

# We Are...Salt

- All Pre-Class
- Arrange tables and chairs.
  - Pray for tonight's class.
  - Have music playing.
  - Take attendance.

7:00-7:20

## REVIEW

Choose an activity or activities from the following ideas:

- Review previous lessons.
  - Ask questions regarding the last few lessons using the "Jesus is...A through Z Review Questions" (in KPH binder). Reward correct answers with Starbursts, etc.
  - Play "baseball" with the "Jesus is...A through Z Review Questions." Have the entire class play as one team, trying to beat a score of 20 runs (their record), or divide them into two teams and see which team can score the most runs. An incorrect answer equals an out. After three outs, it's the other team's turn to "bat" (or if playing with the entire class as one team, clear the bases of "runners" after three outs). Make sure each team gets an equal number of "at bats." Have another teacher keep track of outs and points on the marker board.
  - Play musical chairs. When the music stops, ask the player without a chair a question from the "Jesus is...A through Z Review Questions." If the student answers correctly, he or she gets to stay in the game.
  - Divide the group into pairs. Give each pair one of the "mini posters" with adjectives and titles of Jesus (i.e., the "A" sheet or the "B" sheet, etc.; in KPH binder). Have each team work together to memorize every adjective or title on their sheet. Then have them come up front and recite them to the class.
  - Have a student come to the front of the class and pick a letter (A-Z) out of a bag and then try to remember all the adjectives/titles that go with that letter.
  - Play A-M or N-Z "BINGO" with adjectives/titles.
- Review other previously memorized items. Use cardboard chart and cards with books of the Bible, as well as other props.
  - "One God," "Sin and Repentance," etc., verses that students have been working on.
    - Sing verses set to song
  - Books of the Old and New Testaments
  - Divisions of Old and New Testaments

All 7:20-7:40

### BIBLE MEMORY WORK

Divide the class into four groups: two each for 5- to 7-year-olds and 8- to 10-year-olds, one teacher with each group. (To cut down on noise and confusion, two groups may leave the room to practice verses in the hallway, stairwell, or another classroom.)

Students will work on memorizing doctrinal verses. Each student will have his/her own list or booklet to work from, containing a chart for teachers to initial as students quote the verses one at a time, two at a time, etc. (Teachers: Please read instructions on the bottom Bible memory work charts or in the front of the booklets.)

Coloring pages with the 10 Commandments or other Bible verses are available (in the KPH binder) to help occupy visitors or younger/distracted students while their classmates are working on verses.

- Remind students that there will be prizes for those who pass with a score of 80 percent or better.
- Remind students that during Bible Memory Work time, everyone must be working, not distracting others. They should help each other learn the verses. It's fun working together!

7:40-7:45

### RULES & PRAYER

- Review "Power Hour Promises" with the students, reminding them of proper behavior during class.
- Pray together, thanking God for your time together and praying that each person will understand and obey God's Word and grow into a strong Christian.

7:45-8:05

### BIBLE LESSON

Teacher Prep: Read Job 6:6, Matthew 5:13, and John 7:37-39. Pray for anointing.

Items Needed: Container of salt; "We Are..." display board; printed visual for "Salt."

Introduction

Show the "We Are..." display board.

For the last few months we have learned about Jesus' character (who He is) and power (what He does) by exploring His titles and adjectives from A to Z.

Now we are going to learn about some of the things that the Bible says WE are.

Lesson

Show salt container.

- What is salt used for? (*the main use we think of: seasoning [bringing out the flavor of] food*)

If you Google "uses for salt," you will find pages and pages of information on ways to use it. There may be *thousands* of uses for salt!

Some things you can do with salt:

- Preserve meat (especially important in the days before refrigerators were invented; one way is to heavily coat meat in salt and hang it up to dry out)
- Soothe a bee sting (wet area and then cover with salt)
- Test the freshness of eggs (a fresh egg will sink in salty water, but one that's going bad will float)
- Kill poison ivy (spray salty, soapy water on the ivy)
- Ease a sore throat (gargle salty water)
- Keep ants away (sprinkle salt across doors or window sills; ants don't like to walk across it)
- Melt snow and ice on driveways and sidewalks

With all the things you can do with salt, most of us just put it on our food.

- What are some salty things you like to eat? (*allow some quick responses*)

Listen to what Job said about salt in Job 6:6:

Read Job 6:6 from your Bible.

- What does "unsavoury" mean? (*tasteless*)
- Have you ever eaten the white of an egg? Does it have any taste? (*not much without salt*)

**Now listen to what Jesus said about salt in Matthew 5:13:**

"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless." (NLT)

- **How are Christians—followers of Jesus Christ—like salt?** *(they bring the "flavor" of Jesus to the things they touch; they represent Jesus to the world; things are better when they are around)*
- **Salt brings out the taste of things, but what if your salt itself has no taste. What good is it?** *(no good)*
- **Where do Christians get their "flavor"—their "saltiness"—their ability to bring out the good in the things around them?** *(from Jesus)*

**If we lose Jesus, we lose our "saltiness"—our goodness.**

**Besides bringing out the flavor in things, salt brings out the thirst in people.**

- **When you eat a lot of salty things, what do you want to drink?** *(hopefully water ☺)*

**Listen to what Jesus said in John 7:37-38:**

**Read John 7:37-38 from your Bible.**

**Verse 39 says that Jesus was talking about the Holy Spirit being the water that quenches our thirst. He's talking about a spiritual thirst: deep down inside, every human longs for a relationship with Jesus Christ.**

**As Christians, we are "salty." We can help make people thirsty to know Jesus.**

**Have a student attach the picture/words for "Salt" to the "We Are..." display board.**

Life Application

- **Did you know that if you lose too much salt, you can develop a condition called hyponatremia (hī'pō-nə-trē'mē-ə)? Hyponatremia causes a person to get very sick and confused and can even cause seizures or death.**

**I think our world is suffering from spiritual hyponatremia.  
People are confused and dying.**

**The world needs more salt—more Christians to:**

- **Make things better when they are around.**
- **Make people thirsty to know God.**

**Jesus said we are the salt of the earth, but we aren't any good if we've lost our flavor. Let's pray right now and ask Jesus to help us to follow Him more closely and be the kind of Christians who make people want to know Him.**

**Lead the kids in prayer—response to lesson.**

8:05-8:15

**BIBLE SKILLS**

**Use the "Books of the Bible" display board to point things out as you ask these questions:**

- **How many books are in the Bible? (66)**
- **How many books are in the Old Testament? (39 [3 letters in the word "Old" and 9 letters in the word "Testament"])**

**Hand out Bibles. Remind students to handle Bibles carefully and to help younger students find verses.**

**Open your Bible almost in the middle (a little bit closer to the front than the back) and find the book of Job.**

**Find Job 6:6. (Have a student read this verse out loud.)**

- **Job says salt is needed for what? (to add taste or flavor [for example, to eggs]; for seasoning)**
- **How many books are in the New Testament? (27 [3 letters in the word "New" x 9 letters in the word "Testament" = 27])**
- **Most of the books of the New Testament are Epistles. What does "Epistle" mean? (letter)**

**Find Paul's letter to the Colossians, chapter 4, verse 6 (Colossians 4:6) in your Bible. (Have a student read this verse out loud.)**

- Our speech should always be seasoned with what? (*salt, grace*)

We should talk to people with kindness and use good manners.

- What are some words we use when we have good manners? (*please, thank you, excuse me, forgive me, etc.*)

We should season our conversation with lots of these words!

Choose a couple of students to carefully collect the Bibles.

8:15-8:30

ACTIVITY/SNACK

Supplies: Salty snacks  
Water  
Plates, napkins, cups as necessary

Remind kids: **We are the salt of the earth.**

- **Would these snacks taste as good without salt?**
- **Will eating these snacks make you thirsty?**

Christians add good flavor to the world and help make people thirsty for the living water that comes from Jesus.