



A place where heaven and earth meet,
where people encounter God's generosity
and healing presence.

www.thebeachchurch.com

Pastor Jim Coyl

Sunday Worship 9:00 a.m.

Fifth Sunday after the Epiphany

February 8, 2026

Welcome

Call to Worship

Leader: You are the salt of the earth.

People: We are called to bring flavor, healing, and hope to the world.

Leader: You are the light of the world.

People: We shine not for ourselves, but so God's glory may be seen.

Leader: A city set on a hill cannot be hidden.

People: We will not hide the light God has placed within us.

Leader: Let your light shine before others.

People: That our lives may reflect God's love and truth.

Leader: Christ calls us not to set aside God's ways,

People: But to live them fully—with faithfulness and joy.

Leader: Come, let us worship the One who calls us salt and light.

People: We come to worship, ready to live the life Christ teaches.

Hymn

Passing of the Peace

Gloria Patri: Glory be to the Father, and to the Son, And to the Holy Ghost; As it was in the beginning, is now, and ever shall be: World without end. Amen

Scripture Reading Matthew 5:13-20 - The teaching of Christ: salt and light

5:13 "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.

5:14 "You are the light of the world. A city built on a hill cannot be hid.

5:15 People do not light a lamp put it under the bushel basket; rather they put it on the lampstand, and it gives light to all in the house.

5:16 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.

5:17 "Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill.

5:18 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.

5:19 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.

5:20 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Hymn

Sermon **"Lighten Up"** Rev. Coyl

Pastoral Payer and the Lord's Prayer

Hymn

Benediction

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Salt, Light, and the Courage to Be Seen

Matthew 5:13-20

Jesus calls his followers salt and light—ordinary elements that change the world simply by being what they are. Salt doesn't draw attention to itself; it quietly brings out flavor. Light doesn't argue its case; it shines. Author Rachel Held Evans often reminded the church that faithful witness isn't about perfection or performance, but about presence—showing up honestly in a hurting world with love, humility, and courage.

In this passage, Jesus invites us not to withdraw or hide our faith, but to live it out in ways that bring life and healing to others. Our righteousness, Jesus says, is not about checking religious boxes, but about embodying God's love in tangible ways. When we choose compassion over certainty, mercy over fear, and faithfulness over image, we become the kind of salt and light that helps others glimpse the kingdom of God—already breaking into the world, one small act of love at a time.

Daily Lectionary Readings

Monday, February 09, 2026: Psalm 119:105-112; 2 Kings 22:3-20; Romans 11:2-10;

Tuesday, February 10, 2026: Psalm 119:105-112; 2 Kings 23:1-8, 21-25; 2 Corinthians 4:1-12;

Wednesday, February 11, 2026: Psalm 119:105-112; Proverbs 6:6-23; John 8:12-30;

Thursday, February 12, 2026: Psalm 2; Exodus 6:2-9; Hebrews 8:1-7;

Friday, February 13, 2026: Psalm 2; Exodus 19:9b-25; Hebrews 11:23-28;

Saturday, February 14, 2026: Psalm 2; 1 Kings 21:20-29; Mark 9:9-13;

Stillness: Making Space for God

In a noisy and hurried world, the Christian practice of stillness invites us to pause, quiet our hearts, and become attentive to God's presence. Stillness is not simply the absence of activity; it is a posture of trustful listening. It is choosing, for a moment, to stop striving and to rest in God's loving attention.

Stillness is not passive resignation, but a deliberate turning of the soul toward God, acknowledging who God is and who we are in God's presence. When we are still, we allow God to be God—sovereign, faithful, and near.

A powerful biblical illustration appears in 1 Kings 19, when the prophet Elijah encounters God on Mount Horeb. God is not found in the wind, the earthquake, or the fire, but in “a sound of sheer silence”—often translated as a “still small voice.” Elijah must become quiet enough to notice God's gentle presence. Stillness creates the space where God's voice, often subtle and tender, can be heard.

Stillness can be practiced in simple, accessible ways. It may begin with setting aside a few minutes each day to sit quietly before God, free from distractions. A short prayer or a single verse of Scripture can help center the heart. Slow, attentive breathing, combined with a prayer such as “Here I am, Lord,” can gently draw our focus back when the mind wanders. Over time, stillness becomes less about technique and more about relationship—learning to rest in God's presence with openness and trust.

Suggested Readings:

Psalms (especially Psalms 46, 62, and 131) - The Way of the Heart by Henri J.M. Nouwen - New Seeds of Contemplation by Thomas Merton