

## FOOD FOR THOUGHT WITH A DASH OF SALT



If you suffer from high blood pressure or heart disease, the first thing they will tell you is to cut back on your **SALT** intake. And although that may be very good advice, physically speaking; spiritually speaking, we need **SALT** and need to be the **SALT**. “You are the salt of the earth”<sup>(Matthew 5:13a NIV)</sup>. – Simple definition: Basic, fundamental goodness.

Maybe it would help to understand the many uses of salt to see why Jesus uses this description: **SALT** is used in **PURIFICATION**, such as in water treatment, **PRESERVING** and **DRYING**, such as meat and fish, and used in canning. It is used as a **MELTING** agent, ice on your sidewalk or making ice cream. It is used in **COOKING**, **BAKING** and **FLAVORING**. Salt is also **HEALING**; a sore throat, tooth ache or for soaking your feet. Salt is also used as a **DISINFECTANT** or even as **CURRENCY**.

**SALT COVENANT** – Used in the making of a pledge during the time of Abijah King of Judah<sup>(2Chronicles 13:5)</sup> **SALT** was used in offerings. “Season all your grain offerings with salt. Do not leave the salt of the covenant of your God out of your grain offerings; add salt to all your offerings”<sup>(Leviticus 2:13)</sup>, and in many other ceremonial offerings, oaths and covenants.

As for the **FOOD**: It is the Word of God that strengthens and nourishes us and draws others to Jesus. "My food," said Jesus, "is to do the will of him who sent me and to finish his work" (John 4:34). "Jesus answered, "Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill" (John 6:26). "Then Jesus declared, "I am the bread of life" (John 6:35a), "And he took bread, gave thanks and broke it, and gave it to them saying, "This is my body given for you; do this in remembrance of me" (Luke 22:19).

When the **FOOD**, (Word of God) is being shared, grab your spiritual **SALT** shaker. Be prepared to tell everyone how God has worked in your life through his **WORD**: to forgive, to save, to strengthen, to comfort, to heal and to give answers to your prayers.

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone" (Colossians 4:6). "You are the **SALT** of the earth" (Matthew 5:13a).



Dear Lord,

You are the Bread of Life; in you we have our very being. Thank you for giving spiritual **SALT**: that basic, fundamental goodness, through which others may see you working in our lives. We pray that they will desire Your Saving Grace. Praise Your Holy Name! Amen.