

Reflecting on Matthew 5:13-16

There are a few lines in Matthew 5:13-16 that struck me. The first is when Jesus says, "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." Salt is one of the oldest food seasonings, and can be found on almost every household's kitchen table. It is a key ingredient in many meals and is widely known to flavor and preserve food.

When reading this, I immediately think about the role that God's grace plays in our lives. Just as salt adds flavor and preservation to our lives, God's grace sustains us, gives us strength, and enables us to proclaim the good news and perform His will on a daily basis. Jesus says that salt that loses its taste is no longer good for anything, it can also be said that those who lose or are emptied of God's grace no longer have anything to offer to other people.

It is much easier to lose God's grace than one might think. We can lose God's grace by sinning and turning away from God, but we can also lose God's grace by neglecting our own spiritual health when we get too busy or distracted by daily life. This serves as a good reminder, that before we try to take care of other people's souls, we must take care of our own soul. We must continually recharge and feed our souls with prayer, the Eucharist, frequent confession, and time spent in front of the Blessed Sacrament.

God's grace is needed to sustain us, give us strength, and to proclaim the good news, and perform God's will on a daily basis. We must fill ourselves up with God so that we can then go and share God with the rest of the world; because this is what we are called to do. Jesus says, "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."

We aren't called to keep God to ourselves, we're called to proclaim the good news: to share God, and to share the truth with others. God isn't giving us the incredible gifts of the sacraments and His grace just so that we can keep Him to ourselves. He fills us up with Himself so that we can then go and share Him with others.