

Salt and Light

Jesus wants us to be salt and light. Not literally, but he wants us to be the salt by having an impact on other people and changing the world and he wants us to be the light by sharing our faith with others and not hiding it.

Today's activity is to make a salt painting. (Ask an adult first!)

You could draw a lightbulb, a candle, a cross or write the words salt of the earth on piece of paper. Go over the lines of your picture with glue. Then pour salt over your glue.

Tip the spare salt off your picture and leave it to dry.

Once dry you can either leave it white or paint it.

