



# Children's Feature: A Pinch of Salt

**Objective:** To help children understand the importance of our actions in the world as followers of Jesus.

**Materials:** salt shaker, recipe book, baking utensils such as a big bowl

**Recommended time:** 5 minutes

**Recommended ages:** Early childhood, preschool (ages 2-6)

**Suggested Bible passage:** Matthew 5:13-16

(Ask the children if they like to help bake or cook. Do they use recipes? As you're talking, use the props to highlight key points.)

It's important to use the right ingredients and the right amounts to have the recipe come out right. But some ingredients you need only a small amount of to make all the difference. For example, many recipes call for only a "pinch of salt." (Demonstrate how much a pinch is.) Only a small bit but how bland and unsatisfactory without that pinch!

Jesus tells his disciples they are "salt," meaning they are making a big difference in the world by loving others and sharing with one another. By their actions, they make the world a better place.

So, we are like salt — by our words and deeds we show God's love and make the world come out right. And we must never think that because we are small or young that we cannot make a difference or that we do not matter. Remember the "pinch of salt" — the small bit that brings out the flavour of the recipe and makes it so good. Maybe we cannot do it all, but with God's help, little by little, bit-by-bit, the kingdom of God grows.

And, of course, we work together. One grain of salt doesn't help much on its own but with other grains it can do what it is meant to do. So together as followers of Jesus, we can "flavour" the world with love and joy and peace. Every penny we give to [your local relief and development agency] is important; every prayer we say for the people who need our help is important and makes a difference for good in the world.<sup>1</sup>

## Prayer Suggestion:

Dear God, Thank you for making us. Please help us be good "salt" to the world, working together to make the world a better place. Please help us be generous so that we can share the good things you've given us and done for us. Please be with all the people around the world who do not have enough to eat. Please bless [your local relief and development agency] in their work to make the world a better place. Amen.

<sup>1</sup>Children's Story and Prayer of Confession written by The Rev. Iona MacLean, First Presbyterian Church, Pictou, Nova Scotia, in *Change is Happening*, published by the Presbyterian World Service & Development, the development and relief agency of The Presbyterian Church in Canada and a member of the Canadian Foodgrains Bank. [www.presbyterian.ca/pwsd](http://www.presbyterian.ca/pwsd)