

Who am I?

I live in the sea and in rocks.

I can help prevent an infection in a cut (I kill bacteria).

People have fought wars over me.

I have been used as money, worth as much as gold.

I am put into ice cream to make it taste sweeter.

I have been used to seal a deal and punish an enemy.

I am used to dry out food (fish and meat).

I remove bitter flavours from food.

I raise the temperature of boiling water.

I keep people from slipping on icy sidewalks.

Too much of me can be bad for your health.

Notes

1. Name 5 ways you have used salt
2. Jesus said “You are the salt of the earth and light of the world.” Do you include yourself in that “you”? Why or why not?
3. Think of a person who has been “salt and light” to you. What did they do?
4. How might people lose their “saltiness?” In what ways do people “hide their light under a bushel?”
5. What is the grace of this passage for you?
6. What is the invitation?