



United Methodist Church of Vista  
490 South Melrose Drive  
(760) 726-0442



Sunday, February 5, 2023 @ 10:00 a.m.  
5th Sunday of Epiphany

Rev. Dr. Lee Ann Shaw, Senior Pastor

“The Salt You Crave”

Scriptures: [1 Corinthians 2:13-16](#) and [Matthew 5:13-20](#) (NRSV)



*Rev. Dr. Leigh Ann Shaw  
Senior Pastor*

### [1 Corinthians 2:13-16](#)

<sup>13</sup> And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

<sup>14</sup> Those who are unspiritual do not receive the gifts of God’s Spirit, for they are foolishness to them, and they are unable to understand them because they are discerned spiritually.

<sup>15</sup> Those who are spiritual discern all things, and they are themselves subject to no one else’s scrutiny.

<sup>16</sup> ‘For who has known the mind of the Lord so as to instruct him?’

But we have the mind of Christ.



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### Matthew 5:13-20

<sup>13</sup> 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

<sup>14</sup> 'You are the light of the world. A city built on a hill cannot be hidden.

<sup>15</sup> No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

<sup>16</sup> In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

<sup>17</sup> 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil.

<sup>18</sup> For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished.

<sup>19</sup> Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.

<sup>20</sup> For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.