

Thought for the Day – Thursday 17th June 2021

By Rev. John Ohen.

Salt and Light of the world.

To know God's love is vital and necessary, if we are to grow and mature as good Christians. God's love is what helps us to live as good and faithful Christians. One of the ways to enter into the mystery Of God's love is through the Cross of Christ. It is only by reflecting and pondering on this sacred event on the Cross that we can fully understand how much God's love is to everyone. Since ancient times, the heart has been understood to be the very centre of a person. We often speak of people having a "big heart" and even those brought low through grief or a broken relationship, are describe as having their heart broken. God's love for us is rooted not in us but in God himself. God's love for us is endless, because we are made in his image, and redeemed by his beloved Son Jesus.

Jesus used two physical elements to teach us about our call to Christian witness. Salt, as a preservative, and light of the world. Salt, when it loses its saltiness, it can only be thrown away and trampled on. However, a light with a cover over it, is rather defeating the object of why it exists in the first place. Therefore, witness is essential part of us are being Christians. What type of witness do we give? Either our own personal witness, or our witness as a Church. In both cases we must do it to the best of our ability, in spirit and in truth with a humble heart. We are called to the highest standards of accountability and probity, and in so doing we become salt and light of the world. Matthew 5. 16. says "Let your light shine before men, that they may see your good works, and glorify your Father which is in heaven".

Bible passage: [Matthew 5: 13 – 16](#)

PRAYER: Lord God I take refuge in you alone, preserve me and make me a channel of your love. AMEN.