

# Daily View

*“But exhort one another every day, as long as it is called ‘today’” Hebrews 3:13*

April 8, 2020



Every gallon of sea water contains about 4.5 ounces of salt.

## Salt

*“You are the salt of the earth...” Matthew 5:13*

We are all familiar with this famous saying of Jesus and we think we know what it means. In fact, if someone describes someone else as “the salt of the earth,” it is universally viewed as a compliment. Yet, if you listen to health experts, salt is a bad thing — they say that too much of it raises your blood pressure. I won’t argue that but there is quite a bit of evidence that too little salt can be dangerous, too. Those who know me know I love salt. Rochelle Brown, when teaching one of our children’s Bible classes, needed some salt packets; let’s just say she only had to make one phone call. I just said, “how many do you need?”

I was diagnosed with high blood pressure when I was about 30 and placed on medication. However, recently my doctor suggested that since my blood pressure is so low, I can quit my medication or least cut it in half. My salt intake has not changed. Just today I read that there is something called “salt-sensitive hypertension.” That leads me to believe that my hypertension at age 30 had more to do with the pressure of being a dad and settling into a career than to salt. But I’m biased.

In any case, Jesus thought of salt as a good thing and so do many who have studied it. We know that, without enough of it, muscles won’t contract, blood won’t circulate, food won’t digest and the heart wouldn’t beat. In his fascinating 450 page best-selling book, “Salt,” Mark Kurlansky refers to a claim by the salt industry that there are 14,000 documented uses for salt (p. 5). Without a doubt, salt makes a difference in the world — it influences it, mostly for good. Jesus said to his followers, “You are the salt of the earth.” We are supposed to influence the earth for good but remember that two-thirds of Jesus’ statement about being the salt of the earth deals with what happens if we are not: *“You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.”* So I need to ask myself: Am I really the “salt of the earth”? Or have I lost my usefulness?

Think about this: even today, 70% of Americans identify themselves as “Christian.” Therefore, it seems we *should* be making our mark on the world. Yet, when we look at what group has been most successful in changing the world in the past ten years, we need look no further than the LGBTQ movement? How many people identify as LGBTQ? The latest number I’ve seen is 3.5%. In a Gallup poll a few years ago, people *thought* it was 25% and that is probably higher today. Why? People in the LGBTQ movement — that 3.5% — have influenced others; they have successfully redefined “normal.” Let that sink in.

What have we done in the meantime? We might say, “we’re confined to our homes right now, so how can we influence the world?” Clearly, the stay-at-home orders challenge our efforts to be the salt of the earth. But we need to think more creatively. Many of us are active on social media — Facebook, Twitter, Instagram and other platforms. An obvious question is this: *Am I being the salt of the earth every time I post something on social media?* Address that and then think seriously about how we can improve our influence in the communities we live in, once this health crisis is over.

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