

# Flipped

## The Right Way Up

### Salt

Matthew 5:13

*Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under*



*foot of men.*

From this first verse, we learn the following:

1. We are the salt of the earth...

But what is salt?

It is a generic term referring to substances where some or all of the hydrogen in an acid have been replaced with a metal or ammonium group. However, from the context of the verse, Jesus was almost certainly referring to common salt, or sodium chloride.

Sodium Chloride is already interesting in itself as a molecule of NaCl is made up of 1 Sodium atom (a soft, extremely volatile metal that does not exist naturally. Chlorine, on the other hand is a greenish-yellow and extremely poisonous and flammable gas.

The combination of these hazardous materials results in a pure white substance without which most animal lifeforms as well as humans, could not survive.

Most of the salt we eat comes from evaporation of sea water, or from salt mines. In fact, there are large areas of South America called the Salt flats, where there is a deposit of salt on the ground, caused by a dried-out lake.

2. Salt can lose its flavour or taste. Although pure salt retains its taste, the salt commonly used during the period of the gospels came mostly from the dead Sea. This lake is fed by several streams which brought different minerals into the sea, thus mixing with the salt content. This is symbolic of a Christian allowing himself to be unduly influenced by the world. Even in modern times, table salt is mixed with other salts for example, prevent the salt from caking or clumping. This is called free-running salt.

In the parable of the sower,  
Matthew 13:22

He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.

3. There may be an implied warning here that we should not become castaways after preaching to others.

1 Corinthians 9:27

*But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*

Salt is not a four-letter word! although it is said that's all this harmful it is actually an essential parts of the human diet diet. For example, it is estimated that we need a small amount of salt for correct functioning of our bodies. This is particularly important because we lose a lot of salt as sweat and urine.

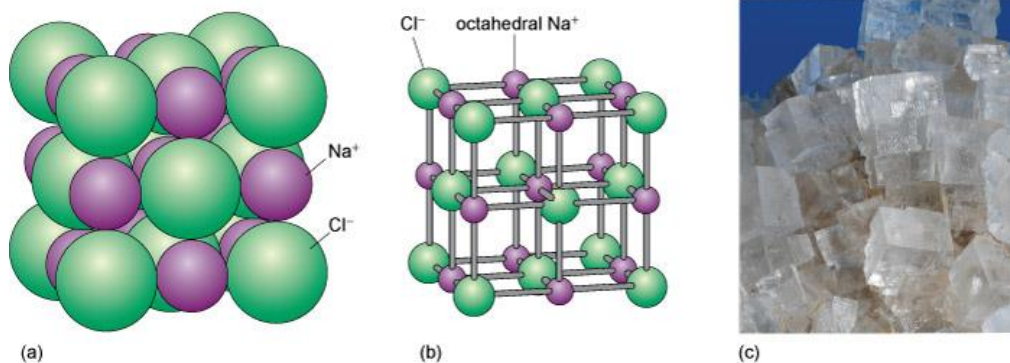
Hyponatremia is a condition where the sodium level in the blood is below normal. This is dangerous and can be life-threatening. Perhaps this is a pointer to the fact that this world would simply die were it not for Christians. Remember that God told Abraham that he would not destroy Sodom and Gomorrah if he found ten righteous.

Your body needs sodium for fluid balance, blood pressure control, as well as the proper operation of nerves and muscles. However, it is also well known that an excess of salt is unhealthy, this is because we consume a lot of processed food which contains high quantities of salt. For example, pepperoni in pizzas and bacon and sausage. This re-inforces the assertion that salt consumption although necessary, needs to be moderate.

Pure salt has some interesting characteristics:

It is pure white. Although different variations are found all over the world. Himalayan salt is may contain crystals with a reddish or pink hue which comes from iron or other minerals that have come into contact with the salt.

It has a perfectly cubic crystal structure. This is probably a pointer to the fact or the fact that we are spirit beings that have souls and live in fleshly bodies. This suggests



that a biblical balance is required.

It is hygroscopic. It attracts water which will sometimes cause the salt crystals to stick together. Perhaps this is a lesson that the more we learn of the Word of God, the more we grow in unity.

On salt flat plains, a phenomenon is sometimes observed when, after there has been some rain, the entire surface appears to look like a mirror and reflects the landscape



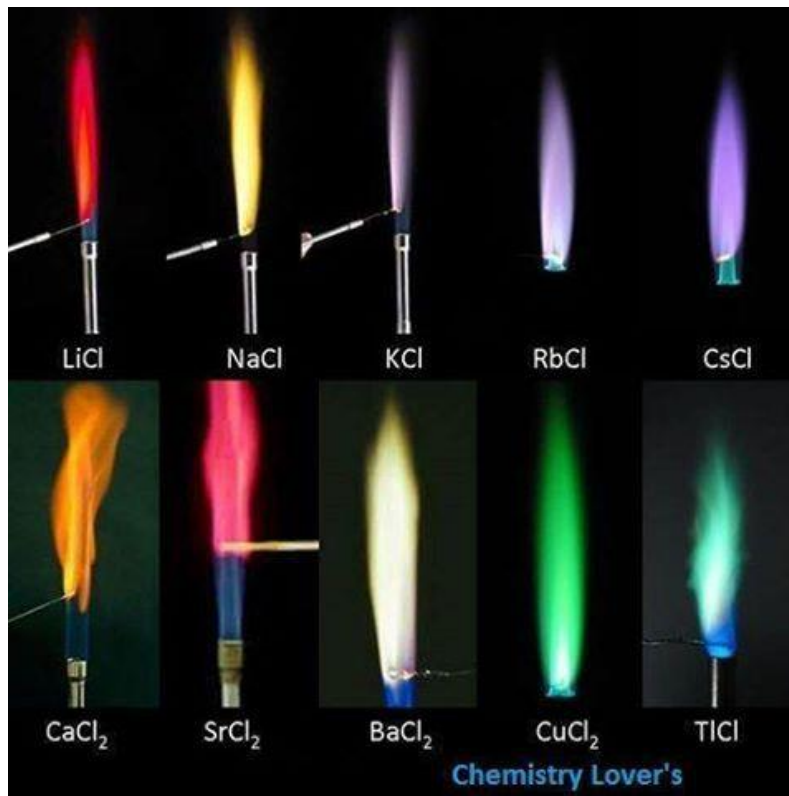
perfectly.

This suggests that when the Word of God covers the Christian's life, they begin to reflect the glory of God.

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- The flame test

When someone is under pressure, they reveal their own true identity. When sodium chloride is exposed to a flame, it burns with a bright yellow flame,



very like the sun. We should similarly shine with Gods light even under pressure.

Case in point: Stephen. Acts 5:33-40

*When they heard that, they were cut to the heart, and took counsel to slay them. Then stood there up one in the council, a Pharisee, named Gamaliel, a doctor of the law, had in reputation among all the people, and commanded to put the apostles forth a little space; And said unto them, Ye men of Israel, take heed to yourselves what ye intend to do as touching these men. For before these days rose up Theudas, boasting himself to be somebody; to whom a number of men, about four hundred, joined themselves: who was slain; and all, as many as obeyed him, were scattered, and brought to nought. After this man rose up Judas of Galilee in the days of the taxing, and drew away much people after him: he also perished; and all, even as many as obeyed him, were dispersed. And now I say unto you, Refrain from these men, and let them alone: for if this counsel or this work be of men, it will come to nought: But if it be of God, ye cannot overthrow it; lest haply ye be found even to fight against God. And to him they agreed: and when they had called the apostles, and beaten them, they commanded that they should not speak in the name of Jesus, and let them go.*

## Uses of salt

### - Manufacturing.

Large quantities of sodium chloride are used in industrial manufacturing settings to make a range of products. Plastic, paper, rubber, glass, chlorine, polyester, household bleach, soaps, detergents and dyes are made using sodium chloride.

### - Seasoning of food

### - Preservation of meats.

It helps with treatment of respiratory diseases such as asthma and long Covid. Halotherapy.

Halotherapy was discovered in the 1800s by Polish miners who noticed their frequent exposure to salt mines yielded positive results in their skin and respiratory health.

Halotherapy mimics the effects of long term salt mine exposure

Also because of the antibacterial properties mentioned previously, it helps prevent infection of minor injuries.

In all these instances, the salt needs to come in contact with the tissue in question. Seasoning cannot happen without this, and in some cases, it needs to be for an extended period.

Christians should be encouraged to get involved in the running of our schools, for example, instead of simply complaining about anti-biblical school policies. We need to get involved in politics instead of merely complaining about government decisions.

Recall the stories of Nicodemus and Gamaliel in particular, without whose intervention Peter and other disciples may have been killed.

Disclaimer:

Any medically-questionable claims I may have made in this presentation should be taken with a pinch of salt!

## Light

There is only one source of light in this solar system. That is the star we call the sun. Similarly, there is only one source of spiritual light available to us. His name is Jesus. John 1: 1-14.

He said 'I am the Light of the world' and now delegates that responsibility to us.

Ye are the light of the world. A city that is set on an hill cannot be hid.

Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

## Seasonal Affective Disorder

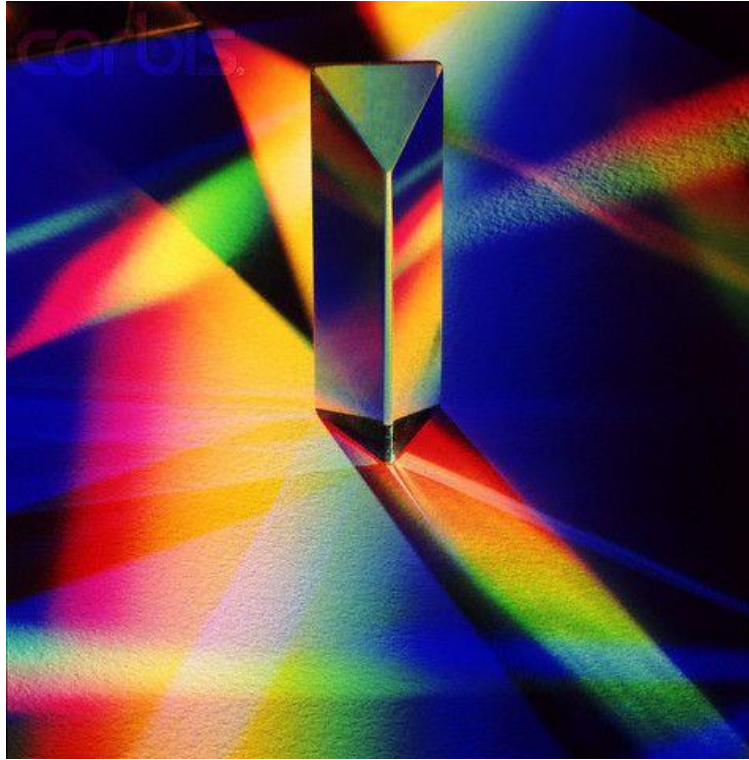
Phototherapy.

Photosynthesis

Gen 1:3 And God said, 'Let there be light'

The first thing the Bible records God to have said...

Prism test: White light splits into the colours of the spectrum, and reveals the true view of the object in falls on. Different colours of light will cause objects to appear



different than they really are.

A city set on a hill cannot be hidden. This means that we should not be underground Christians, but we should find ways to bring attention to God through the things we do. I believe Christians need to be more active in society.

#### Conclusion

How can we retain our saltiness and continue to shine as lights?

- a. Be filled with the Holy Spirit
- b. Pray without ceasing
- c. Be guided by the Word of God.