

Arise Shine





**You are the salt of the earth,
light of the world**

¹³ “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. ¹⁴ “You are the light of the world. A town built on a hill cannot be hidden.

Matthew 5:13-16 (NIV)

¹⁵ 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. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:13-16 (NIV)

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The background of the slide is a soft-focus photograph of a person standing with their arms raised in a 'V' shape, silhouetted against a bright, golden sunset. The person is wearing a light-colored, short-sleeved shirt. The overall mood is one of joy and freedom.

Five **Functions** of Salt in Food

A Texture **Enhancer**

When a steak is salted at the right time, it will encourage the meat to release more liquid, resulting in a juicy and flavorful steak.

A Flavor **Enhancer**

Salt acts in multiple ways to enhance the flavor of food. Not only does it create a "salty" flavor element, one of the most desired tastes by humans, but salt can also affect other flavors, such as sweet and bitter.

A Nutrient **Source**

Pure table salt is comprised of approximately 40 percent sodium and 60 percent chlorine. Although most Americans consume far too much sodium, it is a nutrient that is essential for survival.

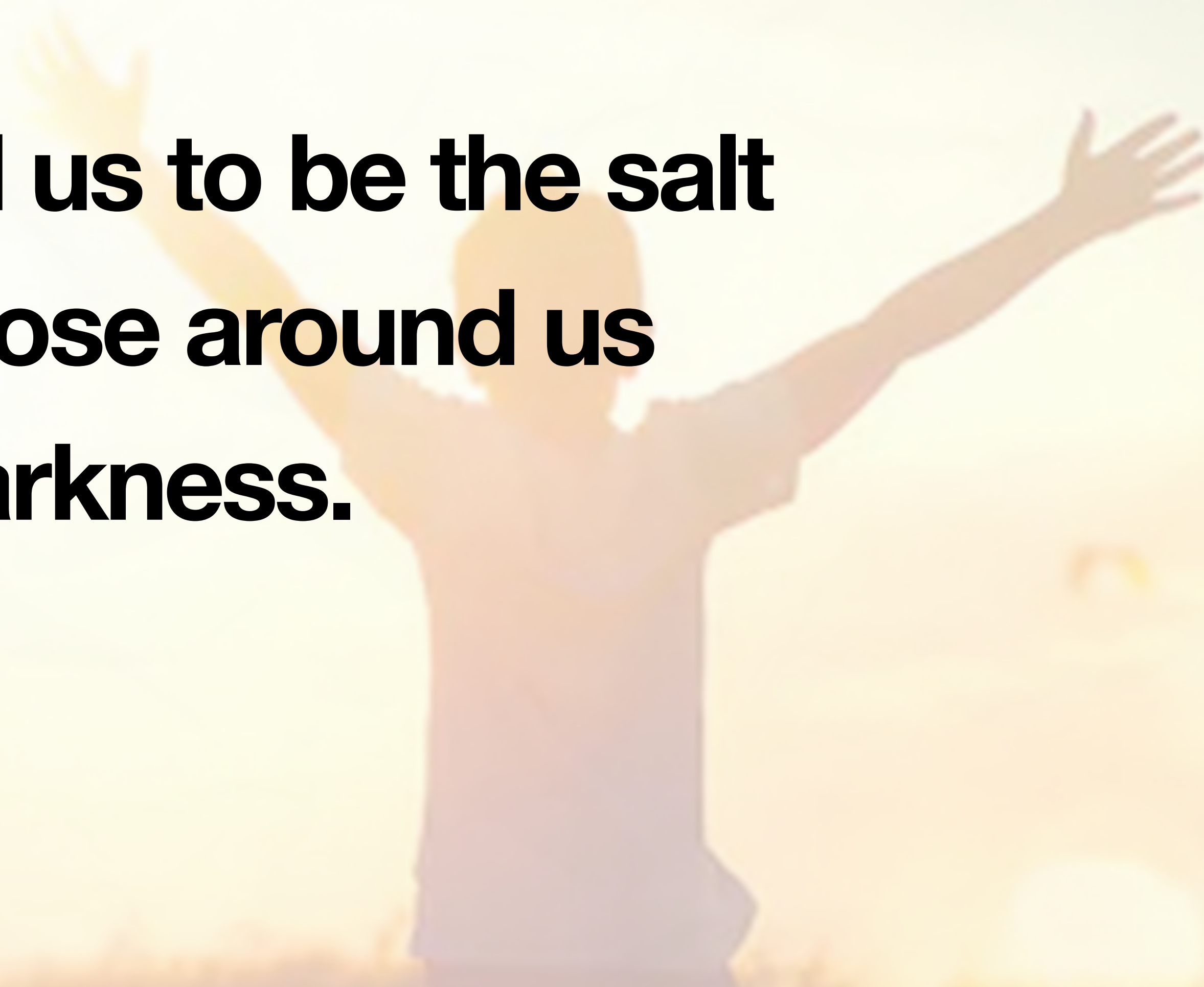
A **Color** Enhancer

The vibrant color of many processed types of meat, such as ham or hot dogs, is partially due to salt. Salt contains the element sodium, which is an essential nutrient needed by the body in small amounts.

A Food **Preservative**

It all starts back in ancient times when salting was the best way to preserve and reliably store food.

**Jesus has called us to be the salt
preserving those around us
from darkness.**



The LORD will make you the head, not the tail. If you pay attention to the commands of the LORD your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom.

Deuteronomy 28:13 (NIV)

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Deuteronomy 28:13 (NIV)

Jesus said “I am the light of the world. Whoever follows me will never walk in the darkness but will have the light of life”

John 8:12 (NIV)

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