

St. Mary & St. Joseph Coptic Orthodox Church
11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • July 1, 2020

THE ROCK

THE LORD IS MY ROCK.
- PSALM 18:2

Daily Meditation

Reflection on (Luke 14:34)

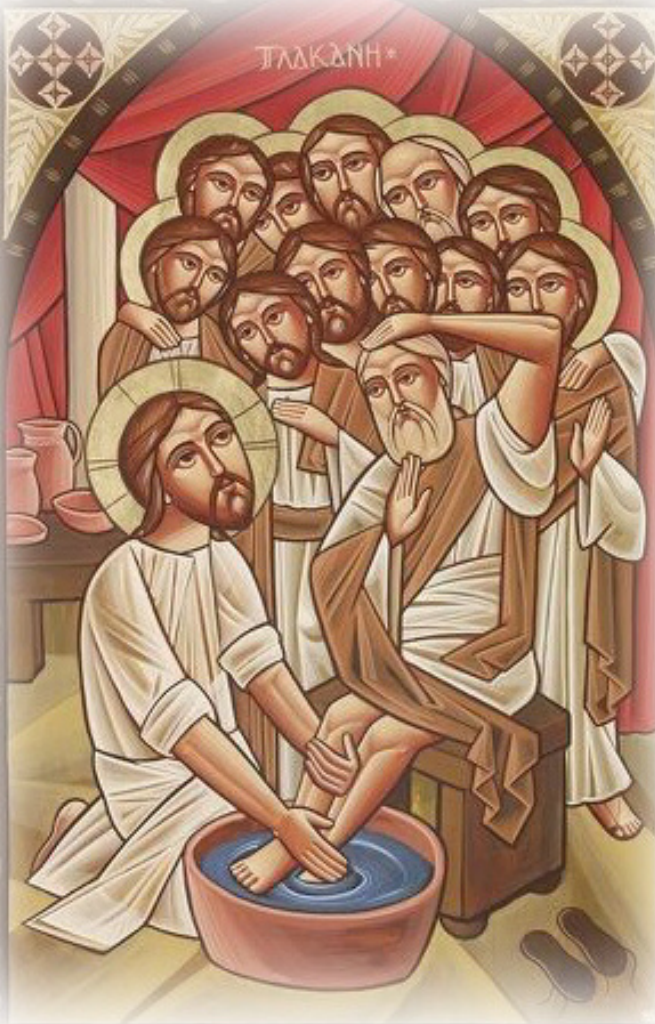
"Salt is good; but if the salt has lost its flavour, how shall it be seasoned?"

In the past, salt was used as a way to preserve food and we currently use it to enhance flavours. Jesus told us that





we are the salt of the earth and as Christians, it is up to us to preserve our faith and enhance it. We can't simply label ourselves as Christians without putting in the effort! This effort can be shown in our actions towards others and the way we carry ourselves as children of God. When we realize how important our role is as Christians and how we are a representation of Christ, the way we treat ourselves and others will change significantly.



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