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Personal Processing Through Prayer



## Just Breathe

"Then the Lord said to Moses, Take sweet spices—stacte, onycha, and galbanum, sweet spices with pure frankincense, an equal amount of each— <sup>35</sup> And make of them incense, a perfume after the perfumer's art, seasoned with salt and mixed, pure and sacred." -Exodus 30:34-35

1. Galbanum has a long history as incense because the resin may be burned. However, the oil made from it has also been used as a fixative in perfumes. <sup>1</sup>

2. Fixatives that are found in perfumes are rich, heavy, long-lasting blends that will help anchor the perfume and add longevity.<sup>2</sup>

Just as galbanum was used as a fixative both to enhance the scent of the incense and add longevity to perfume, prayer grants us that anchor that fixes and settles us under the mighty hand of God, in His Presence.

4. The Psalmist says that the secret place of God is a place to LIVE and remain. In other words...a Home.

5. To dwell in the secret place is to be at home with God, Most High.

6. To "abide" under the shadow of the Almighty carries with it the thought of "passing the night". <sup>3</sup>

7. The Almighty, el Shaddai, carries with it several suggested translations: "the One who is sufficient", or "omnipotent" meaning "all-powerful", or the more widely accepted is "el/God of the mountain". 4

## References

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