


# Essential Oils And Healing

## From a Christian Perspective



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This special study is presented free of charge in the interest of helping Christians understand the biblical connection between essential oil and healing.

Essential Oils and Healing From a Christian Perspective is but one chapter from the *The Miracle Of Healing In Your Church Today*, authored by Pastor, Jim Lynn.

The subject of essential oils and healing within the Christian Church is feared, misunderstood, and so is shunned by many denominational Church leaders. Doctrinally, many sects have all but eliminated God as an active Healer in our midst. The truth is...Good health is not a matter of chance, but a birthright found in Jesus Christ.

For a full, non-denominational exegesis of the biblical doctrine of healing within the Body of Christ, the reader is referred to Pastor Lynn's book [\*The Miracle of Healing in Your Church Today\*](#).

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## Introduction To The School of Christ

*"Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness among the people. News about him spread all over Syria, and the people brought to him all who were ill...and he healed them."- Matthew 4:23-24*



**When Jesus first appeared** on the scene with His ministry, He was what Broadway show producers today would call a smash hit! As news spread about His teaching and healing, people literally swarmed around Him. And why not? The message Jesus brought to them was something no one had ever heard. He proclaimed the kingdom of God drawing near and then did something most amazing. He healed people—as many as could get close to Him. The lesson was clear. God is breaking through to the physical world (into the affairs of man) to heal. Jesus never wavered in this teaching. He Preached the kingdom of God and healed the sick.

When John the Baptist heard about this, he sent his disciples to ask Jesus, “Are you the one who is to come, or should we expect someone else?” Jesus replied, “Go back and report to John what you hear and see. The blind receive sight, the lame walk, those who have leprosy are cured, and the deaf hear, the dead are raised, and the good news is preached to the poor” (Matthew 11:2-5). This

was Jesus' way of telling John, "I am the one."

When Jesus selected his team of disciples, He taught them the nature of God's kingdom, instructed them how to heal, and sent them out to continue the work He started. He commanded them to "Heal the sick...and tell them 'The kingdom of God is near you'" (Luke 10:9). He further said that anyone who has faith in Him after He is gone will "do what I have been doing. He will do even greater things than these, because I am going to the Father" (John 14:12). Again, He was drawing on the message of his ministry and mission.

The more one studies the ministry of Jesus, the more one realizes the importance Jesus placed on healing the sick. For nearly one-fifth of the four Gospel accounts is devoted to Jesus' healing and the discussions raised by it. In fact, the emphasis on healing is greater than any other experience in the narrative. Out of 3,779 verses in the four Gospels, 727 relate specifically to the healing of physical and mental illness and the resurrection of the dead. And those healings that are recorded represent only a small fraction of the total (John 20:30). Compare this to the 165 verses that deal in general with eternal life.

Jesus saw Himself as being in conflict with evil, doing battle on a spiritual level made manifest in the physical realm. Unlike some believe, Jesus made clear that most people in their present condition do not deserve punishment. He healed freely, never asking what a person had done or how they had sinned. Only once did He warn someone not to sin again after He healed them (John 5:14). He recognized that evil (unclean spirits) can enter into our lives and body, given the best of intentions (Luke 11:24-26). He viewed the effects of unclean spirits (sickness) in our lives as keeping us from reaching our full potential and calling.

This then sets the backdrop of what it was like to be in the School of Christ. The message is "God loves you." And what better way is there to demonstrate His love to you than for Him to heal you. This is the heart and soul of what the Incarnation of Christ is about (John 3:16) and what Jesus meant when He said the Kingdom of God is near you. It implies God breaking forth into the world and into the life of man to heal him from what evil has wrought.

But how did Jesus heal exactly? What did He specifically teach His disciples about healing? Is there anything we can learn from Scripture about healing the sick that we might apply today? In other words, is there a divine healing model recorded in the Bible we can use today in the healing ministry? The answer is a resounding, "Yes!"



## Yesterday's Wisdom, Today's Destiny



**Long before** the American Medical Association, the U.S. Food and Drug Administration, and the Centers for Disease Control existed, people were effectively treating and healing one another afflicted with illness. In fact, medicine and the art of administering healing dates back to the earliest beginning of mankind. Scientists today know about one such ancient medicine that not only worked, it remains to this day as one of the most potent medicines known.

Ancient man so desired having access to this medicine that a vigorous commerce surrounding its trade was recorded as early as the book of Genesis. In Genesis 37 we read that Joseph was sold by his brothers to a trade caravan from Gilead on its way to Egypt to trade spices, balm, and myrrh (Genesis 37:25). What was it about these items of commerce that made them so valuable that men would travel hundreds or even thousands of miles to trade them? And why would people in far-off lands be so eager to trade their goods for them? Simply, these substances were invaluable as medicine and very expensive due to their rarity. They were highly esteemed and considered to be among the best products of the land (Genesis 43:11).

Why is this mentioned here? Because these healing substances many years later would play an important role in the healing ministry of Jesus and the twelve Apostles. But before going into detail about how they were used, I want to give you some background about these substances so you understand why they were used.

### **Balm of Gilead**

The balm of Gilead especially was highly desired throughout the Old Testament

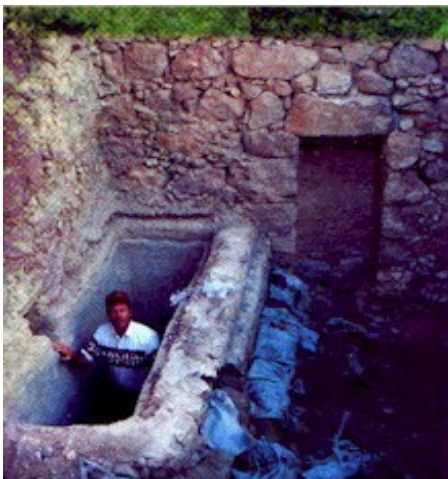
period. Mentioned three times in the *Bible* (Genesis 37:25; Jeremiah 8:22; Jeremiah 46:11), this resinous balsamic oil (according to tradition) had near-miraculous properties. Not only did it heal wounds, but its aroma also made men dizzy with lust. A woman had only to dab the unguent on her heel to catch the nose of a man she fancied. So potent, the oil from related strains of balsam trees are used to this day as an antidote for snake bites and scorpion stings.



Three thousand five hundred years ago Gilead was a region of land located just east of the Jordan River, later allotted to the Jewish tribes of Reuben and Gad and the half tribe of Manasseh. It was here in a village known as Ein Gedi that a bulldozer (in 1971) accidentally uncovered a 4th century B.C. Jewish synagogue. On the floor of the synagogue an inscription was found which reads, "Whoever reveals the secret of the village to the gentiles, the one whose

eyes roam over the entire earth and see what is concealed will uproot this person and his seed from under the sun."[\[1\]](#)

Archaeologists believe the inscription is an oath taken by ancient residents of the village meant to protect the recipe used to produce the rare and expensive balsam oil. To reinforce their thesis, archaeologists believe they have found the exact location 500 yards uphill from the synagogue where balsam oil was produced. There they unearthed the remains of a fortress-like building, once three stories high. One archaeologist noted the building was built like Fort Knox.



At the entrance lies a huge round five-foot stone, ready to be rolled along a dirt track to block another smaller entrance. Within the main room are the remains of a seven-foot long rectangular vat. At the top of the vat is a hole leading through a wall, which archaeologists believe was used to drain off the balm as it floated to the top of a liquid bath in the vat. Also found were large barrel-shaped pottery jars that may have been used as vessels for the rare oil. One archaeologist concluded that Ein Gedi was a royal estate which ran this costly industry in the service of the King.[\[2\]](#)

Ein Gedi was destroyed in 582 B.C., but other settlements started up in the same location. By the Roman era Ein Gedi had re-established its reputation as a supplier of balm. So famous were its balsam orchards, the Roman emperor, Titus (79 A.D. to 81 A.D.), after conquering Ein Gedi, displayed branches of balsam trees in his triumphal march through Rome.[3]

The ancients did not involve themselves with scientific research as we do today. They relied on cause and effect. The balm of Gilead, rare as it was, was so respected for its healing qualities that a great commerce surrounding its use lasted for thousands of years. Had the balm not had a desired effect, history might well read differently than it does now. The balm of Gilead is set forth here to demonstrate that early man was not without effective means to thwart off sickness and disease.

## **Healing Oils**

The balm of Gilead was a healing oil distilled from a particular specie of tree known scientifically as *Commiphora opobalsamum*. Though this particular specie no longer exists, many other plant species do exist which, when distilled, offer amazing therapeutic, healing qualities.

For instance, the oil of myrrh (*Commiphora myrrha*), which was harvested, produced, and traded in Genesis, is known today for its anti-infectious, antiviral, antiparasitic, hormone-like, anti-inflammatory qualities. Myrrh oil is soothing to the skin, antihyperthyroid, and supports the immune system.[4] It may also prove to be anti-tumoral. The fragrance of myrrh is heavenly. In fact, David described the robes of God as smelling of myrrh (Psalms 45:8).

Myrrh contains high amounts of sesquiterpenes, compounds that have direct effects on the hypothalamus, pituitary, and amygdala, the seat of our emotions. Those who have experienced myrrh know of its great calming effect. Because it directly effects emotion, myrrh promotes spiritual awareness and is uplifting. Myrrh may also help asthma, athlete's foot, candida, coughs, eczema, digestion, fungal infection, gingivitis, gum infections, hemorrhoids, mouth ulcers, ringworm, sore throats, skin conditions, wounds, and wrinkles.[5] No wonder myrrh is considered precious throughout Scripture. You may recall it was myrrh, frankincense and gold that was presented to the Christ child by the magi. (Matthew 2:11).

It may be difficult for us today to wonder how a plant oil could be considered more valuable than gold. But this will give you some idea of how revered precious healing oils were in ancient times. The Pharaohs of ancient Egypt

routinely exchanged healing oils with the kings of India for slaves, gold, and other precious goods. When King Tutankhamen's tomb was opened in 1922, three hundred and fifty liters of oil were discovered in alabaster jars. Again, this indicates how revered these precious oils were held at one time in human history.

But if something as effective as a plant oil was in such demand in ancient time, it only underscores, all the more, man's continual need for healing today. For the history of suffering is the history of Satan inflicting injuries and disease on God's children. This is the reason why God in His wisdom set a healing process in motion at the time of creation. He placed medicine and food that man would need into the plant kingdom so each generation could have access to the healing and nutrition found there.





## The Power of Truth is The Power to Heal

*"Then God said, 'Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food; and it was so.'" - Genesis 1:29-30 (NAS)*



**I was browsing** through one of my vegetable garden seed catalogs recently when I came across the following paragraph about kelp:

"Every farmer and gardener should be using kelp in conjunction with a regular fertilizing program...Kelp contains potent concentrations of trace minerals, micro-nutrients, amino acids and vitamins essential to plant growth...Research and field trials have confirmed the role of kelp in increasing crop yields, drought resistance, frost protection and stress recovery. Most

important, kelp contains many growth hormones...which stimulate cell division and larger root systems."[\[6\]](#)

I thought to myself, "Hmmm, trace minerals, micro-nutrients, amino acids, and vitamins. Plants require many of the very same elements humans require to remain strong and healthy." No wonder plants are so beneficial to the human body. By paralleling the biological requirements of our own body in plants, God has created the perfect source for our health and well-being—a virtual nutritional, medicinal cabinet lying at our feet, perfectly suited for animal and human beings alike.



The perfection of this nutritional medicinal cabinet lies in how well our own body interacts with these substances. Whether eating plants for nutrition or utilizing them for disease prevention and healing, the liquid that flows through stems and leaves (the plant's lifeblood) closely matches that of our own life-giving blood. For just as our own blood cleanses, protects, oxygenates, nourishes, and heals, so, too, do the natural oils found in plants. Plant oils contain amino acid precursors, co-enzyme A factors, trace minerals, enzymes, oxygenating molecules, vitamins, and more. This is the reason why healing oils have come to be known as essential oils.

Essential oils are many times more therapeutically potent than the plant or herb from which they are derived. This is because essential oils are volatile. They vaporize when exposed to air. When a plant is cut and dried, the life-giving oil that gives the plant its therapeutic value vaporizes leaving only a dried plant. In fact, dry herbs contain only about 10% of their original oil. Because essential oils are distilled from living plants and bottled, their therapeutic value becomes concentrated and more potent than the plant or herb by itself.

When applied on the skin, inhaled, or consumed internally, essential oils work synergistically with the body, helping to maintain, repair, and renew virtually every biological organ and function, right down to DNA structure. Even more remarkably, essential oils, as food, repel and prevent life-threatening pathogens from infesting the body. More on this in a few paragraphs.

Unlike man-made antibiotics and drugs, whose function is single-phase, the natural chemical molecules of essential oils are multiple-phase. That is to say, they are not limited to one function. Further, unlike antibiotics, which can

move only as our blood carries them along, essential oils are omni-directional, not being limited in direction of movement. This means essential oils can find microbes in hiding that antibiotics would otherwise pass by. Because of their chemical composition, essential oils can penetrate human and animal cell membranes, transporting oxygen and nutrients, which antibiotics cannot.

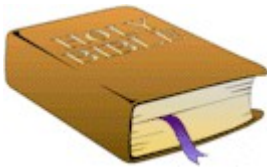
Because essential oils are volatile, their airborne chemical molecules are able to influence our emotional and spiritual state of mind. They stimulate emotional release and spiritual cleansing. Research has shown that the effect of such compounds, when inhaled, can exert a strong influence on the hypothalamus (the hormone command center) and limbic system (the seat of emotions) of the body. The ability of essential oils to act on both the mind and body is what makes them truly unique among natural therapeutic agents.[\[7\]](#)

In every way, essential oils are God's perfect match to meet our needs for health and healing. It would be a scary world if man would have had no defense against disease and illness all these thousands of years. The ancients knew from the beginning the health secrets of the plant kingdom. Thanks to our loving Creator, eternal truth, such as is expressed in Ezekiel, is for our learning.

*"And by the river on its bank, on one side  
and on the other, will grow all kinds of  
trees for food...their fruit will be for food  
and their leaves for healing."*

– Ezekiel 47:12 (NAS)

It is only a world ruled by money rather than by love that seeks to subvert this truth. Healing is a big part of what living is all about. How well we live our lives hinges on our acceptance or rejection of what God has revealed to us.



Not too long ago an elderly man made an astounding discovery as he leafed through an old family *Bible*. He had inherited it years ago from his aunt through her will. It read in part: "To my beloved Steven Marsh, I bequeath my family *Bible* and all it contains, along with the residue from my estate." When everything had been settled, the nephew was left with a few hundred dollars.

Once the money was gone, he lived the remainder of his life in poverty. Now old and frail and getting ready to move, he was going through a trunk in the attic when he came across the old book. Upon opening it, he was amazed to

find paper money scattered all throughout the pages totaling over \$20,000 in cash. Within his reach were riches he could have been enjoying all along.

This story reminds me of mankind's ignorance of one of God's most precious gifts—essential oils! Like the old man who had riches within his grasp, we ignore the wisdom of the ages. We suffer from our own arrogance and ignorance, looking down on those things which seem of little consequence.

*"All truth goes through three stages.  
First it is ridiculed.  
Then it is violently opposed.  
Finally, it is accepted as self evident."*

— Schoepenhauer

Over the centuries, the knowledge of essential oils was all but lost. When the library at Alexandria in ancient Egypt was burned and destroyed, hundreds of thousands of scrolls containing this knowledge were likely destroyed with it. It was not until the 20th century that the true healing power of essential oils became well-known. Today, we have stepped out of the dark ages in terms of re-discovering just how powerful and important essential oils really are to our health and well-being. But you are not likely to be treated with essential oils by a secular physician should you fall ill.

The pharmaceutical industry, which controls medicine in the U.S., cannot patent naturally occurring products. Without a patent, drug companies have no edge with which to compete. And so this marvelous, God-given gift is forsaken in modern medicine for the poisonous drugs we see today. However, the growing body of modern research that has developed regarding essential oil has not been lost.

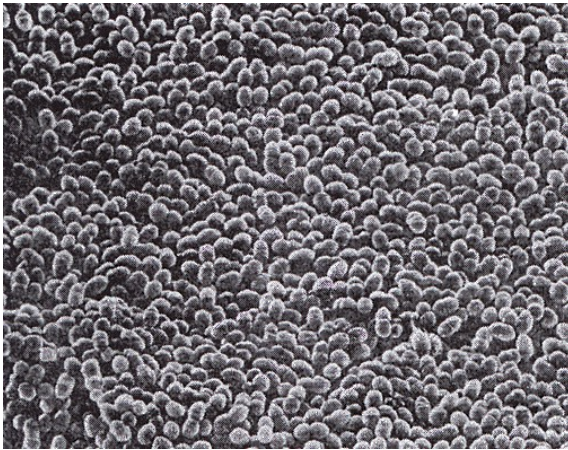
Scientific research has demonstrated that essential oils are terminators of disease-causing micro-organisms. They are so deadly that they can destroy them by proximity alone. (This is due to the oil's volatility) Such notorious characters as staphylococcus, pneumococcus, meningococcus, hemolytic streptococcus, typhus bacillus, diphtheric bacillus, anthrax bacillus, Koch's bacillus, and many kinds of mold, have all been tested against and found subject to specific essential oils. The oil of oregano, for instance, is so powerful against microbes it can effectively sterilize raw sewage.[\[8\]](#)



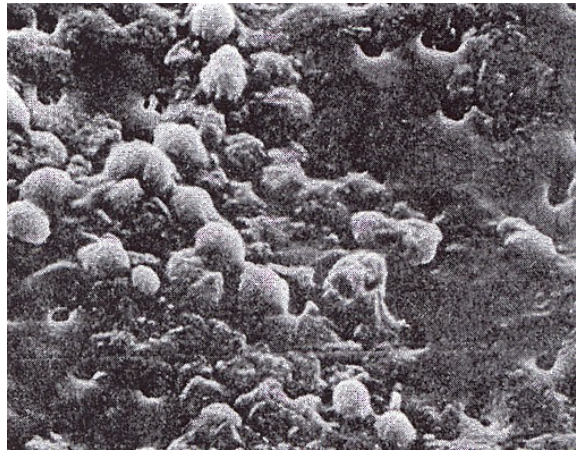
In 1985, **Dr. Jean Claude Lapraz, M.D.**, one of the world's most respected and renown essential oil researchers, reported

he could not find a single bacteria or virus that could live in the presence of the essential oils of cinnamon or oregano.[\[9\]](#)

Perhaps most exciting, there is no known documented evidence of any pathogenic microorganism (virus and bacterium) developing a resistance to essential oils! That is, no micro-organism has been known to mutate to become immune to the oils. This can mean only one thing: Essential oils are the perfect match to support and nourish our body's natural healing system. They are proving to be the missing link (God's provision) for which modern man has searched in order to bring about healing and vitality.



untreated pneumococcus



Treated pneumococcus after  
subjection to essential oil



## Be Informed When Purchasing Essential Oils



**Most essential oils** produced today are used in the cosmetic industry, not for nutritional or healing purposes. Because of this, the vast majority of essential oils produced contains man-made chemical solvents to increase their yield. While this may be acceptable for cosmetic application, it is not so for therapeutic use. Man-made solvents destroy delicate healing oil molecules on contact, thereby rendering their therapeutic quality useless.

Because the production and sale of essential oil is not regulated in the U.S., a producer may add solvents to extend his or her product purely to increase profits. They may even print the words “pure essential oil” (knowing the oil contains solvent) without reprimand. An unknowing consumer will not receive the benefits expected from such oil. God created plant oils to provide nutrition and healing without the addition of solvents. If you do not know the reputation of the oil producer and have never used that producer’s oil before, you have no

assurance the essential oil you purchase is absolutely free of solvents.



Recent growth of interest in aromatherapy has led to some oil producers imposing voluntary standards on their products. This allows consumers who are new to essential oils to purchase oils with confidence, knowing the oil they purchase is of the highest possible quality, for quality is everything when it comes to therapeutic-grade essential oil. Those producers whose essential oils meet the highest quality standards will have either “EC AFNOR Standard”[\[10\]](#) or “Grade A” or both printed on the label. Use this notice as a guide when shopping.

Disease and ailments will forever be with us. But ours is not a destiny of pain and suffering unless we remain ignorant of God's blessing. The world is the recipient of a wonderful gift—the gift of healing and health God placed in the plant kingdom. Jesus understood this fact full well, which is why He taught His disciples to use essential oil in their healing ministry.



## Jesus Instructs The Twelve



**God placed His signet ring** (blessing) on essential oil through both His Son and the Apostles in their ministry. By doing so, essential oils hold a special place in God's heart and are blessed by Him for our healing today. But how is this so?

The chosen twelve disciples (Mark 3:13-19) were with Jesus for most of three years. They were taught and prepared by Him to carry forth a message that would change the world. While we are not privy to every word Jesus spoke, by careful observation and deductive reasoning of The Word, we can learn essential oil played an active healing role in the Apostles' ministry.

In Mark 6:7-13, we read that Jesus sent the twelve out in pairs on a kind of on-the-job training mission for the work they would be doing after His departure. Before they went, He gave them very specific instructions. The results of their work is recorded in verse 13...

"They drove out many demons and anointed many sick people with oil and healed them."



Before addressing the issue of the oil in the above passage, we need to first be clear about the healing performed. The Greek word used for “healed” in verse 13 is *therapeuo*, pronounced “ther-ap-yoo'-o,” from which the English word “therapy” is derived. It literally means “to wait upon menially” (to serve), to “restore to health.” So there be no question, *therapeuo* denotes healing occurred over time. There is no indication the healings in verse 13 were in any way out of the ordinary or instantaneous. If the healings were instantaneous, the Koine Greek word, *iaomai*, as used in Luke 8:47, would have been used.

So we must (by using the rule of language) deduce the healings of Mark 6:13 occurred normally over a period of time. Were these healings divine? Yes! Were they miraculous? Yes! Why? Because as has been discussed previously in Chapter One, all healing is divine by its nature.

What makes the healing reported in Mark 6:13 all the more curious is the healing modality employed by the twelve disciples. They anointed (applied with their hands) the sick with oil. The reason the oil is so interesting, so unexpected, is that there is no previous passage that indicates the need or requirement to use oil in their ministry. The reader is suddenly left with their appearance. (That the oil they used is essential oil and not just olive oil will soon be explained.) Without a previous text, then, explaining the use of oil, the following questions are raised:

1. By whose authority were they using essential oil?
2. From where did the oil come?
3. Why were the disciples using essential oil in their ministry?
4. What are it's implications for us today?

### **1. By Whose Authority Were They using Essential Oil?**

As Mark 6:7-13 is read, it becomes apparent the twelve were under strict orders. Further, they were sent by twos. So, it is very unlikely all six pairs would “anoint sick people with oil” unless they had each received explicit instructions from Jesus, Himself, to do so. To act without His word would have brought reprimand. We can deduce, with assurance, then, that Jesus authorized the use of oil in the disciples’ ministry, even though there is not a text saying He did so.

Further, they were “anointing” people. Anointing requires a learned procedure. This procedure, used by all six teams, would have required the same teacher in

order for all twelve to be consistent in the manner they anointed. Jesus is the only teacher we know they had in common, so we can further deduce it was Jesus who taught them how to anoint.

## **2. From Where Did the Oil Come?**

The ministry of Jesus demanded resources as any endeavor would today. It would need food, clothing, and shelter, obviously, but ministry supplies were also needed. How was the ministry supported to obtain those things it would need, like expensive healing oils?

Certainly, the support did not come by Jesus or His hand picked twelve. His disciples gave up all their worldly possessions in order to follow Him (Luke 5:11). How they were supported is found in Luke 8:1-3. A number of women of means (wealthy followers) supported the ministry. It was through their efforts that the ministry was furnished with supplies, including expensive healing oils, as we shall soon see.

## **3. Why Were the Disciples using Essential Oil in Their Ministry?**

Bear with me on this question, as it requires a great deal of background to provide a full answer. Lest I repeat myself from previous chapters, I understand that not everyone reads a book starting on page one.

The answer to this question lies at the very core of Christ's teaching and mission. In Chapter Five we learned that healing and well-being forms the entire basis of God's Scheme of Redemption. That scheme is centered in the life, suffering, death, and resurrection of Jesus Christ, what the Apostles called the Gospel (I Corinthians 15:1-4).

The Gospel teaches us that all healing comes through our trust in Jesus, the first-born of the dead. In obeying the Gospel call, our old man of sin dies, and a new man, born of the Spirit of God, is given birth (John 3:5-7). In our spiritual rebirth our body no longer belongs to us; it belongs to Jesus Christ (I Corinthians 6:15). Our body spiritually becomes part of His body. This is what makes divine healing (both physically and emotionally) a reality.

In order for man's flesh to become one with God's flesh, God had to vanquish both sin and sickness from man's body and soul. To accomplish this feat Christ physically went to the grave bearing all of mankind's diseases, sicknesses, and infirmities, as well as sin (Isaiah 53:4-5). He literally became a sin offering (Isaiah 53:10). But even in death, Christ was busily at work. In death He carried all of mankind's grief's, inflicted by Satan, and dropped them in the

depths of hell. Christ then returned to the land of the living. Death could not hold Him because He, Himself, is without sin (Hebrews 4:15). In freeing Himself of our burdens in hell, Christ freed mankind from both his prison and prisoner forever (Luke 4:18).

When Satan deceived Adam and Eve in the Garden of Eden, he effectively had mankind pinned to the ground in sickness and death. No matter how hard man struggled to free himself spiritually from his evil conqueror, he was hopelessly lost. Unless God could remove sin (which covers sickness) in man, God would lose his most beloved creation, His family of man. How God would free man from Satan was once a great mystery but now made known to all men (Romans 16:25-26; Ephesians 3:6-9).

Sin and sickness no longer have dominion over man. Man is now victorious over Satan in Jesus Christ, our Lord and Savior. This was the primary teaching (the Gospel) the twelve Apostles shared with the known world during their entire ministry. Repentance and healing were all part of the same message. If you would like to do an interesting exercise, highlight the following verses in your Bible found in the Book of Acts of the Apostles. You will notice in each verse the same message is being shared—The Gospel!

**Verses in the Book of Acts Common  
to The Gospel Message of The Apostles**

2:23-28	4:10	10:39-40	17:18
2:31-32	4:12	11:14	17:31-32
3:15-16	5:29-30	13:36-37	24:15
4:2	8:35	14:7	26:22-23

The Greek word for salvation, *soteria*, pronounced “so-tay-ree'-ah,” means rescue, or safety (physically or morally). The King James Bible uses salvation to mean deliver, health, salvation, save, saving. In other words, salvation is inclusive of physical healing as well as healing the soul. This is the reason why crowds followed Jesus wherever He went. In Him is what every man alive wants—Healing!

Shortly before His death, Jesus attended a dinner held in His honor (John 12:1-7). After dinner, Mary took a pint of unadulterated myrrh oil and anointed the feet of Jesus as He lay reclined at the table. We will examine how and why this event demonstrates that essential oils were used in the ministry, but let us look first at the anointing, itself.

In anointing Jesus with precious oil, God for all time enjoins precious healing oil with the Body of Christ, the Church (John 12:7). Precious healing oils symbolize Christ's healing sacrifice. And because our body is now a member of His body, essential oils are sanctified for our use in healing. They are sanctified and blessed by God for healing through Jesus Christ, our Lord.

When God gave Moses instructions in building the tent of meeting, He also instructed Moses to prepare a blend of healing oils to anoint the tent of meeting and everything within, including those who would serve in the tent of meeting. It was to be God's holy anointing oil (Exodus 30:22-33). Can you see the analogy between Moses' anointing the tent of meeting with precious healing oils and Mary's anointing of Christ? I sincerely hope you do.

The oil that anointed the tent of meeting is representative of the promise of healing (salvation) in Jesus Christ. The anointing of Jesus' feet by Mary is representative of the promise of healing in Jesus Christ fulfilled.

The pint of myrrh oil Mary used to anoint Jesus was worth one year's wage, or roughly \$36,000 in today's dollars. Can you imagine a pint-size jar of oil costing that much money? A transliteration of John 12:3 from the Greek text reads in part:

Then Mary took a pound of ointment of spikenard  
very costly (and) anointed the feet of Jesus...

The word "ointment" is translated from the Greek word murou, pronounced "muron," meaning "myrrh." The effect of myrrh on the senses promotes spiritual awareness and is uplifting. Imagine what the moment must have been like for those seated around the table as Mary opened the alabaster jar and began anointing the feet of Jesus with this expensive oil. The air in the room was filled with its fragrance, an uplifting, slightly sweet, pungent, woody odor. As the disciples watched this incredible event unfold, and they breathed in the oil's fragrance, they must have realized they were witnessing something very special.



Note that Mary did not use a towel to wipe the oil from Jesus' feet but rather her own hair. By doing so she wiped the oil using her own body, enjoining herself to both the oil and Christ. What a glorious moment this was, not only for Mary, but for all of mankind. The stone of unbelief had

been removed in Mary's heart. She was witness to the healing power of Jesus in resurrecting her brother.

The word "spikenard" comes from two Greek words, "nardou pistikees," and means "pure" or "unadulterated" and "of foreign origin." As an aside, the King James Bible in John 12:3 is slightly confusing at first glance. It is faithfully translated, but due to English grammar it leaves the impression the ointment's name is spikenard. This is not so. Spikenard is actually referring to the origin and quality of the ointment (myrrh oil), not its name. It was imported into Israel, most likely from Somalia, and was prohibitively expensive.

By reading John's account of this event we can ascertain that not only did this expensive oil belong to the ministry but that it was also originally intended for use by the disciples in healing. Note what Judas says; "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." (John 12:5)

By asking why the oil was not sold for money, Judas not only revealed his true intention (to steal the money) but also provides us with insight into the reason why the disciples would be in possession of such expensive oil in the first place. For by his question we know it did not belong to Martha or Mary. Had the oil belonged to either of them, personally, the rebuke Jesus gave Judas would have been directed differently. Jesus said; "...Let her alone: against the day of my burying hath she kept this. " (John 12:7)

The word "kept" in verse 7 means to "keep watch over" or "to guard." It does not denote ownership. The *New International Version Bible* incorrectly uses the word "save" in John 12:7 instead of "kept." Had the word "save" been used in the original text, it would indicate ownership. We can only speculate. However, it is inferred that the women not only helped the ministry financially but they also served as quartermaster of sorts, housing (or keeping) the ministry's supplies.

Precious healing oils, like myrrh and frankincense, would have been donated to the ministry because they would be needed for healing the sick. Only the rich could afford such things as a pint of pure myrrh. The disciples, though from varied backgrounds, were men of few means. They may have known about the healing quality of essential oils but would have had little knowledge in using them. Such things were reserved for the very wealthy, who could afford precious oils and have servants trained in the art of healing.

Critics will argue the oil of Mark 6:13 is ordinary olive oil. They are correct by translation to say the oil is olive oil but incorrect to say this oil is ordinary. Due

to the potent curative nature of pure essential oils as well as their cost and rarity, there is a long established practice in the art of aromatherapy to cut or mix essential oil with a neutral, low cost oil. The oil used for this purpose must be neutral. That is, it could not have constituents which, when mixed with essential oil, could alter or damage its delicate healing compounds. This neutral, low cost oil is called a carrier oil because that is what it does. It serves to carry, and evenly distribute, the healing oil over the anointed area.

There is little or no curative value in carrier oils. Olive oil, due to its neutral nature and availability, was the carrier oil of choice in ancient time. To give you some idea of how potent essential oils are, modern day aromatherapists will typically use a mixing ratio of 1 to 15 (one drop of precious, essential oil to fifteen drops of carrier oil). The disciples were using essential oils so expensive, so potent (like myrrh), they could ill-afford to anoint the sick using neat (undiluted) essential oil. One, they would quickly exhaust their supply, and, two, certain oils are typically diluted to avoid possible reaction on the skin.

Churches today, who use straight olive oil in their healing ministries without the benefit of adding essential oils, are honestly trying to follow God's Word. However, they are not following the divine pattern of using healing oil laid down by Christ's ministry. The oil of Mark 6:13 is a neutral oil, hence, olive oil, but it was only the carrier for the more precious healing oil blessed of God.



Small alabaster jars, prepared ahead of time and filled with olive oil containing different essential oil mixtures, would be carried by the disciples and used according to the ailment they healed. In this manner, they could carry these prepared jars (identified by a tag, smell, or jar shape), and minister healing to a wide variety of ailments.

Healing the sick was uppermost in the mind and ministry of Jesus. Divine healing provided a platform and great crowds for Him to speak about the Kingdom of God. The disciples witnessed Him in His work as a healer. They sat at His feet while He taught them about the Kingdom of God. He taught them how to pray and anoint using precious, essential oils. He authorized His disciples to drive out demons and sent them out among the people to experience their new found skills as healers. The necessary inference before us, then, is that it was Jesus who taught His disciples divine healing using essential oils.

If we can learn anything about Scripture, it is that nothing happens without a purpose. The precious healing oil we so casually read about in the Gospel of

Mark is there for our learning.

In Scripture, God's perfect will is revealed in three ways: by command, by necessary inference, and by approved example. In the case of the disciples using essential oil in their ministry, we learn God's will through necessary inference and approved example.

Necessary influence carries more weight than approved example, but necessary influence is not the same as a command. In other words, there is no command from God telling us that we must use essential oils in healing the sick. James 5:14 is the closest statement we have to a command concerning the use of healing oil. But James 5:14 is not a command, it is an exhortation. The inference and example laid forth in Scripture, then, points us to a more excellent way. In following the example, we do not have to guess. We can read about essential oils in God's Word and know they are blessed by Him (Genesis 1:11-13) in healing the sick.

#### **4. What Are The Implications For Us Today?**

The implications of essential oil being used by the twelve Apostles as part and parcel of their ministry is enormous. First, it means that God, Himself, recognizes the excellence of essential oils and their superior healing qualities over man-made concoctions. (There were many during this period of history from which to choose.)

Secondly, the anointing of Jesus, Himself, with precious healing oil denotes God's blessing for us to incorporate the use of healing oil in healing ministries (James 5:14). They confirm the healing union enjoyed between the Body of Jesus Christ and our body, spirit and soul. This is why essential oils have God's blessing for the Church to use in carrying forth its divine mission of divine healing.



Thirdly, where does all this leave us? Quite frankly, that is a question left to each of us to answer. For Christians who look to the *Bible* for a "Thus saith the Lord," they must examine preconceived doctrinal notions in light of this learned truth to see if these things are so. I hope they do. But as it stands now, most American churches do not have a healing doctrine of which to speak. Many Church traditions speak of miracles in the past tense. They ignore God's love that wants to heal us here and now. God's no science approach to healing has simply been shelved in history.



## Healing Oils in The Early Church



**Given the history** of precious healing oil, its association with the healing ministry of Jesus and His disciples, and the above Scripture, it is no wonder that the use of healing oil became part and parcel of the early Church. By reading early historical accounts of the early Church, we can verify not only their use in divine healing well into the first millennium, but that divine healing, itself, is timeless.

**Gregory of Nazianzus** (329-389 AD), a well known theologian of the time, describes an illness his sister, Gorgonia, suffered and how she was healed. Gorgonia's illness was described as a burning fever alternating with periods of deathlike coma, with only brief remissions. Gregory recounts how this illness persisted in spite of prayers and attempts for relief by several physicians. Late one night she made her way to the Church and, in despair, took some of the reserved sacrament in her hand and knelt, grasping the alter. Crying out that she would hold on until she was made whole, she rubbed the precious substance on her body and at last stood up. Refreshed and feeling stronger she knew she was saved and began a miraculous recovery.[\[11\]](#)



From the beginning, sacraments in the Church were expected to bring life and health. Celebrating Eucharist, Holy Communion, or The Lord's Supper, as it is called, according to your faith, carried the meaning of forgiveness and resurrection, of joining body, spirit, and soul in eternal health. This has not changed over the millennia.

When **Hippolytus** (around 215) penned the *Didache* according to Roman Church tradition, healing oil could also be offered at Communion. He wrote, "That sanctifying this oil, O God, wherewith thou didst anoint kings, priests, and prophets, thou wouldst also grant health to them who use it and partake of it, so that it may bestow comfort on all who taste it and health on all who use it."[\[12\]](#)

In other early liturgies we can read the oils, themselves, were offered as "the specific medicine of life unto the healing of every illness."[\[13\]](#)

These accounts, and others, give you appreciation for how early Christians made the connection between healing oils with that of their Savior. This was so much so that there was no distinction made in their liturgy between healing oils and, say, that of baptism. In fact, consecrated oil was used prior to baptism as a form of preparation. Around 215 A.D., candidates for baptism were anointed twice. The "oil of exorcism" was used first, followed by the "oil of thanksgiving."

As rituals developed in Rome, oils used for baptism, as well as oils for anointing the sick, were blessed by the Pope at the Chrismal Mass on the Thursday before Easter. **Mgr. Louis Duchesne** described the practice and purpose as follows; "Toward the end of the Canon the faithful brought small vessels of oil to be blessed for their own use. This was oil for anointing the sick, and the faithful could make use of it themselves."[\[14\]](#)

The early Church also visited the sick at home anointing them with oil and laying their hands on them. Four early manuscripts were discovered which describe the procedure down to the tenth century. The sick person was to kneel for laying on of hands. The person was then anointed on the throat, chest, and back. The procedure also allowed for anointing "thoroughly and liberally...where pain is more threatening."[\[15\]](#)

Finally, consider this healing testimonial from 510 A.D. It was written by a man named **Ennodius** (a Bishop of Pavia) and addressed to a friend. Ennodius was desperately ill from a fever and dying. His physician told him there was nothing more that he (the physician) could do. Ennodius wrote; "My hopes increased when the help of man failed. I addressed myself with tears to the

heavenly physician and anointed my dying body with some blessed oil as a remedy against the fever...and in that instant the fever left me...God had heard my prayer.”[\[16\]](#)

There are many such early healing accounts written in Latin, which sadly, have yet to be translated into English. The reason being there is little interest in spending money to find and translate them. Perhaps Christianity would be different today had they been brought to light.

As it is, millions of Christians today lack knowledge of the biblical model for divine healing and its role in the Church. Hundreds of denominational churches today separate physical healing from spiritual healing. Most churches are void of healing ministries. They do not see or understand the relationship between healing and the Gospel. They do not recognize the inherent call in the Gospel to heal the sick. And so, the Kingdom of God suffers.

Jesus clearly did not separate healing from God’s call for repentance. His teaching, and that of the twelve disciples considered healing body, spirit, and soul as one unified process. Surely, their work is a clear example for the Church to follow today (Ephesians 3:10-11).

There is a great need today to educate and train Church leaders in the powerful effects of prayer combined with the application (anointing) of healing oils. Ultimately, essential oils are meant to draw us closer to God. They must. At the very least they are a timeless reminder of God's provision to allow us to live our lives in balance, at ease, out of disease. When used in conjunction with a Church healing ministry, they become a powerful witness to the world that God heals through Jesus Christ our Lord.



## Divine Healing in a Secular World



**Some may question** whether the Church has a legal right to practice healing. After all, our society has laws structured to prevent non-licensed individuals to practice medicine. The answer is yes, the Church and its membership has every legal authority to heal the sick but not to practice medicine. Understanding the difference between the two allows the Church to function legally as a healing center without the need for a medical license.

Modern medicine is engaged in the treatment of sickness and disease. It exists solely for the purpose of legally offering diagnosis, prescription, treatment, and containment of disease. Healing is not its agenda or end purpose. It may appear to be so to the uninformed, but it is not (see Chapter Four).

To protect its interests, laws are in place to shelter the medical industry, all in the public interest of safety, of course. It is unlawful for medically unlicensed individuals to diagnose, to prescribe, or to treat people afflicted with illness. It is unlawful to “play” doctor by using certain terminology controlled by the medical industry. Words like “treatment,” “diagnose,” “cure,” “disease,” and

“recommend” are all words protected by law when used in connection with illness or disease. Unlicensed people can be fined and imprisoned for using such language.

However, while there are laws to prevent the public from “playing” doctor, there are no laws held against the public for healing the sick. Healing is free of man’s constraints. So, understanding the difference between healing the sick and treating the sick is the difference between keeping the law and breaking it.

For example, if a person is struck down with cancer, the public cannot speak of treatment by making a recommendation. They can, however, address health (healing) issues connected to general nutrition, fitness, weight, circulatory system, immune system, respiratory system, hormonal system, digestive system, bones and muscles, emotional well-being, and personal hygiene. Why? Because these are all natural functions and aspects of the body for health.

The Church functions by divine authority. It does not require man’s authority to do so. Likewise, health and healing belong to God, not man. We are fortunate in the U.S. To have Constitutional rights permitting freedom in religion. Therefore, healing ministries are fully protected by the First Amendment to the Constitution of the United States. Churches are free to engage in healing the sick using the spiritual model without interference from government. But even if they were not free to do so, God’s law of the Spirit of Life supersedes any law of man.

The call of the Church is to heal the sick, not to treat the sick. So let there be a call to institute healing ministries. Let’s heal the sick using the model of divine authority rather than by the laws of man. Healing comes by calling on the name of the Lord, confession, repentance, faith, prayer, laying on of hands, and anointing the sick with healing oil.

These are God’s healing instruments. They make no earthly sense to a world caught up in scientific and regulatory law. Leave such things to the world. The Body of Christ, the Church, has a divine mission to do, no less.

This should not be construed to ignore those resources within the medical community who uphold God in healing. The problem lies in finding doctors who are willing to acknowledge God as our healer, and who do nothing that could harm their patients. Christian physicians must be encouraged to search their souls in how they interact with their patients. They are under great pressure to lock God out of their profession. If doctors follow the protocol of secular medicine, Christians would do well to avoid them. Such medicine is poison built on lies.



## Prayer



**Many people who suffer** from chronic illnesses do so simply because they have not asked God for healing. That fact may seem strange at first until we look at the reason why God hasn't intervened. Simply, God respects our freedom of choice too much to do otherwise. He treats each of us alike.

In addition, our God is a jealous God. He desires and deserves glory in healing. Jesus once encountered a man blind since birth. His disciples had the misconception that either this man or his parents had sinned, accounting for his being blind. Jesus corrected them and then added:

*"this happened so that the work of God  
might be displayed in his life."*

– John 9:3 (NIV)

God did not blind this man, nor does He inflict harm on any man. God does not use retribution as a means to turn man to Him. He is our Healer, not our destroyer. This man was born blind because the world is corrupt with evil. Bad things happen to good people in such a world. God wants healing to be displayed in our lives so that He receives glory. Think about that a moment. What greater glory is there than making a man whole again?

After Paul met Jesus on the road to Damascus, Paul understood the matter of giving glory. Of Christ he would write:

*"For from him and through him and to him are all things. To him be the glory forever! Amen."*

– Romans 11:36 (NIV)

To extend healing without giving glory to God serves Satan, not God. If we want healing, we must ask God and be prepared to give Him full recognition for our healing, and do it!

God needs our prayers to move and change the world. It is not that God cannot change the world without our prayers. Rather, He is waiting for our prayers to intervene. Time and time again, God says, "Ask of Me" (I Kings 3:5; Matthew 7:7-11; John 14:13-14; John 15:7). Many who are sick with chronic illness are not asking.

Prayer is another element that makes no earthly sense. It cannot be weighed or measured with scales, examined by instruments, or touched with human hands. But its effect is nothing less than divine healing. One of the greatest works ever authored on the subject of prayer is an out of print book authored by **E.M. Bounds**, entitled, *Purpose in Prayer*. Concerning the healing effect of prayer, Bounds writes, "Prayer, in one phase of its operation, is a disinfectant and a preventative. It purifies the air; it destroys the contagion of evil."[\[17\]](#)

Prayer focuses our attention on healing and God. It serves as a mechanism to clear our hearts and minds of evil's presence. Perhaps this is why the Apostle Paul would write saying, "pray without ceasing" (I Thessalonians 5:17 KJV). When we spend our lives focused on God in prayer, evil loses its grip of control in our lives. Our entire being, body, spirit, and soul, begins to respond to a different spirit. Knowing this, Satan throws life in our way to keep us off our knees in prayer. The less time we spend with God, the more time Satan has for fear, worry, and doubts to move in. These become the breeding ground of chronic illness.

Jesus not only taught his disciples to pray, but He also illustrated the nature and necessity of prayer through His entire life, works, and teachings. There is no record of the disciples praying in the training mission on which Jesus sent them in Mark 6:11ff. However, does anyone think for a moment they did not pray with those they healed? They, more than anyone alive, understood the importance of prayer in healing. They were taught by the Master. By praying with those they healed, the disciples of Christ taught the association between

the necessity of prayer and healing. I cannot help but think they must have spent a great amount of time teaching this principle to those they healed.

Continual, fervent prayer is Satan's greatest enemy in our lives. Praying without ceasing does not mean we are to literally pray 24 hours a day. It means prayer should reflect our daily priority. How much time do you spend with God in prayer? Continual prayer means talking to God on the job, in the car, at home, and during all of life's activity. By doing so, we become led by God's Healing Spirit. There is no room and no time for Satan to whisper his lies. But, most importantly, prayer cleanses the thoughts of our heart for healing to come.

We must temper our biblical understanding of healing and health with living in a world filled with evil. Prayer may not prevent evil from entering our lives because we live in a corrupted world. We do not live in the Garden of Eden or have access to the tree of Life. We remain subject to violent acts of nature and of man. Lightning strikes, and a life is taken. Two cars collide. One person lives, one dies, but the one that lives is paralyzed. We need to understand that we are constantly exposed to such danger throughout our lives, and this is not God's doing. Again, bad things happen to good people. This is the cost of having sin in the world.



## Faith is The Key

*"The tongue has the power of life and death,  
and those who love it will eat its fruit."  
- Proverbs 18:21 (NIV)*



**Proverbs 18:21 is often quoted** to remind people that what they believe and voice will come true. Usually this verse is quoted to people who are negative or have a negative outlook. But this verse is like a two-sided coin. There is both a positive and negative virtue expressed. The same tongue that kills can heal.

There was once a woman who was plagued with continual menstruation. She had endured twelve years of non-stop bleeding. Though she had seen many physicians, her condition only continued to worsen. Imagine how desperate this woman must have been, how weak she was from pain and constant discharge. One day she found herself pressed into a large crowd moving through her street following Jesus. The crowd was alive with clamor and pushing to get a closer glimpse of the famous healer.

"What is happening here?" shouts the woman to a neighbor.

"It's Jesus. He's on his way to heal Jairus' daughter." She hears back.

"The Healer. Oh, if only I could get close enough to him." she thinks to herself,



stumbling along. The crowd is growing larger by the minute. She shouts to make way and pushes into the throng ahead of her. "Let me through; let me through, please. I must get to him." She is holding one hand against her groin, her muscles throbbing in pain under the strain.



Suddenly she can see Him. She is close now, only a few more feet. Then with all the strength one who has suffered twelve agonizing years of pain could muster, she reaches her hand out between two people in front of her, just far enough barely to brush Jesus' garment.

In the moment her hand made contact, something happened no eye could see. She could feel her strength returning and knew her bleeding had stopped. She had been healed.

Jesus turned to ask, "Who touched my clothes?" The disciples thought it strange because so many people were pressing close. Yet the woman knew it was her He was asking for, and so she came forward falling at His feet in reverent fear. In the presence of the crowd gathered around, trembling with emotion, she told why she had touched Him and how she had instantly been healed.

Here is a woman who had so much faith that Jesus could heal her, she believed she had but to touch His clothing to be healed. After listening to her story and looking straight into her eyes, Jesus proclaimed, "Daughter, your faith has healed you. Go in peace and be freed from your suffering" (Mark 5:21-34).

Here is the essence of faith. Faith is doing. The power of divine healing was released on the woman because she acted on what she believed. Jesus said it was her faith that healed her. She lived and acted on it.

Jesus understood this truth thoroughly. A group of ten men struck with leprosy once called out to Jesus to have pity. Upon seeing their plight, Jesus told them, "Go, show yourselves to the priest." (Luke 17:14). Under Jewish law no one was considered clean of leprosy until proclaimed to be so by a priest who would conduct an examination. Of course, no one would dare go to the priest until after they were cleansed (healed).

The ten lepers were not clean at the time Jesus told them to go see the priest. They were simply told to go see the priest. They understood the purpose of Jesus' request, but they weren't clean when they turned to go. Luke 17:14 says they were cleansed as they went.

Again, we find that faith is doing. They understood and expected healing to occur because Jesus told them it would happen. How? Through their faith in action. Again, they lived their faith. Imagine your body plagued with leprosy, sores that eat your flesh away. Would you start out for the priest, as these ten men did, knowing you are not cleansed. These ten men did. Theirs is faith in action.

Faith is also focused. Both the woman and lepers were focused on one thing, healing through Jesus. They had long ago given up on the world for help. If there were healing in the world to be found, it would be found in Jesus. Living your faith means to be focused on Jesus for healing and health. This means we must remove all obstacles that are blocks to divine healing.

Jesus would say that no man can serve two masters (Luke 16:13). Applied to healing, Jesus means we must look introspectively at our lives and be willing to throw out the garbage left there by Satan. This is not always an easy or self-evident task. People with addictions must admit to them and seek God's guidance. Unclean, destructive beliefs that control our actions and cause illness must cease. If our lives are characterized by fear, worry, anger, and the like, we must identify why these things have such a strong hold and be willing to release them. It is not easy, but this is what focused faith is all about. It involves cleansing, dumping the garbage out of our lives that controls body, spirit, and soul.

Faith is also claiming Jesus as our healer. Neither the woman nor the ten lepers that Jesus healed claimed their plague. They were not willing to accept or live their lives subjugated by Satan. They claimed healing in Jesus even before they received it! There is no such thing as an "incurable disease" to those who do so.

Faith does not doubt. The faith of the woman straining to reach Jesus and the ten lepers are examples of undoubting faith. Once Jesus cursed a fig tree. The following morning, as Jesus and His disciples passed by the tree, Peter was amazed the fig tree had withered and died overnight. To this Jesus replied:

*"Have faith in God," Jesus answered. "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."*

– Mark 11:22-24 (NIV)

Can you imagine Jesus pointing to a nearby mountain to illustrate the power of absolute faith? I can just see the looks on the disciples' faces as they conjured up imagining such a scene. What questions did they have? How could this be possible? It made no earthly sense. And yet, Jesus uses an unmovable mountain to declare the power of undoubting faith.

Undoubting faith is rooted in trust. Trust, or the lack of trust, controls our actions. What do you do when you fall ill? Do you ignore your illness in the hopes that it will go away? Do you run to a doctor for relief, or do you turn to God for assistance? Many times people turn to God only after medical science runs out of answers in a sort of last-ditch effort. This is not trust but panic.

Are we so ignorant of illness not to know its spiritual roots? Satan uses every opportunity to undermine our trust and faith in God. Sickness and disease are his favored tools. If he can make you angry at God for allowing you to become sick and if he can depress your spirit with despair, he knows your faith and trust in God could waver. This is the reason why our first port of call must be God. We must seek His counsel first and ask for divine healing before doing anything else. Turning to God first allows us to center our thoughts and feelings on healing, not fear and confusion. Fear and confusion are the breeding ground for Satan to do his bidding.

Trust is the bedrock of all relationships, isn't it? Trusting God means following His Word and His guidance to determine the choices we make, not of our own.

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones."*

— Proverbs 3:5-8 (NIV)

Many of us are faced with health issues that seem unmovable as mountains. They overwhelm our lives. But Jesus says there is nothing under the sun that undoubting faith cannot change. When we pray for healing, Jesus tells us to own that healing as though we have already received it (Mark 11:24). How can you express ownership? Simply by thanking Jesus. Thank Him as though you have already received healing, and live your life accordingly. Let me encourage you to live your faith. Focus on Jesus and Him crucified for our sins and infirmities. Own and claim your faith. Live it. Inhale it. Make your faith your life.

Millions of Christians suffer needlessly. They continue to be held in bondage (chronic disease). They do not know that Jesus, the son of man and Son of God, has vanquished (defeated) Satan's power over their bodies, spirits, and souls. This is the reason why secular, modern medicine is so heinous, so destructive. The entire culture that surrounds it is built on a lie.

Jesus came to set us free from all forms of bondage. We are free in Christ to live our lives unshackled by sin and suffering. For He has set us free, through faith in the Gospel, from both our prison and prisoner (1 John 4:4-6).



## Confession of Sin



Confession of sin opens the floodgate to healing. Without confession, we are like a dam with no relief valve. We have need for release of negative, evil energy in our lives in order for positive, divine healing energy to enter in. James wrote:

"And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

— James 5:15-16 (NIV)

It is important we understand that James is addressing brethren in Christ here, not unbelievers. Sin is no stranger to Christians. We are made holy (a legal act) by the blood of Jesus Christ (Hebrews 10:10), but we are never immune from sin entering our lives (1 John 1:8-9). However, our changed spiritual nature in

Christ allows us to grow in holiness (1 Thessalonians 4:4). Our judgment will be based on our walk in Christ, not our perfection. This is the reason why James tells us to confess our sins to one another. Christ died not only for our past sins but also for all our sins, past, present, and future. Those Christians who say they cannot sin are deceived. For if Christians do not have sin in their lives, they make Jesus Christ out to be a liar (1 John 1:10).

Those who have difficulty in confessing sin have the sin of pride and self with which to deal. They have yet to give Jesus Christ the throne in their lives. It is not necessary that the whole world know our sin unless we have sinned against the whole world. Limit confession of sin to those you have hurt, if any, and to those you can trust with your confession.

People trained in healing ministries must be strong spiritually to accept all manner of confession. If not, confessions have been known to cause others less strong to falter. Therefore, choose carefully those whom would serve in this capacity.

### **The Effect of Confession**

Confession purges the soul of evil, much like a stomach regurgitates bad food. It is a cleansing action needed for the body, spirit, and soul to be healthy. Once confessed, a flood of relief and peace is often experienced, a healing in itself. We are now free from enslavement to accept divine healing in Christ.

A well known psychologist, **Paul Turner**, wrote; "What astonishes me...is the prodigious effect a real confession can have. Very often it is not only the decisive religious experience of freedom of guilt, but...the sudden cure of the physical or psychological illness. Sometimes in less than one hour there occurs in a patient I am seeing for the first time and to whom I have spoken but a few words, a release from psychological tension which I should have been proud to obtain after months of therapy."[\[18\]](#) Compare Dr. Turner's observation with James:

*"...Therefore confess your sins to each other and pray for each other so that you may be healed."*

— James 5:16 (NIV)

Confession moves us off our throne, giving Jesus that seat in our lives. Those of us who have experienced confession and healing realize we had been conned by unclean spirits. We were being held prisoner by a false reality created in our hearts by Satan. There was no glory being on our throne, only pain and suffering.



## Blessing and Laying on of Hands

*"And he took the children in his arms,  
put his hands on them and blessed them."  
- Mark 10:16 (NIV)*



Before discussing the biblical teaching of blessing and laying on of hands, let's understand the spiritual dynamic at work behind them. In Chapter Two, we learned that we are created in the image and likeness of God, that we are given Godly attributes of dignity, honor, glory, sovereignty, and love. We learned, too, that our bodies, spirits and souls are much like God, Himself, in the person of Jesus Christ. Earlier in this Chapter we also learned, as born again people, our bodies are now members of Christ's Body (I Corinthians 6:15). Traditionally, passages like I Corinthians 5:16 and 6:15 are used to illustrate our membership in the Church, which is the Body of Christ. But there is more to it than that, and understanding what that "more" is plays a vital role in healing.

The fact that we must learn something so basic as this spiritual dynamic is an indication of how far removed we are from the spiritual realm of God. Yet it must be done. The Hebrews author said of this, "that though we should be teachers by this time we are still in need of someone to teach us elementary truths of God's Word all over again" (Hebrews 5:12). He then lists those elementary truths which includes the laying on of hands.

*"Therefore let us leave the elementary teachings  
about Christ and go on to maturity, not laying  
again the foundation of repentance from acts*

*that lead to death, and of faith in God, instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment and God permitting, we will do so."*

– Hebrews 6:1-3

What is it about the laying on of hands that makes the practice elementary to our faith. Certainly we can read numerous passages to know laying on of hands was used in healing and to transmit blessings, but why?[\[19\]](#)

Science knows the human body emits energy. In fact, using Kirlian photography it is possible to see a colorful energy field that surrounds the body. This invisible energy can be transferred to another person through touch. While modern science has yet to understand how this energy relates to healing, Jesus used touch in healing and taught His disciples to use it as well. Energized with the Spirit of God in the hands of a believer, human touch becomes a powerful healing modality unknown to science.

While it is not possible to fully understand the mechanics of healing touch, consider who we are as Christians. Could healing touch be the power of God within our (Christ's) bodies flowing out from our hands into the body of the one being healed? I know our entire relationship with God is based on trusting faith. Would it not then make sense that through faith the body of Jesus Christ is able to directly touch and heal the inflicted through our hands? If you think I am off on this, consider the following.

In his letter to the church at Corinth, Paul argues against fornication on the grounds that our body belongs to Jesus Christ. He states:

"The body is not meant for sexual immorality, but for the Lord, and the Lord for the body... Do you not know that your bodies are members of Christ himself?...He who unites himself with the Lord is one with him in spirit...Do you not know your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

– I Corinthians 6: 13-19

While Paul is speaking against fornication in this passage, the truth of his words apply to all situations in life. He concludes by saying we are not our own and, therefore, should honor God with our body (verse 20). Applied to healing, Paul's words make perfect sense.



But there is also physical evidence of the healing power that we possess which has been scientifically verified. Science is just now getting around to examine the effect of prayer on healing. In an amazing demonstration on the effect of prayer on water, it was demonstrated that water molecules are physically changed when prayed over.

**Masaru Emoto**, a Japanese researcher, studied and photographed the molecule structure of water samples taken from the Fujiwara Dam in Japan. He did so by freezing droplets of water and examining them under a dark field microscope with photographic capabilities.



Photos show the water samples taken before prayer to be dark, ugly, and without form. The water in the lake was then prayed over for one hour. After prayer, another water sample was taken, frozen and photographed. The results are staggering. In the first photo (taken before prayer), the frozen water droplet is

mottled, without form or organization. The second photo, taken after prayer, shows dramatic changes. The water had turned into beautifully-formed crystals, a beautiful hexagon within a hexagon, clear, bright, and fully developed. Mr. Emoto published his work and photographs in a book entitled, *The Message From Water*.[\[20\]](#) If you have any doubt that the words you speak and your thoughts affect everything in and around you, the information and photographs that are presented in Mr. Emoto's book will alter your beliefs profoundly.

Now, if the power of our words, thought and prayer can change the basic structure of water molecules, what can the Spirit of God do to heal through human touch?

After a time, in the healing school of Christ, Jesus sent His twelve students on their first healing mission. They "...anointed many sick people with oil and healed them" (Mark 6:13). To anoint the sick with oil meant they were in physical contact with them. As they anointed they kept their hands on the body of the sick person and prayed. When they did so, the power of God was unleashed through their touch, through the healing oil and prayer, into the body, spirit, and soul of the one being healed.

Now we have a complete picture of the tools used by Christ and his disciples in their healing ministry. Notice the protocol placed on both the healer and the one being healed. The one who is sick must repent, confess their sin, and seek healing in faith. The healer's tools are essential oils, laying on of hands, and fervent prayer. Combined, the affect is total healing—a complete cleansing (purging) of the body, spirit, and soul of unclean spirits.

Sometimes the physical healing ministered by the disciples was instantaneous. Other times healing occurred over a span of time. But the end result was always the same— healing of body, spirit, and soul. These six modalities used in the name of the Lord are all powerful. With God, there is no such thing as an “incurable disease” for He is Lord over all things.

The teaching of Jesus to His disciples became a pattern the early Church followed in fulfilling the Great Commission ( Matthew 28:18-20). Led by the twelve, early Christians learned what Christ taught His disciples. Witnessing the power of divine healing firsthand, the early Church incorporated divine healing into their ministry and grew rapidly to large numbers.

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This concludes our study on Essential Oils and Healing From a Christian Perspective. For an in-depth study on spiritual and divine healing, the reader is referred to [\*\*The Miracle of Healing in Your Church Today\*\*](#), by Pastor Jim Lynn.

In Pastor Lynn's book you will learn:

- Why so many people suffer from chronic illness.
- Why so few people who pray for healing are healed.
- How pharmaceutical drugs affect us spiritually.
- Why without the Body of Jesus Christ there can be no healing in the world.
- The cause of all misery and illness has spiritual roots.
- Why secular medicine is evil by its nature.
- And much more.

**Study End Notes Follow Below**  
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book@hado.net, [www.adhikara.com/water.html](http://www.adhikara.com/water.html)

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