

# *Incensed!*

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*

8. In order for a perfume to have a longer lasting fragrance, the substances in it should not be volatile, meaning those that will evaporate quickly. A volatile person is unstable, prone to sudden, violent outbursts, whose moods and behavior fluctuate up and down regularly.

9. Maintaining that communication with God in the secret place enables us to breathe and be at peace, whatever the season we are walking through.

10. The pressures, challenges and trials of life can physically affect us.

11. Worrying cannot add an hour to our lives (it might take a few from us) but prayer can!

12. During His agonizing prayer at Gethsemane, Christ's sweat became as great drops of blood. This rare condition is known as hematohidrosis and is caused by acute fear or intense mental contemplation.



13. Physically, the condition results in weakness and dehydration.<sup>5</sup> In His humanity, Jesus was deeply pressed in His mind and experienced the physical results of the intense emotional pressure that we all feel at different times in our lives.

14. The enemy of our souls wants to enlarge the issues in our minds and hearts until we are so spiritually congested with anxiety and worry that we feel like we can't breathe.

15. Galbanum oil is said to relieve spasms, especially in the respiratory tract, intestines and nerves. It also assists with easier breathing and a good night's sleep, especially when you have a cold, congestion or bronchitis.

16. Prayer is the elixir for a spiritually congested mind and heart, aromatherapy for the soul. It brings peace that cannot be explained but simply felt as it mounts guard over our thoughts.

Next Week:

*Slow and Steady*

# References

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<https://www.blueletterbible.org//lang/lexicon/lexicon.cfm?Strongs=H3885&t=KJV>.
4. Harris, R. Laird, Gleason L. Archer, and Bruce K. Waltke. 1980. Theological Wordbook of the Old Testament. Chicago: Moody Press.
5. Jerajani, H. R. et al. “HEMATOHIDROSIS – A RARE CLINICAL PHENOMENON.” Indian Journal of Dermatology 54.3 (2009): 290–292. PMC. Web. 21 Sept. 2016.