

You are the Salt

Scripture Reading: Matthew 5: 13

Salt is a common thing. All people from all caste, creed, nations, religions, race and gender, no matter who they are, will surely use it. The sea water is evaporated and we get salt. It cannot be seen as huge salt rocks but rather in small quantities. If this salt is missing in any of our meal, we so much want to somehow get it. Jesus has said that we are the salt of this world. Shall we meditate the qualities of this salt?

1. Taste: "The food without salt rightly belongs to the waste bin" is a true saying. It is this salt that adds taste to the food we eat. It will add taste only when it is added in right proportion. Even if it is reduced a little than what's required, it will affect the taste of the dish.

2. Ability to dissolve: When salt is put as small pieces into the dish, it dissolves itself completely and gives taste to the entire dish.

3. Preserves: We usually preserve meat and fish with salt so that it would not get spoilt. Pickles and dry fish are treated with salt.

4. Medical use: Salt kills bacteria. Even when there is swelling in our body, hard salt is heated and massaged against the swelling.

How does this relate to a Christian life?

We are called to add taste to the lives of those around us. Our words should bind the wounds of others. Our words should be gracious and comforting. We should be delivered from self centeredness. Just like a salt dissolves into a pot and adds taste to the entire dish, a person can bring about a drastic change in any group he's put into.

Questions:

1. What are we in this world?
2. What are the qualities of salt?
3. What manner of life should we live?