

Essential Oils and Prayer

The Thief Comes to Steal, Kill
and Destroy

I Come to Give YOU Abundant
Life

John 10:10

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Brief History of Essential Oils in Bible Times

When the children of Israel came out of bondage and slavery in Egypt, they arrived at Mount Sinai where God revealed his covenant, plans and instructions through Moses. One of the many holy supplies they were instructed to bring for the tabernacle was oil.

God instructed Moses about offerings for the tabernacle:

“Tell the Israelites, that they are to set aside offerings for me. Receive the offerings from everyone who is willing to give. These are the offerings I want you to receive from them: gold, silver, bronze, blue, purple and scarlet material; fine linen; goats’ hair; tanned rams’ skins; dolphin skins; acacia wood; lamp oil; spices for anointing oils and for fragrant incense; onyx stones and other stones for setting in the Ephod and the Breastpiece. Let them construct a Sanctuary for me so that I can live among them. You are to construct it following the plans I’ve given you, the design for The Dwelling and the design for all its furnishings.” (Exodus 25: 1-9 Message)

The tabernacle was a place where God’s presence dwelled during the Old Testament times. The children of Israel went to this portable ‘prayer and sacrificial room’ to seek God’s divine presence and to bring gifts of thankfulness to Him.

Today we are under the new covenant because of the blood of Jesus Christ. Oils are still being used for anointing and to enhance spiritual awareness, motivation for prayer, to seek out God’s presence and wisdom, to bring all our cares to Him and to praise Him.

In many instances in the New Testament, Paul the Apostle wrote about the fragrance offering. Paul wrote to the Philippians about a prized gift he received:

I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. (Philippians 4: 18 NIV)

In Ephesians he was instructing them to live like a fragrant offering and sacrifice to God:

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. (Ephesians 5:1 and 2 NIV)

Let's look at how to use pure essential oils with prayer...



How to Use Pure Essential Oils with Prayer

Everyday we get dressed to face a new day. Another dressing ritual is important if you understand the enemy we encounter each day. John 10:10 said:

The thief comes only to steal and kill and destroy; I came that they may have life and have it abundantly. (John 10:10 NASB)

Starting each day with the Word of God in our mind and spoken over us can change the way we feel, think and face challenges and joy. Connecting with God through His Word, praying and self-anointing will put us to the next level of spiritual awareness – be on guard if the enemy prowls around us.

You can anoint and prepare yourself to face the day with many different oils, ways to anoint and pray.



Here are 4 essential oils and prayers to help give you strength, joy and protection and to forgive:

Frankincense essential oil and Ephesians 6:10-18

Start your day with the Armor of God bible verses and pray with 1-3 drops of Frankincense oil rubbed in your hands and gently put on your head, ears, mouth, throat, heart, over your eyes, shoulders, belly, back, knees, ankles and feet.

Begin by saying I am strong in the Lord and in His mighty power. I put on the full armor of God, so that I can take my stand against the devil's schemes.

My struggles are not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Anoint your head, ears, mouth, throat, heart, over your eyes with frankincense oil.)

Therefore I put on the full armor of God, so that when the day of evil comes, I will be able to stand my ground, and after I have done everything, to stand.

1. I will stand firm with the belt of truth buckled around my waist (symbolically wear the belt of truth and buckle it around your waist and put frankincense oil on your shoulders and belly)
2. With breastplate of righteousness in place (symbolically put on the breastplate and put frankincense oil on your back)
3. And with my feet fitted with the readiness that comes from the gospel of peace (place your hand with frankincense oil and rub on your feet)
4. I will take up the shield of faith, with which I can extinguish all the flaming arrows of the evil one (symbolically take up the shield of faith and knees, ankles and feet)
5. I will take the helmet of salvation and the sword of the Spirit, which is the word of God today. (Put the oils on all the places described – head, ears, mouth, throat, heart, over your eyes, shoulders, belly, back, knees, ankles and feet)



Valor essential oil and Psalms 28:7

The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. Apply Valor to shoulders and or bottoms of feet. Inhale deeply and repeat with the Bible verse.

Valor essential oil and 1 John 4:4a and Philippians 4:13

He that is within me is greater than he that is in the world and I can do all this through him who gives me strength. Apply Valor to shoulders and or bottoms of feet. And a little on your forehead. Inhale deeply and repeat with the Bible verse.



Joy essential oil and Psalms 16: 11

You will make known to me the path of life; you will fill me with joy and your presence, with eternal pleasures at your right hand. Apply Joy oil on your heart, bottoms of feet and a touch on the top of your head.

Joy essential oil and Nehemiah 8:10b

I am not sad or depressed because the Joy of the Lord is my Strength. Apply Joy oil on your heart. Inhale and repeat as needed.

Joy essential oil and Psalms 28:7

The Lord is my strength and my shield; my heart trusts in Him, and he helps me. My heart leaps for joy, and with my song I praise Him. Inhale Joy oil several times as you say this prayer.



Forgiveness essential oil and Psalms 103:12

As far as the east is from the west, so far has He removed our transgressions from me. I am forgiven and I forgive those who sin against me. I release forgiveness and blessings. I am free because of the BLOOD of Jesus Christ. Apply Forgiveness oil around your navel and symbolically open your arms with oils on both palms and release your cares to Jesus and forgive.

Forgiveness essential oil and Romans 12:19-21

I do not take revenge, for it is written, God is to avenge, He will repay, I am an overcomer. I overcame evil with good. Follow the lead of the Holy Spirit and anoint yourself with Forgiveness oil accordingly. Inhale and thank God for His Promises.

Helpful Tips:

Praise music can change the atmosphere of your living and work space. Have the music on all day if possible.

Diffuse your favorite oil and continue your conversation with the Lord all day.

Isaiah 46:9-10

Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me. I make known the end from the beginning, from ancient times, what is to come. I say, "My Purpose will stand, and I will do all that I please.

Our Father in Heaven is watching over YOU. He believes in YOU.