

## **The "Salty" Christian Athlete**

### **Ready:**

"You are the salt of the earth. But if the salt should lose its taste, how can it be made salty? It's no longer good for anything but to be thrown out and trampled on by men." –Matthew 5:13

### **Set**

I love the Olympics. The last time they were on, I could not help but stay up and watch. My greatest memory of the games was the opening ceremonies. As I watched athletes from around the world stand together, I was reminded of the power of athletics to build bridges between people from very different backgrounds.

If athletics can do such a thing, Christians should be able to as well. Unfortunately, many committed believers simply don't know how to build bridges with people of different faiths (or no faith at all). Yet, Jesus calls His followers to be "salt." Salt does two things: it makes things taste better and slows down the process of decay. In both cases, it must come in contact with another object to be effective. Christians must have interaction with people they are hoping to influence. Sadly, many Christians have little contact with non-believers.

As athletes, we come in contact with many other athletes whose lives long to be seasoned with the love of Christ. Not only do we rub shoulders with non-Christians, we sweat with many whose lives are quickly decaying as a consequence of sin. We must use our roles as Christian athletes to be "salt" for Christ today!

### **Go**

1. Practically, how does God want you to be "salt"?
2. Who on your team can you be "salt" to in a greater way?
3. What does Matthew 5:13 say about you if you are not serious about being "salt"?

### **Workout**

1 Thessalonians 1–5; 2 John 1:4-11

### **Overtime**

Father, thank You for gifting me to play sports. I recognize that You have put me on my team to be "salt." Help me to season my team with Your love and slow down the decay of sin. Amen.

### **Bible Reference:**

2 John 1



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