

The background of the entire image is a dark, almost black, space filled with ethereal, swirling smoke in shades of purple and lavender. The smoke rises from the bottom right and drifts towards the top left, creating a sense of movement and depth. The smoke is semi-transparent, allowing some darker areas to be seen through it.

# *Incensed!*

*Personal Processing  
Through Prayer*

## Discovery 5:

Prayer keeps us humble and broken before the Lord, gets to the root of any personal issue, and causes our lives to give off the sweeter fragrance of Jesus.

1. Galbanum, the third ingredient in the sacred incense, gets its name from a Hebrew root word meaning “fatness”, or choicest part.<sup>1</sup>

2. Galbanum was actually a foul smelling herb on its own, but its presence mixed with the others made them smell sweeter than they did without it.<sup>2</sup>

3. The juice from the root hardens but when broken open is composed of clear white tears. Though it hardens, it can be softened by heat. Galbanum has a bitter taste.<sup>3</sup>

4. Much like galbanum, humility and brokenness, which often come with tears, are foul-smelling to our flesh.

5. It is not until we reach a state of brokenness over certain issues in our lives and grant God access to the root of the issue that we will transition back into warm-hearted seekers.

6. Though brokenness is not pleasant at the time, when mixed with the beautiful fragrances produced by prayer, the aroma of Christ in our lives is that much more intense! That is the “fatness”, or greatest benefit of prayer...being more like Christ.



7. Prayer is not meant to be one-sided. God has a response to our prayers.

8. God Himself reveals in 2 Chronicles 7:14 how He wants us to approach Him in prayer...in humility and in brokenness.

9. Brokenness establishes a sense of closeness and kinship with God.

10. The only way we will live out this life in victory and peace is if we are in relationship with God and daily allowing Him to reveal our weaknesses and transform our hearts.

11. Humility and prayer go hand in hand. Christ's life was the ultimate display of both humility and prayer.

He was found praying often, and always in submission to His Father.

12. When we pray we are seeking God's assessment of the issue.

13. As Christ said “not what I will, but what You will”, He was looking to God to make the decision and settle it. THREE times Jesus cried out to God with the same words revealing the depth of His struggle.

14. God may not respond in the way that we desire when we submit to Him, but He will turn His face toward us and strengthen us just as He did with Christ.



15. The Hebrew word for face is interesting because it carries with it several ideas. First of all, its root pana means “to turn”.<sup>4</sup> The Hebrew word for face, paniym, is a derivative of that root. Strong’s suggests “the face (as the part that turns).”<sup>5</sup>

16. The Hebrew word for turn in this passage indicates not only a turning from evil but also turning to good. Summed up into one word it means repentance.

17. Repentance is an act of humility because it is an admission of guilt. It also carries with it the realization that an adjustment to our thoughts and/or actions is necessary. It is the breaking of our self-will.

18. If we have completely submitted to the heart of God when we pray, humility will lead us to a breaking of our wills and a change of heart. When we follow Christ's example of humility and prayer, the fragrance of Jesus in our lives will smell that much sweeter.

19. Pride is at the root of many of the issues and difficulties we have in this life.

20. Spending time with God in prayer regularly protects us from pride and enables us to turn our faces away from sinful patterns of behavior toward Him with renewed focus.

21. Brokenness, along with repentance, results in renewed burning passion for God.

22. Peter's life shows us that our Father responds to humility and brokenness with a listening ear, forgiveness and healing.



Next Week:

*Just Breathe*

# References

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2. "Holy Incense in the Liturgy of Worship"  
<http://www.agapebiblestudy.com/documents/Holy%20Incense%20in%20the%20Liturgy%20of%20Worship.htm>. Accessed September 12, 2016
3. "Galbanum" <http://www.botanical.com/botanical/mgmh/g/galban02.html>. Accessed September 12, 2016.
4. Harris, R. Laird, Gleason L. Archer, and Bruce K. Waltke. 1980. Theological Wordbook of the Old Testament. Chicago: Moody Press.
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