



Natzarim Yahshua  
Family Fellowship

## ***Essential Oils of the Bible***

***By Michael Walker***

*Join us for praise, worship, Kids Torah class, Torah reading, midrash on the Parasha and Oneg (Food Fellowship; only Biblically clean food items)*

# *Opening Prayer*

- ABBA , we are thankful for bringing us together to delve into Your scriptures as well as learn the naturally healing properties of Your creation. We ask that Your Word be glorified and that we receive it with gladness and thanksgiving. We ask this in the Savior Yahshua's name, HalleluYah!



# My Background and Essential Oils

My Essential Oil (EO) adventure started in 2018 when a bout of Optic Neuritis (as a result of my Multiple Sclerosis (MS)), flared up and almost cost me my eyesight in my right eye. A 5 day hospital stay over the Memorial Day weekend 2018 would proved to change my life dramatically. During this stay I was able to reconnect with a shipmate of mine from Okinawa, Japan where we both served.

# My EO Story

That shipmate reached out to me during my hospitalization. Essential oils had basically saved her life after she too was diagnosed with MS. Her case of MS was way worse than mine. Come to find out, there was yet another shipmate from my Okinawa duty station that had been diagnosed with MS. My family and I started researching Essential oils soon after my release. In June 2018, I signed up with an EO company and became a Wellness Advocate. I can tell you from personal experience, Essential Oils work. Lets see how they work.

# What are Essential Oils?

- Natural, highly concentrated compounds found in the roots, bark, seeds, flowers, or other areas of a plant.
- Give a plant its aroma
- Protect the plant from harsh environmental conditions and insects
- Play a role in plant pollination
- Tiny, organic molecules that are known to quickly transform from their liquid or solid state into a gas when they reach room temperature.

## ESSENTIAL OILS ARE EFFECTIVE



Peppermint leaf oil sac

### Natural, Effective, and Safe

- Natural aromatic compounds extracted and distilled from plants for health benefits.
- Contain hundreds of different compounds, providing complex and versatile abilities to combat threats without building up resistance.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!



# How do we use EO?



## AROMATIC

Breathe in or use diffuser to:

- Open airways
- Boost mood
- Freshen the air



## PEPPERMINT

- Cool the body
- Stay alert and relieve head tension
- Promote feelings of clear breathing
- Relieve stomach upset when ingested\*



## TOPICAL

Apply to bottoms of feet or affected areas to target specific needs.



## DEEP BLUE®

- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a day of work or heavy lifting



## INTERNAL

Drop in water, under tongue, or into a veggie capsule and swallow.



## dōTERRA ON GUARD®

- Powerful immune system boost\*
- Support healthy respiratory function\*
- Diffuse for cleansing the air



# ***Historical Uses of Oils found in these and many other ancient cultures and societies***



- Egypt
- Greece
- Rome
- China
- Judea



# ***Biblically Based Oils***



I had read the Bible a number of times and never gave any consideration to some of the details the scripture was telling me, specifically the natural medicinal or healing properties of some of these botanicals, trees and shrubbery. The items mentioned were foreign to me and I lacked a meaningful understanding of them.

That was until I was d/x with MS. All of a sudden, these meant something to me – healing. Here are 7 essential oils you can find in scripture.

- **Cedar wood**
- **Cinnamon**
- **Frankincense**
- **Hyssop**
- **Balsam Fir**
- **Myrrh**
- **Myrtle**



# Cedarwood

## Scriptural Base

- “then the priest shall command, and he shall take for him who is to be cleansed two live and clean birds, and cedar wood, and scarlet, and hyssop.”  
***Leviticus 14:4***
- “The righteous shall flourish like a palm tree, He shall grow like a cedar from Lebanon” ***Psalms 92:12***

# Cedarwood

- Egyptians used cedarwood to embalm the dead as a means of preservation
  - History shows the preservation is unequivocal to even modern practices
- Biblical use as in the cleansing of lepers
- Functional use today
  - Used to combat hair loss and ADHD

# Cinnamon

## Scriptural Base

- “All your robes are fragrant with myrrh and aloe and cassia; from palaces adorned with ivory the music of the strings make you glad.” **Psalm 45:8**

“And יהוה spoke to Mosheh, saying, And take for yourself choice spices, five hundred *sheqels* of liquid myrrh, and half as much – two hundred and fifty – of sweet-smelling cinnamon, and two hundred and fifty of sweet-smelling cane, and five hundred of cassia, according to the sheqel of the set-apart place, and a hin of olive oil. “And you shall make from these a set-apart anointing oil, a compound, blended, the work of a perfumer. It is a set-apart anointing oil. And with it you shall anoint the Tent of Appointment and the ark of the Witness,” and the table and all its utensils, and the lampstand and its utensils, and the slaughter-place of incense, and the slaughter-place of ascending offering with all its utensils, and the basin and its stand.” **Exodus 30:22-28**

# Cinnamon

- Biblical use as anointing oil and as an attractive scent
- Cinnamon related to cassia, an aromatic bark ground into powder
- Typical use today as a spice in food
- Used to help control A1C and blood glucose



# Frankincense

## Scriptural Base

- “And יהוה said to Mosheh, “Take sweet spices, fragrant gum and cinnamon and galbanam, and clear frankincense with these sweet spices, all in equal amounts. Then you shall make of these an incense, a compound, work of a perfumer, salted, clean, set-apart. And you shall beat some of it very fine, and put some of it before the Witness in the Tent of Appointment where I meet with you, it is most set-apart to you.”
- ***Exodus 30:34-36***
- “And coming into the house, they saw the Child with Miryam His mother, and fell down and did reverence to Him, and opening their treasures, they presented to Him gifts of gold, and frankincense, and myrrh.”
- ***Matthew 2:11***





# Frankincense



- Best known as a gift to the child Yahshua
  - History shows the preservation is unequivocal to even modern practices
- Known as the King of Oils – possibly since it was the first gift mentioned given to King of Yehuda Yahshua
- Today it promotes skin cellular health and help build a health immune system
  - This was the first oil I used to help combat MS

# Hyssop

## Scriptural Base

- “And you shall take a bunch of hyssop, and dip it in the blood that is in the basin, and strike the lintel and the two doorposts with the blood that is in the basin, and you, none of you shall go out of the door of his house until morning.” ***Exodus 12:22***
- “Cleanse me with hyssop, and I am clean; Wash me, and I am whiter than snow..” ***Psalms 51:7***

# Hyssop

- Used in ceremonial offerings and cleanings
- Hyssop branch with the sponge used to give Yahshua the sour wine as He was crucified (John 19:29)
- Used as part of the purification process
- Today is mixed with shea butter as a lotion

# Balsam Fir

## Scriptural Base

- “The esteem of Lebanon shall come to you, cypress, pine, and the box tree together, to embellish the place of My set-apart place. And I shall make the place of My feet esteemed.”
- ***Isaiah 60:13***
- “And Dawid and all the house of Yisra’el were dancing before יהוה, with all *instruments of fir wood*, and with lyres, and with harps, and with tambourines, and with sistrums, and with cymbals. “ ***2 Samuel 6:5***

# Balsam Fir

- Fir tree oils known for their highly medicinal purposes
- Used to make musical instruments
- Used as part of the purification process
- Today the oil is used as an anticoagulant
- Combine with Frankincense and/or Myrrh in a diffuser to create a pleasant smell





# Myrrh

## Scriptural Base

- “Now when the turn of each young woman came to go in to Sovereign Aḥashwērosh after she had completed twelve new *moons* according to the regulations for the women – for the days of their preparation were completed as follows: six new *moons* with oil of myrrh, and six new *moons* with perfumes and with the preparations of women ” ***Esther 2:12***
- “And they sat down to eat a meal. And they lifted their eyes and looked and saw a company of Yishma`ēlites, coming from Gil`ad with their camels, bearing spices, and balm, and myrrh, going to take them down to Mitsrayim.” ***Genesis 37:25***

# Myrrh

- One of the gifts given to the child King of the Yehuda, Yahshua (Matthew 2:11)
- Highly valued and desired for its medicinal purposes and part of a daily regimen
- Today it helps to control diabetes and as an antibacterial agent
- Today the oil is used as an anticoagulant
- Powerful aid in various skin disorders such as eczema, candida and ringworm

# Myrtle

## Scriptural Base

- “I looked at night and saw a man riding on a red horse, and he was standing among the myrtle trees in the shade. And behind him were horses: red, sorrel, and white.” ***Zechariah 1:8***
- “and that they should announce and proclaim in all their cities and in Yerushalayim, saying, “Go out to the mountain, and bring olive branches, branches of oil trees, and myrtle branches, and palm branches, and branches of leafy trees, to make booths, as it is written. ***Nehemiah 8:15***”

# Myrtle

- A low-growing plant, flowers produce and intense aroma
- Was common in the Judean region
- Used as a part of the prophets vision from Yahweh
- Best used to sooth the respiratory system
- Aids in the balancing of the thyroid

# ***The Benefits of Essential Oils***

This concludes our presentation. The benefits of essential oils are tremendous when we are talking about their medicinal and practical purposes. I have been a faithful Oiler for almost 2 years now. I can attest to how I have seen and felt them work on me personally, as well as seen results in others who have used them. If you are not currently using essential oils and want to learn how they can change your life, please contact Michael Walker. Shalom and Blessings





## **Closing Prayer**

ABBA, we thank you for the enlightenment of Your scripture and the new revelations that may have occurred as a result of Your Word. We pray that this short presentation has been a blessing to those who have viewed it. Be with us as we go forth in our activities, and may we be the light to the nations, in the name of Yahshua Hamachiach, HallelueYah!