



## SMELL

### A Pleasing Aroma to the Lord

Does your mouth start watering when you smell what your neighbor is grilling? Smell easily gets our attention, triggers memories, wakes us from sleep and can be useful to guide our prayers.

**Pray:** Dear Lord, Clear my sinuses and let my nose work as it should that I might experience the smells placed before me. I welcome thoughts, images and memories you would have me recognize with these scents. I am your servant.

#### Activity:

If you are sensitive to strong smells, open the lid of the container away from your face, then wave your hand over the container towards your face to catch the fragrance. Move closer to the container as needed to smell the scent of the essential oil.

Smell inside each container and then write down in your journal any thoughts, memories, songs, or bible verses that come to mind with this smell. Do this with each container. When you are finished read about each scent below. Pray freely in response to this experience.

**Myrrh** - Purity - Freedom from adulteration or contamination. *“How can a young person stay on the path of purity? By living according to your word.”* Psalm 119:9 *“Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, when they see the purity and reverence of your lives.”* 1 Peter 3:1-2

**Cypress** - Peace - Freedom from disturbance, cessation of war or violence, quiet, tranquility. *“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.”* Numbers 6:24-26 *“Submit to God and be at peace with him; in this way prosperity will come to you.”* Job 22:21 *“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”* Psalm 4:8 *“The Lord gives strength to his people; the Lord blesses his people with peace.”* Psalm 29:11 *“Turn from evil and do good; seek peace and pursue it.”* Psalm 34:14

**Cinnamon** - Forgiveness - The process of forgiving or being forgiven. Stop feeling angry or resentful toward someone for an offense or mistake. *“But with you there is forgiveness, so that we can, with reverence, serve you.”* Psalm 130:4 *“This is my blood of the covenant, which is poured out for many for the forgiveness of sins.”* Matthew 26:28

**Frankincense** - Consolation - Comfort received after a loss or disappointment. *“May your loyal love console me, as you promised your servant.”* Psalm 119:76 *“When anxiety was great within me, your consolation brought me joy.”* Psalm 94:19 *“Listen carefully to my words; let this be the consolation you give me.”* Job 21:2

Before you go, take one more smell and receive from God purity, peace, forgiveness and consolation.