From [www.gotquestions.org](http://www.gotquestions.org)

**Why was Lot's wife turned into a pillar of salt?**

**Answer:**   
Lot ran, his daughters close behind. “But his wife, from behind him, looked back, and she became a pillar of salt” ([Genesis 19:26](https://biblia.com/bible/esv/Gen%2019.26)). She lagged behind. She turned and watched the flaming sulfur fall from the sky, consuming everything she valued. Then it consumed her. The Hebrew for “looked back” means more than to glance over one’s shoulder. It means “to regard, to consider, to pay attention to.”

The Scriptures don’t say whether her death was a punishment for valuing her old life so much that she hesitated in obeying, or if it was a simple consequence of her reluctance to leave her life quickly. Either she identified too much with the city—and joined it—or she neglected to fully obey God’s warning, and she died.  
  
We’re fortunate to receive similar warnings. [Ephesians 4:22-24](https://biblia.com/bible/esv/Eph%204.22-24) tells us to take off the old self that is ruled by sin and be renewed, putting on the new self that is in the likeness of God. Similarly, [1 John 5:16](https://biblia.com/bible/esv/1%20John%205.16) says that willful, deliberate sin can lead to death. Lot’s wife wasn’t able to accept that. What she chose to value in her heart led her to sin, which led to her death.  
  
The Bible isn’t clear whether Lot’s wife was covered in the salt that rained down with the brimstone or if her remains were dusted with a coating of salt later. But it is interesting that she is described as a “pillar.”

The Hebrew for “pillar” refers to a garrison or a deputy, that is, something set to watch over something else. The image of Lot’s wife standing watch over the Dead Sea area—where to this day no life can exist—is a poignant reminder to us not to look back or turn back from the profession of faith we have made, but to follow Christ without hesitation and abide in His love ([Luke 17:32](https://biblia.com/bible/esv/Luke%2017.32)).