

FAST *for* CHANGE



CHILDREN'S FEATURES & CONVERSATIONS

A Pinch of Salt

Possible props: salt shaker, recipe book, baking utensils such as a big bowl.

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.

— The Rev. Iona MacLean, First Presbyterian Church, Pictou, Nova Scotia, in *Change is Happening*, published by the **Presbyterian World Service & Development**, www.presbyterian.ca/pwsd the development and relief agency of The Presbyterian Church in Canada and a member of the Canadian Foodgrains Bank.