

I am...



I praise you, for I am fearfully and wonderfully made. Psalm 139: 14a

Salt & Light

Excerpt from "[Salt and Light](#)" by Lisa Bevere.

We all know someone who has a strong influence on his or her surroundings. Maybe a prominent business person comes to mind or someone who is always surrounded by friends. These people have a unique way of effecting the decisions of those around them. Likewise, Jesus calls us to be distinct and impact everyone we encounter.

You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men.

Matthew 5:13 NASB

In Matthew, we are told that we are the salt and light of the earth. Salt is used to not only add flavor to food but to preserve and clean. A side effect of consuming salt might be excessive thirst. So how do we compare to salt? As followers of Christ, we are called to preserve goodness in society and defer any corruption. We help others cleanse their lives and find hope in Jesus which then creates a thirst for God.

You are the light of the world. A city set on a hill cannot be hidden;

Matthew 5:14 NASB

Light makes it possible to navigate through the darkest of nights. This verse in Matthew references a city on a hill because the lights of the city can be seen for miles, assisting travelers with direction. When we follow Jesus, the light of the world, we reflect His light and point others in His direction.

Let's focus on how we can be salt and light in our everyday lives. It starts by doing one thing out of the ordinary, whether it be getting out of our comfort zone and sharing our love for Jesus with a friend who may not know Him or taking someone to dinner to be a listening ear after they've had a bad day. From the smallest changes to the grandest of gestures, I pray that we become salt and light in everything we say and do.

Are you looking for some more devotionals to read with your family that emphasize that **we are Salt and Light**? Here are some for throughout January:

[Salt and Light](#) by Bret Lamsma
[Christian, You Are Salt and Light](#) by Dr. Michael Youssef
[Salt and Light](#) by Dean Deppe
[Being Salt and Light](#) by Dan Rhodes
[Salt of the Earth](#) by Daphne Delay

Thank-you for helping us bless so many families with our annual Christmas hampers!

