

Activity: Salt Adds Support

By Karen Noal



FAMILY TIME
TRAINING

Teaching Goal: Jesus calls us to be "salt" in this world. Like salt in water, we are to provide support for friends and others.

Scripture: Matthew 5:13 You are the salt of the earth.

Mark 9:50 Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt in yourselves and be at peace with each other.

Materials: ½ cup salt
1 cup water
Marker
2 clear glasses
2 eggs (raw & fresh)



I. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. ACTIVITY #1: **Several times in the Bible Jesus compares Christians to salt. Invite a volunteer to read Matthew 5:13. According to the Salt Institute, salt has more than 14,000 known uses. Let's make a list of some of the uses for salt. Adds flavor, preserves, deicing roads, helps things to float. In the past, salt was so valuable it was used as money and wars were even fought over salt.**

In this lesson, we are going to look at one quality of salt...buoyancy. What does buoyancy means? Float. We are going to try an experiment. What do you think will happen if I put this raw egg in the water? Will it float or sink? Let them guess. Before I put this egg in the water, each of you think of a friend, and I'm going to write their name on the egg. Cover the egg with friend's names. This egg represents our friends. The water represents challenges and difficult times we face in life. Let's see what happens when we put the egg in the water. The egg sinks.

Take a second glass and mix one cup of water with ½ cup of salt. Stir it until most of the salt is dissolved. **What will happen to the egg when we put it in a cup of salt water?** Let them guess. Put the egg in and watch it float.

Jesus says we are to be like salt in the world. One of the characteristics of salt is that it can support and hold up items in the water. Like salt we can support and hold up our friends and others.

B. ACTIVITY #2: **How can we be like salt and support our friends? Make a list of answers.**

FAMILY TIME TRAINING

*Comfort friends when they are sad.
Stand up for friends when others treat them badly.
Help friends by studying together.
Play with friends who are lonely.
Invite friends to children's programs at church.
Invite friends to Family Time.*

How can we be like salt and support people we don't even know? Make a list of answers.

*Donate clothes and toys to families in need.
Yard work for an elderly neighbor.
Prepare and take a meal to someone who has been in the hospital.
Pray for people who are sick, out of work, lonely, etc.
Become a pen-pal with a child from another country.*

C. APPLICATION: Each person pick an idea from the list and use it to support a friend or another person this week.

II. Close in Prayer

III. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.