



Summer Seedlings

July 19 Salt and Light



One of Jesus' most well known teachings is called after the place he delivered it from - it is known as the Sermon on the Mount or the Beatitudes. The Mount is believed to be high ground above the Sea of Galilee near the town of Capernaum. In the Sermon Jesus spoke about new ways of thinking about the world and those who were part of it. As Jesus continued the Sermon on the Mount he used examples of everyday common things to explain about his followers role in the world. They were to be salt and light

In four verses in the New Testament in the Gospel of Matthew Chapter 5 : 13 v 16 Jesus explains why. Try standing up to read or listen to the words that are below, on something higher than the floor, that is safe, to remind yourself the Sermon on the Mount was thought to have been delivered on higher ground.

"You are like salt for everyone on earth . But if salt no longer tastes like salt, how can it make food salty? All it is good for is to be thrown out and walked on.
You are like light for the whole world. A city built on a hill cannot be hidden, and no one would light a lamp and put it under a clay pot. A lamp is placed on a lamp stand, where it can give light to everyone in the house. Make your light shine, so that others will see the good that you do and will praise your Father in heaven."

Salt has always been an important everyday mineral for preserving food especially in Jesus' time. In sensible quantities, it is used to flavour cooking, and it can be used to help healing and keep things clean. Without salt , the world would be very different.

Light in all its forms has always helped people to see from a small candle or oil lamp to huge flood lights around sports grounds.

It has helped people to keep and feel safe.

Jesus' followers are being told that they are to "Be salt" and "Be light" so that they can "Be in the world " doing good in the name of God.

This video has light bulbs in it and it is very catchy.

The song is thought to have been written about one hundred years ago by Henry Dixon Loes and has been used ever since by all ages of people.

<https://m.youtube.com/watch?v=cKkblZtqhyQ>



Once you have watched the video see if you can draw some similar light bulbs and copy the flowing writing.

Why not try....?

Thinking about whether a favourite recipe you cook has salt in it. Bread recipes have salt in them and some cookie recipes as well - maybe you could look in a recipe book for a new recipe, savoury or sweet , to try with a little salt in it !

Dear God

We know that like salt and light from a lamp, small things and individuals can make a difference.

Please help us let your love shine through our lives.

Amen