



“You are the salt
of the earth”

Matthew 5:13

Adding Flavour

Read: Matthew 5:13-16

In the gospel Jesus continues his sermon on the mount with an analogy using salt and light. Jesus makes it clear that by their deeds the disciples are to influence the world for good. They can no more escape notice than a city on a hill. If they fail in good works, they are useless as flavourless salt or as a lamp whose light is concealed.

What does this mean for us? Two stories come to mind. The first involves my niece Haley. One day I was helping her light birthday candles. I lit hers and then asked if she could light mine in return. With a devious smile and a giggle, she blew her candle out. I was not amused. The point is we are the only ones with the power to conceal or blow out our light. As members of Christ’s body, his light is entrusted to each of us. We can choose to share it or blow it out.

The second story happened last week while I was in Vegas. Two men with “Jesus Saves” signs stood on the street within viewing distance of a homeless pregnant woman. Now there is a time and a place for bold proclamations of the gospel, but “faith without works is dead” (James 2:17). I felt God calling me to help her. Just reach out and extend an act of kindness and charity. Just be salt and light for her. She took notice.

The thing about salt is, that a little goes a long way. It is also remarkably effective yet simple. As St. Paul reminds us, fancy speeches and wisdom aren’t always what we need (1 Cor. 2:1-5). Sometimes we are just called to be no more than that, just a little salt and just a little light in someone’s life.

What do I want you to do? Ask God to place the name of someone on your heart, who needs a little salt and light in his or her life. This could be a spouse, friend, child or stranger. Make an effort to do an unexpected act of kindness for them.