
- *Titus 2:7 - "In everything, set them an example by doing what is good."*



Day 3: 🤝 Influence Through Grace

## Devotional: Speak Words Filled with Grace

**Your words have power.** To be salt and light in your friend group means your conversations can encourage, uplift, and bring peace. Paul reminds believers to let their talk be full of grace — kind, gentle, and thoughtful — seasoned as salt adds flavor. Instead of hurting or tearing down, your speech can build others up.

*It's not always easy.* Sometimes it's tempting to join in when friends gossip, make fun of someone, or spread negativity. But you can choose differently. By speaking with love and wisdom, you influence your friends more than you might realize. Setting a good example shows strength and maturity.

Think about the last time you spoke to a friend who was struggling or felt left out. How did your words impact them? Grace-filled speech softens hearts and opens doors for God's truth. It also reflects Jesus' character.

Today, ask God to help you speak with grace and use your words intentionally to nurture your friendships and share love.



Day 3: 💖 Influence Through Grace

## Reflect and Apply

1. How often do you find your conversations encouraging versus negative?

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2. Have you noticed times when your words made a real difference for a friend?

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3. What can you do to ensure your speech reflects God's grace?

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Day 3: 💖💖 Influence Through Grace

# Journaling Prompts

1. List examples of kind and encouraging words you can say to your friends.

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2. Write about a conversation where you practiced grace instead of reacting negatively.

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3. Reflect on how God's grace changes the way you communicate.

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Day 3: 💖 Influence Through Grace

## Prayer for Today

**Dear God,** help me to use my words wisely and with grace. Teach me to speak life into my friends' lives and to avoid words that hurt or divide. Fill my heart with kindness so my conversations bring healing and encouragement. May my speech be seasoned with Your love, influencing others in ways that glorify You. Thank You for Your patience and for giving me a fresh start every day.

Amen. 🙋🏻 🙏❤️🙏





## Day 4: 🖐️ Stand Firm in Truth



Day 4: 🖐 Stand Firm in Truth

## Your Verse

*Ephesians 6:14 - "Stand firm then, with the belt of truth buckled around your waist..."*

## Supporting Scriptures

- *John 17:17 - "Sanctify them by the truth; your word is truth."*
- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*



Day 4: 📖 Stand Firm in Truth

## Devotional: Stand Strong on God's Truth

**Being salt and light means standing on God's truth.** In your friend group, you may encounter peer pressure to conform, ignore what's right, or stay silent when something is wrong. God wants you to stand firm with the "belt of truth" — holding tightly to His Word that guides your choices and beliefs.

*Truth isn't always easy*, especially when it conflicts with popular opinions. But God's truth brings freedom and clarity. It protects you from making decisions that harm your walk with Him or hurt others. When you live by His Word, you shine as a trustworthy and reliable friend.

Your commitment to truth can inspire others to question harmful attitudes or choices they've accepted. While you won't have all the answers, your integrity makes God's presence visible.

Today, spend time reading Scripture and asking God to strengthen your resolve. Pray for boldness to live truth in your daily interactions.





Day 4: 🖐️ Stand Firm in Truth

## Reflect and Apply

1. What are some challenges you face in standing for truth among your friends?

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2. How can spending time in God's Word help you when you feel pressured?

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3. In what ways can you gently encourage friends toward truth and goodness?

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Day 4: 🖐 Stand Firm in Truth

# Journaling Prompts

1. Write about a time you stood firm in truth despite opposition.

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2. List Bible verses that encourage you to live honestly and faithfully.

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3. Reflect on how God's truth has shaped your identity.

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Day 4: 🖐️ Stand Firm in Truth

## Prayer for Today

**Father God**, thank You for Your Word that guides and strengthens me. Help me to stand firm in Your truth even when my friends don't understand or agree. Give me courage, wisdom, and patience to live with integrity and to point others to You. Keep my heart anchored in Your promises, and let Your truth shine through me in all circumstances. Amen. 📖 🛡️ 🙏 🌟





## Day 5: Show Love Through Actions



Day 5: 🧡 Show Love Through Actions

## Your Verse

*John 13:34 – "A new command I give you: Love one another. As I have loved you, so you must love one another."*

## Supporting Scriptures

- *1 John 3:18 – "Dear children, let us not love with words or speech but with actions and in truth."*
- *Galatians 5:14 – "The entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'"*



Day 5: 🧡 Show Love Through Actions

## Devotional: Love Others Through Your Actions

**Love is more than what we say — it's what we do.** Jesus commands us to love one another as He loved us. In your friend group, this love is shown through actions — reaching out to someone who's lonely, forgiving quickly, including those who feel left out, or serving without expecting anything in return.

*Love is powerful salt and light.* It preserves relationships and brightens hearts. Sometimes loving others means making sacrifices or showing patience when it's hard. But the result is strong friendships and a witness that others notice.

Consider the ways you can demonstrate God's love tangibly this week. Small acts of kindness often have big impact, reminding friends they matter and are cherished by God.

Ask God to fill your heart with His love and reveal opportunities to serve and care.



Day 5: 🧡 Show Love Through Actions

## Reflect and Apply

1. How do your actions reflect God's love in your friendships?

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2. Who in your circle might need extra kindness or forgiveness right now?

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3. What's one way you can serve your friends selflessly this week?

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Day 5: 🧡 Show Love Through Actions

## Journaling Prompts

1. Write about a time someone showed you love through actions.

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2. Plan three small ways you will express love to your friends soon.

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3. Reflect on how Jesus' love changes the way you treat others.

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Day 5: 🧡 Show Love Through Actions

## Prayer for Today

**Lord Jesus**, thank You for loving me so deeply. Help me to love my friends not just with words but through my actions. Teach me to see needs around me and respond with kindness and grace. Give me a big heart like Yours that forgives, serves, and includes. Use me to shine Your love brightly in my friend group. Amen. ❤️ 🙌 🙏 ✨





## Day 6: Grow in Humility



Day 6: 🌱 Grow in Humility

## Your Verse

*Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*

## Supporting Scriptures

- *James 4:10 - "Humble yourselves before the Lord, and he will lift you up."*
- *1 Peter 5:6 - "Humble yourselves, therefore, under God's mighty hand..."*



Day 6: 🌱 Grow in Humility

## Devotional: Let Humility Guide Your Influence

**Humility keeps your salt fresh and your light shining.** It means putting others first, being willing to listen, and admitting when you're wrong. This attitude makes you approachable and trustworthy in your friend group.

*Sometimes it's tempting to seek attention or prove yourself, especially as a teen.* But true influence comes when you serve with a humble heart. Jesus modeled this perfectly, washing His disciples' feet and choosing the path of sacrifice.

Humility helps you respond with patience when friendships get difficult and keeps pride from blocking your impact. It also opens your heart to learn and grow in God's ways.

Today, reflect on areas where you can grow in humility. Ask God to soften your heart and help you value others deeply.



Day 6: 🌱 Grow in Humility

## Reflect and Apply

1. How does humility affect the way you relate to your friends?

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2. Are there times when pride or selfishness has hurt your relationships?

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3. What does it look like for you to value others above yourself?

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Day 6: 🌱 Grow in Humility

# Journaling Prompts

1. Describe a moment when humility improved a friendship.

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2. List ways you can practice humility in your daily life.

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3. Reflect on how Jesus' humility inspires your behavior.

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Day 6: 🌱 Grow in Humility

## Prayer for Today

**Father**, teach me to be humble like Jesus, valuing others above myself. Help me to let go of pride and selfishness so I can love and serve my friends well. Give me a gentle spirit that listens and cares deeply. Use humility to make me a better salt and light in my circle. Lift me up in Your strength as I choose humility daily. Amen. 🌱 🙏 ❤️ 🤝





## Day 7: ✨ Reflect and Renew Your Commitment





## Your Verse

*Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."*

## Supporting Scriptures

- *2 Corinthians 3:18 – "...we all, who with unveiled faces contemplate the Lord's glory, are being transformed into His image."*
- *Psalms 51:10 – "Create in me a pure heart, O God, and renew a steadfast spirit within me."*



Day 7: ✨ Reflect and Renew Your Commitment

## Devotional: Commit Again to Shine Brightly

**As this study concludes, take time to reflect on your journey.** Being salt and light isn't a one-time choice but a daily commitment to live differently in your friend group. Transformation happens slowly as you renew your mind and align with God's will.

*Ask yourself:* How have I grown? Where do I still need God's help? What next steps can I take to follow Jesus more faithfully?

Remember, God is continually shaping you into His image. Even small changes matter. Keep seeking Him, reading His Word, and relying on His Spirit to guide and empower you.

Renew your commitment today to be salt and light among your friends, shining God's love in your words, actions, and attitudes, no matter the cost.



## Reflect and Apply

1. What's one key lesson you've learned about being salt and light?

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2. How can you continue to grow and influence your friends positively?

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3. What will you do differently starting today?

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Day 7: ✨ Reflect and Renew Your Commitment

## Journaling Prompts

1. Write a prayer of commitment to live as salt and light.

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2. List practical steps to take in the next month to influence your friends.

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3. Reflect on how God has worked in your heart during this study.

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Day 7: ✨ Reflect and Renew Your Commitment

## Prayer for Today

**God**, thank You for guiding me through this study. Help me to keep living as salt and light in my friend group every day. Transform my heart and mind so I can reflect Your love and truth more fully. Renew my strength when I'm weary and remind me of my purpose in You. Use me to bring hope, encouragement, and grace to those around me. Amen. ✨❤️🙏📖





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