



You are salt for the earth

How well are you flavoring others?

Prepare: Read Matt 5:13-16

Jesus tells us: "You are the salt of the earth." What does it mean to be salt? Think about what salt does. It adds flavor to foods that lacks sufficient taste.



Jesus also raises the point that if we lose our flavor, how can it be restored? The answer is: Only by letting God renew us.

In your baptism, you were made flavorful – alive with God's love, peace, joy, etc. – The useful Christian is one who evangelizes by adding the seasoning of God's life – God's love, God's peace, God's joy, etc. – to the lives of the people around him or her.

But beware of trying too hard! What happens when food is over-salted? It tastes horrible. No matter how good our intentions might be, if we come on too strong, we do more harm than good.

People are much more likely to turn to Jesus if they first experience his love through us, his peace through how we treat them, and his joy through the way we live our lives.

Everyone needs to discover that Jesus loves them just the way they are, that he is gentle but sincere when inviting them to grow spiritually, and that he serves them in their daily needs.

Jesus also tells us to be a light that others cannot help but notice – but not a light that blinds. To flavor the lives of others with the presence of Jesus, we have to let his light shine in us. We have to be so lit up by Christ that others cannot help but notice.

The useful Christian is one whose faith is visible and whose good deeds glorify the Father because they are accomplished through the love of Christ.

Additionally, Jesus says that we have to be a city. We cannot evangelize alone. A "city" is a group of Christians: a parish, a family, a church organization. Being Christian means being in community. When our light is joined to the light of others, our collective glow is much more effective in revealing the love of Christ to the world. Why? Because non-believers learn that the love of Christ is real when they see us living in love with each other: unconditionally, generously, with a servant's heart (see Acts 2:42-47).

Being a city is also necessary because it's how we become convinced that we ourselves are truly loved. We are the light of Christ for each other. We are his love given to each other. We are seasoning for each other. Without each other, our light dims, our flavor fades, and we become useless to the kingdom of God.

Reflect & Discuss:

1. In what ways have you over-salted someone by trying too hard or too often to evangelize? What were the results?
2. What obstructs the light of Christ within you? What in you needs to change so that the people around you can see him better?
3. How do you identify people whose lives are lacking the full flavor of Jesus' love? How could their lives be seasoned with the love of Jesus that is in you? And in your parish?