

“You are the salt of the Earth”. (Matthew 5:13) These familiar words of Jesus suggest that our life is meant to accomplish the two benefits of salt: seasoning (attractiveness) and preservation. Paul applied the salt metaphor to speech when it came to relating to unbelievers: Our speech should be graceful (kind, compassionate, encouraging, understanding) - seasoned with salt.

How might the two uses of salt, seasoning and preservation, apply to our speech when relating to those who might be opposed to our beliefs or actions? Seasoning suggests speech that adds an attractive flavour to the conversation or dialogue. Preservation suggests doing whatever we can, not just to preserve a relationship but to strengthen it. As Paul wrote in Romans 12:18: “If it is possible, as much as depends on you, live peaceably with all men.” “All men” includes everyone we encounter - even those who may have done us wrong. Let us speak only “what is good for necessary edification, that it may impart grace to the hearers”. (Ephesians 4:29)

Always look for an opportunity to encourage someone with gracious words that are “flavourful” and that strengthen the relationship.

Colossians 4:6 “Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.”