

A lightbulb is shown from a top-down perspective, with a large, clear salt crystal growing inside it. The background is dark and features a fine, repeating geometric pattern of small, interconnected lines. The text "SALT & LIGHT" is overlaid in a white, serif font, centered horizontally and partially obscured by the lightbulb and the salt crystal.

SALT &
LIGHT

You are the Salt of the Earth



You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men, (Mt 5:13).

For everyone will be seasoned with fire, and every sacrifice will be seasoned with salt. Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another, (Mk 9:49-50).

Salt is good; but if the salt has lost its flavor, how shall it be seasoned? It is neither fit for the land nor for the dunghill, but men throw it out. He who has ears to hear, let him hear, (Lk 14:34-35).



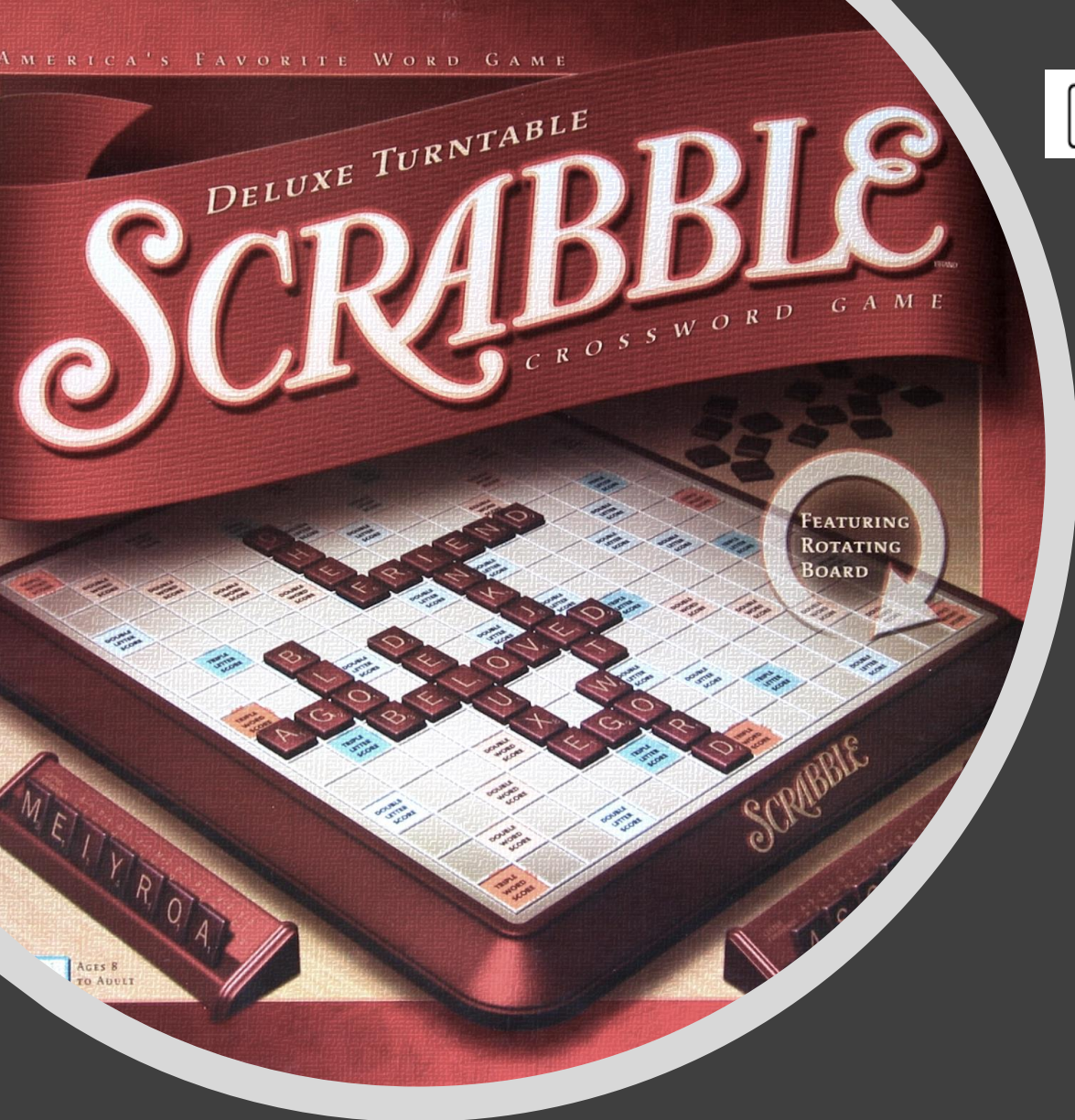


- Salt was to be offered w/sacrifices (Lev 2:13).
- The covenant God made w/Israel was a “covenant of salt” (Num 18:19).
- The covenant God made w/David was a “covenant of salt” (2 Chron 13:5).
- Salt was used as an antiseptic for newborns (Ezek 16:4).
- Salt was used for seasoning food (Job 6:6).
- Salt is essential for life!



- Without enough sodium in your body, your cellular function and neural communication shut down.
- Sodium is critical to absorbing certain nutrients from the digestive tract, and also allows some molecules that couldn't otherwise pass through the cell membrane to cross.

Dr. Gary Thibodeau ("Anatomy and Physiology").



S, A, L, T, I, N, E, V, E, R, Y, D, A, Y, U, S, E

- Those folks are the salt of the earth.
- He sure is worth his salt.
- Those boys use some salty language.
- Those tickets to the game were salty.
- We need to salt away something for retirement.
- Taken with a grain of salt.
- Captain Dave is an old salt.
- They just rubbed salt in the wound.



You are the Salt of the Earth

Salt Seasons

Salt Preserves

Salt Irritates

Salt Causes Thirst

