

Part 4: Stay in the Race

Bible Study 4: Don't Lose Saltiness

Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. (1 Cor 9:26-27)

“Disqualified,” all Corinthians knew that in order for an athlete to take part in the race, they had to sign an oath that they had been training for 10 months. Which meant that you would never win unless you were training, prepared to give up some things and to press toward the mark, to focus your life on a single objective. If not, you would be disqualified. So have you been in training? What about your life would identify you as an athlete running a race?

'You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. (Matt 5:13)

Salt was a requirement for life in ancient times. It was both a flavoring and a preserver. It was also used to purify meat to be used for a sacrifice and often placed on a wick of a candle to make the light brighter. Jesus wants us to have the qualities of salt. How does that translate to us?

1. Flavoring to what is bland and boring world. (Matt 5:13 in the Message; Col 4:-6; Acts 1:6-8)
 2. Preservative of truth and people (2 Tim 4:3-4; Matt 9:17)
 3. Cleanses and purifies, bringing healing to the world around us. (2 Kings 2:19-21, Rev 22:2; Ez 47:12; Is 58:8)
 4. Salt irritates, we rub people up the wrong way (Matt 5:10-11; 1 Cor 4:12; 2 Tim 3:12)
 5. Salt makes you thirsty for water (John 7:37-38; Rom 12:20; Rev 21:6, 22:17)
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When we lose the quality of salt, we become worthless. Salt can lose its flavor. Not the salt we know, but the salt sourced from the Dead Sea and commonly used by the people in ancient times, was impure and dishonest merchants would often mix it with other materials to make money. When exposed to water, the Sodium would leach out leaving a white powder that had no value or use. It lost its flavor and its saltiness and was thrown out onto the street. What has been mixed into your salt, diluting and compromising your saltiness

What has leached out of you, what have you let go, or set aside in your life that you should pick up again?

Lord, thank you Lord for the flavor You bring to my life as I live in relationship with You. I know that even my best is not always palatable to people, like chlorine, it offends the nose. In fact, without You Jesus, the Sodium to my Chloride, I would not be a changed person. You bring value to me and without You I am worthless. Help me to impart You to the world, to bring the flavors and colors of Jesus to the world. Help me not to compromise or dilute you in any way, so that people will experience You and You will be glorified in my life.
