

January 13, 2025

Daily Reflections



WELL SEASONED

By Alicia M. Rodriguez

An Excerpt from Today's Gospel

"You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot."

MATTHEW 5:13

Reflection

Growing up, my dad was the cook at home because that's always been something that he has enjoyed doing. (When he was younger he worked at a five-star restaurant as a sous chef.) My siblings and I were taught and encouraged to make our own food while experimenting with spices. Today, our kitchen is stocked with more spices than we have room for on our spice rack. My dad taught my siblings and me the difference that salt makes in a dish. Now, my siblings and I are major foodies who love recreating the dishes we

have discovered in restaurants throughout the years.

I cannot imagine a flavorless world. Flavor is how I learn more about the cultures around me. I have learned that there are certain rituals to prepare the food of some regions, and I have also learned how to repurpose leftovers from people that cannot afford to waste food. I have also learned that there are certain things that I am allergic to, so I will miss out on what that food will taste like.

To me, "being salt" means to be bold and be your most authentic self on the journey to help bring others closer to God. It is our individuality that brings all the flavors to the dish -- and it is God who uses us to create something better for the world.

We are called to be the salt of the earth. We are meant to be that boldness in the world that attracts people. We are meant to share the boldness of our flavors with others instead of losing our flavor and being thrown out.



Spoons with Seasonings

For Pondering

- What flavor of salt am I? What aspects of my life guided me into becoming this flavor?
- How can I avoid being flavorless? What changes do I have to make in my life?

For Prayer

Salt To This Earth

You said, Lord Jesus, that your disciples must be the salt to this earth. Salt gives taste to food. It decreases spoilage. It is also a healing agent. Lord, may I be the salt that takes away the blandness in the routine of living, that prevents the rottenness of hatred and greed from expanding around me, that brings compassionate healing to anguished souls I encounter. Lord, help me to be "worth my salt." And infuse your "saltiness" in me, so that I do not become "flat" and useless.

Amen.

MISSIONARY SOCIETY OF ST. COLUMBAN - DAILY PRAYER

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)