



### **Be the Salt and Light**

By Rev. Jan Wilton, Homeschool Representative

Did you ever pop popcorn, begin to eat it, and realize it had no flavor? Then you remember you forgot to salt it. Or have you bought unsalted crackers and not realize it until you tasted one? Most people would agree, there IS a difference! You walked into a dimly lit room, and you thought everything was ok. Then someone flipped the switch. Wow! What a difference the light makes!

#### **Jesus' words about salt and light**

Jesus spoke about salt and light in the Sermon on the Mount, illustrating how they make a difference in our personal world and our world of relationships. Matthew 5:13-14 (NIV) says:

<sup>13</sup> “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

<sup>14</sup> “You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

#### **Words that help or harm**

Sadly, I have heard adults using words that are hurtful and discouraging. “I just told you how to do ...! Why are you doing ... again? Now imagine how you could speak to the same child or student sprinkling

salty words of kindness and encouragement. For example: "I know you, and I know you can do this. Give it another try." "You are a great person, and I want you to try to do it this way."

Salt and light enhance food and the environment. How educators speak and live before their children, students, and coworkers makes a difference. It also makes a difference in us and how we feel about ourselves.

We have the choice to season (salt) a conversation with kind, helpful, and encouraging words or words which lead to discouragement. We have the choice to be an influencer of goodness when we use words which build up one another. Be the salt!

### **What if the salt loses its saltiness?**

Guard yourself! Do not lose the art of using kind words that come from a heart of love. Do not extinguish the light shining from a heart filled with the joy of the Lord. Be the light! Be an influencer of light in your school. Be the one who is known for words of kindness and a smile that comes from deep within. It does make a difference in you. It also has an influence on the lives of all the people around you.

Remember the song, "This Little Light of Mine"? Let the light of God's love in you shine from and through you in all circumstances. Let your light have a good influence.

In the charter school where I teach, sometimes discouragement can grow and spread when one person who is disgruntled with teaching begins to share their gloom. It spreads to others so quickly, like a forest fire.

### **Your challenge for this school year**

Words of kindness, acts of goodness, joy, and your passion for teaching have influence! Be an influencer of joy and happiness!

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