

“You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. “You are the light of the world—like a city on a hilltop that cannot be hidden.”

Matthew 5:13-14 NLT

## lectio // Matthew 5:13-16

Salt and light. These two elements(?) are not the same in essence at all. One is a physical, in terms of being able to see it, touch it and taste it. The other is kind of metaphysical, in that you can see it (kind of) and feel it's effects, but you can't touch it, smell it, taste it or feel it - you can't just pickup light and hand it to someone. However, both drastically change the behavior of the environment AROUND it. Both, transform the physical outcome of objects it comes in contact with. Salt, obviously seasons and preserves. Light, both illuminates and can even warm when it is the right "frequency." Both are change agents, and if they "lose" or "hide" their ability to be true to their nature, they then fail to be transformative to their surroundings. Jesus, comparing his followers (that may include you) to these change agents let's them know that even these two elements can be ineffective or put away so they can't do what they are intended to do. I'm told that salt can lose its flavor (desalination) and light can be hidden. One cannot come back after it goes through a change in nature, the other can simply be uncovered or reignited. Who wants to be flavorless or hidden? Someone who either doesn't recognize their loss of effectiveness or straight up doesn't want to be effective. I love that Jesus subtly encourages us to just BE salt, BE light — don't try to just DO salty or DO light. Live your life in such a way that flavors and floods our tasteless and dark world!

## oratio

Dad,

I think about my life, or the lives of my friends just BEING who you've called us, designed us to be - flavorful and deLIGHTful. The best way I know how to BE those things is to spend more time with you, allowing you to form me, more and more, into the image of Jesus. He was so salty and illuminating.

## contemplatio

rest in the presence of God, allowing the words revealed to take root