You are the Salt and Light!

Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.

What did Jesus tell us we should be like?
Colour in the spaces according to the code to find out!

- blue
- white
- orange
- brown
- red

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Salt and Light Crossword Puzzle

Use the words at the bottom to fill the blanks. Then you can put them in the puzzle.
A = across
D = down

2D ________ 5D to his disciples: "You are the
11D of the ________ 6A But if salt ________ 15D its
20A with what can it be seasoned? It is no
longer ________ 17D for anything but ________ 21A be thrown out
and trampled underfoot. ________ 8A ________ 3D the light of
the ________ 10D A ________ 1D set on a ________ 13A
cannot be ________ 7D Nor do they light a lamp and
then put it under a bushel ________ 12D; it is ________ 18D
on a lampstand, where it gives ________ 16A to ________ 14A
in the ________ 19A Just ________ 18A your light ________ 4A
shine before others, that they may see your good
9A and glorify your heavenly Father."

MUST JESUS MOUNTAIN CITY LIGHT
SAID DEEDS BASKET EARTH WORLD
GOOD HOUSE HIDDEN YOU SET ALL
SALT TASTE LOSES ARE SO TO