

Sunday 17th January

Salt and Light
Matthew 5: 13-16



Salt? Really?

What is so great about salt? Today we will look at an illustration that describes us as salt...



“You are the salt of the earth. But if the salt loses its salty taste, it cannot be made salty again. It is good for nothing. It must be thrown out for people to walk on.”

Obviously, we are not turning into literal salt like Lot’s wife...but salt actually has some amazing properties. It used to be used as currency, valued like gold for all of its uses. It can also be a preservative—salt kept things fresh before refrigeration came around. It can alter chemistry in cooking and even keep roads from freezing. But we normally appreciate it most in modern times for its flavour. Salt can change things for better or worse, and make a tremendous difference! This is what Jesus refers to here. As Christians, we want to have an impact on other people, flavouring them, saving them, and changing the world.

Activity 1

Salt Dough

You will need:

salt; flour; water; measuring cups; mixing bowls; handwashing bowl and towel; paper plate;

Put salt, flour and water into a mixing bowl in the ratio 2:2:1 and mix them together with your hands. Make a firm ball of dough and put it on the table. Make something of your choice with the dough. Then arrange on a baking sheet.

Preheat **oven** 120 degrees c.

Bake in the preheated **oven** until **dry** and hard, about 2 hours.



Light? Really?

Jesus continues by comparing us to light...

"You are the light that gives light to the world. A city that is built on a hill cannot be hidden. And people don't hide a light under a bowl. They put the light on a lampstand. Then the light shines for all the people in the house."

Jesus says we are like lights shining in the darkness. I suppose he means that in our world some people make wrong choices, meaning they are sad and may make other people sad too. The darkness is like the sadness some people feel. Jesus loves us, and he wants us to care for people and tell them about himself. Jesus can help people. This is what Jesus means when he talks about being a light that shines in the darkness.

Activity 2

Light

Find somewhere dark to hide in your house but take a torch with you. What happens when you turn your torch on? Your light keeps shining but when there are more lights the darkness starts to go away.



Really!! Light.

We have made a difference, and maybe that's what Jesus means when he talks about letting our light shine out and not hiding it under a bowl, or a bucket, or anything else. How will we let our light shine out? Let's hold our torch and think about all the places we go to, and all the people we see, and how we can try to be kind and caring and share Jesus' love.

Prayer

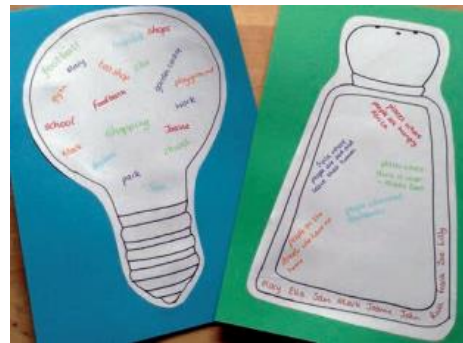
Loving Lord Jesus, we think about all the places we go to—school, the park, shops, the homes of family and friends—and we pray that we can be a light in these places. Help us to be kind and caring, making good choices and helping people to be aware of you and your love. Help us to be like salt and light, both bringing change and making a difference. Amen

Activity 2

Pots and bulbs

You will need: large outlines of a light bulb and a salt cellar on a piece of paper; different types and colours of pens.

Think of some of the places you go to and write them on the light bulb. Take a quiet moment to ask Jesus to help you shine your light in these places. Add your name to the light bulb. Remembering that salt makes a difference to the flavour of food, think of people in whose lives you would like Jesus to make a difference, and places where you would like him to make a difference, and write them on the salt cellar. Take a quiet moment to think about what you have written, and add your name to the salt cellar, maybe asking Jesus to help you make a difference.



Matthew 5:14



You are
the

Light

☆ of the ☆



A city that is set on a hill cannot be hid.

