

## **SALT, A MINERAL WITH A SPIRITUAL APPLICATION**

Salt is an essential mineral for the body; it is essential for sustaining the hydration levels of the body and it is vital in order to maintain the electrolyte balance -sodium, calcium, magnesium, potassium. These minerals help maintain the balance of fluids. When we sweat, we lose water and electrolyte. The importance of salt in our body is extremely important for the body to function properly. It cures iron deficiency, treatment of diabetes control, muscle cramps; it improves circulation health and it determines the blood pressure of the body and has an impact on cardiovascular health; salt is essential for sustaining the hydration levels of the body; it is extremely vital to maintain the electrolyte balance for the smooth functioning of the organs (Organic facts). The minerals found in electrolytes are, sodium, potassium, calcium and magnesium. The misinformation concerning salt has led us to go the direction of dehydration of the cells. Certain diseases are the results of low sodium. The body craves salt when there is a need for it. One can die of heart attack or stroke for lack of minerals. Salt is a mineral; and as a mineral it has its place and function in our body. There are several kinds of salt, as Himalaya salt, Celtic salt, table salt, sea salt, black salt. The body cannot function without the essential for life-salt. The benefits of salt in the body are many. It is a reason for concerning when we are told not to eat salt. The problem of imbalance of minerals in the body will lead it to many diseases in relationship with the circulation, kidneys and heart.

The uses of salt are many, too. It serves as a food preservative, seasoning of food; it makes it to taste delicious, for it enhances the taste of food. Without it, food would be tasteless. Insipid foods are not well tolerated. The digestion system is happier when there is salt in the food. Salt is also a cleaner and an odor controller. Salt can be medicinal in soar throats in case of colds. There are many other uses of salt, confirming the need for our consumption of salts. There are several types of salt: table salt- refined salt; kosher salt; sea salt evaporated from sea water; Black salt from volcanic rock, rich in a variety of minerals as in calcium, magnesium and iron; Celtic salt. Salts are a fountain of wellbeing inside out. It cleans and preserves. YAHSHUA said, You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restores? It is not good for anything any longer but to be thrown out and trodden underfoot by men (Matt. 5:13). He said that after teaching about the beatitude: Blessed are the poor in spirit; blessed are those who mourn for they shall be comforted; blessed are the meek, for they shall inherit the earth; blessed are those who hunger and thirst for righteousness, for they shall be completely satisfied; blessed are the merciful, for they shall obtain mercy! Blessed are the pure in heart, for they shall see God; blessed are the makers and maintainers of peace, for they shall be called the sons of God; blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven! Blessed are you when people revile you and persecute you and say all kinds of evil things against you falsely on My account. Be glad and supremely joyful, for your reward in heaven is great (Matt. 5:3-12).

YAHSHUA considered blessed these with rewards. These are people who have salt in themselves. They are humble, they are people who mourn, meek, they thirst and hunger for righteousness; merciful, pure in heart, peace makers; they are persecuted people. YAHSHUA

again said, Have salt in yourselves, and be at peace and live in harmony with one another (Mark 9:49-50b). We never thought about the spiritual meaning of salt in the Christian life. We season our foods and give them a better taste, but that's the end of it. Salt is for food. But salt is more than just taste enhancer. It cleans, it preserves and maintain our body healthy. YAHSHUA left us here on earth to be the seasoning, the cleanser, and preservers of peace, healers of wounded hearts through forgiving others as YAHSHUA forgave us. Christians are the hands of God in helping the needy in distress. To live in harmony with each other is to live in submission to other's ideas for the sake of peace. "Salt is the symbol of covenant and- whereof you are likeminded by the symbolic significance of salt. Live in peace one with another" (Meyer's commentary).

A life without the spiritual meaning of salt, lacks peace; it does not harmonize with others; he fails in performing the call for peace. Insipid, tasteless, good for nothing in the kingdom of God. YAHSHUA said, "It is good only to be thrown out and trodden down underfoot." This is a life without a reward in heaven. Saltless Christians are like a branch in the vine that does not produce fruit and will be cut out of it to be thrown out. The harmonious life is like an orchestra, expressing the feeling in which the song was written. It expresses the sentiment or emotion of the composer be it sad or happy, bringing out the interpretation of the composer's heart. As salt of the earth, Christians represent the Lord in all the benefits that salt provides for food and many other uses. We are ambassadors for YAHSHUA our Messiah. As we shine the light whose rays radiate the fruit of the Holy Spirit, we are leading people to the Lord, one at a time. We are also the seasoning of the world; seasoned foods are much more palatable than those without it. So, the Christian that has salt is a pleasant taste to the Lord. Their sacrifice of worship rises to Him in an aroma pleasing to Him. Those who do not have salt in themselves, are like the church of Laodicea, which the Lord will spill out of His mouth, because it is neither hot nor cold. When we lack salt in our spiritual life, we act as if spiritually dead, for only those who are dead are inert to anything around them. God requires of us action that reflects His life in our life; that reflects the work of His Holy Spirit in us and through us. Spiritually sick and saltless Christian is one without faith. His mouth is mute, His ears deaf, his eyes blind. Therefore, nothing he speaks, hears and see are of relevance to him. His life is lived only to please himself. The world around him can be in flames, but he cares not. They are like a plate filled with saltless, colorful foods, attracting the appetite of all; however, tasteless at one's taste.

Have salt in yourselves; carry the aroma of love, mercy, kindness, sacrifice your life for others in need; give to those who are in need; give of your time, money, your life, as YAHSHUA gave Himself for all of us, setting the example for us to follow; live a life without room for criticism. Be a comforter, gathering one's tears in your heart spilling some of your own, as the Bible says, "Weep with those who weep, as well as rejoice with those who rejoice." (Rom. 12:15). Pray for those who do not love you; at any opportunity shine forgiveness to those who wronged you; YAHSHUA forgave those who were crucifying Him, because "they did not know what they were doing." For every nail applied to His hands and feet, a prayer of forgiveness resounded Jerusalem, echoing through out the mountains, a sound never heard before. It was the voice of the Creator redeeming His creation and reconciling them to God: **"FORGIVE THEM, MY FATHER,**

**FOR THEY KNOW NOT WHAT THEY DO."** Performing the duty of a high priest, our Savior even in His death, interceded for sinners.

Love is that ingredient found in the salt that will compel the Christian to act as our Savior acted in all that we will do. Not my will, O YAHSHUA, but Your will be done in my life; let my actions shine Your love to all I meet in need to know You.