

GOSPEL FORMATION + FAMILY + CHURCH CARE

A practical guide to Salt & Light

Use this guide to set up the right plan, complete the private formation baseline, build a daily practice, coordinate family responsibilities, configure church roles, and keep personal information under the member's control.

The promise

Salt & Light does not replace faith, family, church, licensed mental health care, or medical care. It helps turn insight into a small, visible, Jesus-centered practice and a more honest review of what happened.

Individual Private intake, morning plan, daily practice, nightly reflection, progress, time, food, health context, and journal.	Family Covered seats, shared responsibilities, recurring tasks, calendar, and accountability without automatic access to private journals.
Preacher Pro One preacher receives Sermon Analyzer plus personal Salt & Light. It does not sponsor household accounts.	Preacher Pro + Family One preacher license plus Salt & Light household licenses for up to six total people.
Whole Church Administration, roles, elder assignments, consent-based care, de-identified church pulse, and Sermon Studio integration.	

Start here: saltlight.sermonanalyzer.com

The formation loop

The product is designed around repeated practice, not a hidden spiritual grade. Each day should produce one next action and one honest review.

1 Notice

Name the real situation: what happened, what your body did, the story you told yourself, what you feared, and what mattered most.

2 Rehearse

Read the morning meditation and practice the exact response before pressure arrives. Rehearsal may be a pause, question, boundary, repair, prayer, or time choice.

3 Act

Try the practice in ordinary life. The goal is not perfect performance. Record the attempt, the resistance, and what support would make another attempt more likely.

4 Reflect

At night, review the situation, body, story, action, cost, relationship impact, food, time, repair, and tomorrow's need. Specific evidence produces better coaching.

Morning

Open Morning after a saved nightly reflection. Choose one practice you can actually perform today. If the plan is too large, make it smaller before you start.

Complete the formation profile

The intake goes deeper because useful guidance needs context. You may pause and return. Answer honestly, but do not include information you do not want stored.

Relationships Marriage, parenting, family history, trusted people, conflict patterns, repair habits, belonging, and loneliness.	Temperament Energy, pace, decision style, structure, sensitivity, assertiveness, avoidance, and response under pressure.
Shadow patterns Fear, shame, control, approval, anger, numbing, perfectionism, self-protection, and the cost of the pattern.	Spiritual practice Prayer, Scripture, worship, service, community, doubt, obedience, and barriers to following through.
Time and responsibility Work, school, caregiving, sleep, screens, urgent demands, loved-one time, and recurring household work.	Food and health context Usual meals, processed food and sugar patterns, hunger, energy, sleep, stress eating, allergies, preferences, and goals.

Not a diagnosis Profile language describes patterns and practice needs. It is not a personality verdict, medical diagnosis, mental health diagnosis, or measure of worth.

A Review your result

Look for the pattern description, evidence, strength, protection strategy, likely trigger, relationship cost, and first practice. Correct information that does not fit.

B Choose a narrow experiment

Work on one visible behavior for a week. Example: before defending yourself, name what you heard and ask whether you understood.

Time, responsibilities, and the visible calendar

Shared coordination should make the household easier to understand without turning care into surveillance.

- 1

Add people

Use the covered Family plan seats. Each person signs in to their own account so permissions, progress, tasks, and private content remain attributable.
- 2

Create recurring responsibilities

Open Time. Choose the person responsible, daily, weekly, or monthly cadence, weekdays, start date, priority, estimated minutes, and a clear definition of done.
- 3

Use the board and calendar

Switch between month, week, agenda, table, and board views. Update workflow status, checklists, comments, and due dates. Recurring work continues until changed, paused, or removed.
- 4

Protect what matters

Schedule loved-one time, meals, rest, worship, school, and caregiving before filling the calendar with lower-value work.

Good task	Weak task
Kitchen reset - Alex - Monday through Friday - 20 minutes - counters, dishes, trash - adult supervision for chemicals.	Help more. This is hard to complete, hard to coach, and easy to argue about because the finish line is invisible.

Children	Use age-appropriate responsibilities, supervision, and dignity. Connection, food, sleep, safety, medical care, and belonging are never rewards a child must earn through chores.
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Roles, licenses, care, and Sermon Studio

Whole Church connects administration, assigned care, and privacy-safe ministry insight. Subscription capacity, product licenses, church roles, and private-data sharing remain separate controls.

Church administrator Manage the workspace, covered seats, invitations, roles, elder assignments, billing coordination, promotions, and operational settings.	Elder or care leader See assigned members, consented status signals, member-requested help, due follow-ups, care notes, and suggested conversation openings.
Member Complete private formation, choose grants, work shared responsibilities, request support, and revoke sharing when a relationship changes.	Preacher Use de-identified church patterns after the minimum privacy cohort is met. Names, private quotations, and individual journal text are excluded.

- 1 Invite**
 The administrator sends an invitation and separately assigns church responsibility and product access: Salt & Light only, Sermon Analyzer only, both products, or administration only.
- 2 Assign**
 Connect a member to an elder or care leader. The assignment creates a care relationship, not unrestricted data permission.
- 3 Grant**
 The member chooses supported scopes, recipients, and duration. The system records the active consent and allows revocation.
- 4 Care and preach**
 Care leaders follow up with the member. Preachers use only aggregated, privacy-safe patterns to shape sermons and weekly practices.

Food, health context, journal, and voice

Behavior is connected. Sleep, hunger, stress, time pressure, conflict, and food can shape attention and choice. Track them to notice patterns, not to create shame.

Daily meals Record breakfast, lunch, dinner, snacks, water, hunger, energy, and the situation around eating. Short entries are enough.	Triggers Notice whether eating followed hunger, celebration, convenience, conflict, fatigue, loneliness, restriction, or an attempt to change emotion.
Health context Record conditions, allergies, medications, pregnancy, eating disorder history, or clinician instructions only as needed for safer educational guidance.	Journal Type or record a private entry. Review the transcript before saving. Attach it to the day only when that is what you intend.

Medical boundary

Food and health guidance is educational. Do not use it to diagnose, treat, or replace a licensed clinician. Follow prescribed care and seek professional help for concerning symptoms or disordered eating.

1 Record with consent

Do not secretly record people. Laws differ by location. Get clear permission from every participant before recording a conversation.

2 Keep private material private

Do not include passwords, verification codes, financial account numbers, or another person's confidential medical information.

3 Use evidence gently

Look for a repeated relationship among trigger, body state, food choice, time pressure, and behavior. Choose one change that is safe and realistic.

Privacy and safety checklist

Privacy is a product behavior, not a slogan. Review these controls before connecting a partner, family, or church.

1 Use individual accounts

Never share passwords. Separate accounts preserve consent, attribution, role checks, billing seats, and the ability to revoke access.

2 Review grants

Open Privacy to see who can receive which supported signal, why the grant exists, and whether it expires. Revoke it when it is no longer needed.

3 Understand all four boundaries

The subscription controls capacity. The administrator assigns a product license and church role. The member controls private-data sharing. A role never creates a product license.

4 Use MFA and sign out

Enable multi-factor authentication, use a strong unique password, and sign out of shared devices. Review unfamiliar sessions.

5 Escalate urgent risk

If someone may harm themselves or another person, contact local emergency services or an appropriate crisis service. Do not wait for an app response.

AI boundary

AI can be wrong. Treat suggestions as prompts for reflection and conversation. Scripture, pastoral judgment, licensed clinical care, medical advice, and the member's direct voice remain essential.

Billing, troubleshooting, and the next step

Use the searchable Help Center at saltlight.sermonanalyzer.com/help for current instructions. The website is the source of truth when this guide and the interface differ.

Trial and billing Individual, Family, Preacher Pro, and Preacher Pro + Family begin with a 30-day trial. Open Account and Billing, then Stripe's customer portal, to update payment details or cancel before renewal.	Whole Church Request custom pricing. Setup should confirm separate Salt & Light and preacher license quantities, roles, elder assignments, consent policy, onboarding, support, and Sermon Studio use.
Onboarding required Follow the link back to the formation profile, complete the required baseline sections, save, and reopen the Program.	Phone layout Refresh once after an update and turn off desktop-site mode. The main Salt & Light pages should not require horizontal page scrolling.
Email or invite missing Check spam, confirm the exact address, ask the administrator to review invitation status, and request a new invitation if the old one expired.	Useful support report Send the page address, time, device, browser, screenshot, and what you expected. Do not send passwords, verification codes, or private journal text.

Contact

Open saltlight.sermonanalyzer.com/contact for account, billing, invitation, or technical support. Use the exact page and time so the team can trace the event.

Your first week

Day 1: complete the baseline. Day 2: rehearse one response. Days 3-6: act, reflect, and reduce the practice until it is repeatable. Day 7: review evidence, choose one repair, and continue the practice that most directly serves love of God and neighbor.

Salt & Light - truth that becomes practice.