

# Salt & Light: Salt Part I

SBR 2020

Matthew 5:13a NIV

*You are the salt of the earth.*

Salt and Light by Jami Smith <https://m.youtube.com/watch?v=cPq8NUR5kJ0>

Salt and Light by Amy Grant <https://m.youtube.com/watch?v=57ycdiaW1gk>



Most of us use salt today to add a little spice to our food. But it is incredibly important to have salt when there are no refrigerators or freezers around. People use salt to preserve food. Some people still do this today, but most of use have a way of keeping our food fresh without having to go through the process of using salt.

In Bible times, salt was very important. It was needed, wanted, and worthy of talking about. In the Bible, Jesus says we are the salt of the earth. We are needed, wanted and worthy of talking about. We are all these things because that is how God made us. He made each of us important and He loves us dearly.

Did you know that no matter what you do to salt, it will always stay salty? I am not a scientist or a theologian, but I find that fact pretty amazing. It makes me see this Bible verse in a whole new light. To me, I feel as if God is saying... you are salt (not go be salt)... I made you (see Psalm 139)...you are not a mistake (like ever!)...you are needed (by family and friends and co-workers and neighbors and strangers)...you are wanted (by a loving God)...and you are worthy of talking about (um, like every piece of advice we get in the Bible. Start with John 3:16; God is talking to you!)

I also kind of like the idea that it is OK to be a little spicy at times...but that may just be my excuse!

## **You are Salt Saved from Sin Object Lesson:**

Supplies needed: black piece of paper, table salt and pepper, comb

(Begin by putting the black paper on the table. Tell the group that:) **in the beginning, there was nothing. Nothing but God.**

**Then, God began to create things like plants and animals and humans. At first, humans were good and without sin. Humans are the salt of the earth.** (Sprinkle a pile of salt on the black paper.)

**Then, the devil brought sin into the world.** (Sprinkle some pepper on top of the pile of salt.)

**And we became mixed with sin. We needed God to save us from our sins, so He sent His Son Jesus to save us. Jesus died on the cross** (Use the comb and your finger to make the cross symbol.)

(Have someone who has a nice amount of hair comb through their hair with the comb quickly—enough to create static. Hold the comb over the salt and pepper pile and watch the pepper leave the salt and attach itself to the comb.)

**Jesus died on the cross and took all our sins away. Our sins attached themselves to Jesus and we are no longer tangled or messy; now we are right and good with God. We are forgiven.**

**You are Salt Craft:** materials needed: paper (harder stock if possible) glue, writing utensils, scissors, cardboard cross for tracing, salt

Have each person trace the cross onto a piece of paper. Have each person line the cross on paper with glue. Sprinkle salt onto the paper and let it dry. (If paper is thin, cut out decorated cross and glue to another piece of paper.) Decorate remaining paper. Add verse: *You are the salt of the earth.*