

7-Day 'Salt & Light' Bible Reading Plan

Day 1 – Identity in Christ

Matthew 5:13–14 → “You are the salt of the earth... You are the light of the world.”

Reflect: What does it mean that Jesus calls me “salt” and “light”?

Day 2 – Preserving Goodness

Romans 12:21 → “Do not be overcome by evil, but overcome evil with good.”

Reflect: Where can I “preserve goodness” today instead of joining in wrong?

Day 3 – Shining in Darkness

John 1:5 → “The light shines in the darkness, and the darkness has not overcome it.”

Reflect: Am I shining hope in places where people feel discouraged?

Day 4 – Words that Add Flavor

Colossians 4:6 → “Let your speech always be gracious, seasoned with salt.”

Reflect: Are my words adding encouragement or tearing down?

Day 5 – Good Works that Shine

Matthew 5:16 → “Let your light shine before others, that they may see your good works and glorify your Father in heaven.”

Reflect: How can I show kindness that points people to God?

Day 6 – Living Differently

Philippians 2:15 → “...you shine like stars in the world.”

Reflect: Do my choices set me apart in a positive way?

Day 7 – Strength to Keep Shining

Isaiah 60:1 → “Arise, shine, for your light has come, and the glory of the Lord rises upon you.”

Reflect: Where is God calling me to rise up and shine this week?