



Daily Reflections

February 5, 2017

Scripture

Matthew 5:13-16

Jesus said to his disciples:

"You are the salt of the earth.

But if salt loses its taste, with what can it be seasoned?

It is no longer good for anything

but to be thrown out and trampled underfoot.

You are the light of the world.

A city set on a mountain cannot be hidden.

Nor do they light a lamp and then put it under a bushel basket;

it is set on a lampstand,

where it gives light to all in the house.

Just so, your light must shine before others,

that they may see your good deeds

and glorify your heavenly Father."

Our Scripture Reflection

While still on the Mountain top with His disciples, Jesus gives them the practical implications of His teachings. The disciples are to use them in order to become salt and light to the world. As salt, they are to give the pagan world a Christ-like flavor. As light, they are to rid the darkness of the pagan world with the light of Christ. Oh, how Jesus' disciples of 2017 need to be salt and light today! The world needs you.

Food for your Journey

There's a Latin proverb, quoted by Cicero (De Amicitia, 19, 67) that goes, "Before you trust a man, eat a peck of salt with him." This led to the definition of a friend as someone who will "eat salt" with us, as in this poem by Rudyard Kipling:

I have eaten your bread and salt
I have drunk your water and wine
The deaths ye died I have watched beside
And the lives ye led were mine.

--Kipling, *Departmental Ditties* (1886), Prelude St.1.

"Eating salt" is a metaphor for crying together or sharing pain or trial with another.

Thank God we have a God who "eats salt" with us.

"We're not in this to test the waters, we are in this to make waves."

--Anonymous

A Prayer from the Heart

Dear Jesus, Fill my mind with Your wisdom and my heart with Your love so that I may reveal Your holy Presence to this world. Amen.