



Let the
WORDS

you

SPEAK

always be full of

GRACE

Colossians 4:6

“Let your conversation be always full of grace,
seasoned with salt, so that you may know how
to answer everyone.” (Colossians 4:6).



Before people had refrigerators and freezers, they needed a way to store food and make sure it would be safe to eat.

How did they do that? With salt.

Someone, a very long time ago, discovered that salt rubbed into food (like meat) would preserve the food in a safe way. It also made it taste better!



Why does Paul tell us to season our conversation with salt?

He means that our words should be tasty and delightful to people who may hear them. Our words can also be used as a preservative—to build and to strengthen relationships.



Do your words build up people around you?

Does your conversation reflect that Jesus lives in your heart?

The next time you talk to someone in person or through technology, remember Paul's advice: let your conversation be full of grace and seasoned with salt!

