

Thy Word is a Lamp

Come ye, and let us go up to the mountain of the Lord, to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for out of Zion shall go forth the law, and the word of the Lord from Jerusalem. *Isaiah 2:3.* {UL 215.1}

The Old Testament Scriptures were the lesson book of Israel. When the lawyer came to Christ with the question "Master, what shall I do to inherit eternal life?" ... the Saviour said, "What is written in the law? **how readest thou?** And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." Christ said, "Thou hast answered right: this do, and thou shalt live" (Luke 10:25-28) {UL 215.2}

If there were not another text in the Bible, this statement carries sufficient light and knowledge and assurance for every soul. The lawyer had answered his own question, but willing to justify himself, he said to Jesus, "Who is my neighbor?" (verse 29). Then by the parable of the Good Samaritan, Christ showed who is our neighbor, and gives us an example of the love we should manifest toward those suffering and in need. **The priest and Levite, whose duty it was to minister to the needs of the stranger, passed by on the other side.** {UL 215.3}

At the conclusion of the narrative Christ asked the lawyer, "Which now of these three, thinkest thou, was neighbor unto him that fell among the thieves? And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise" (verses 36, 37). {UL 215.4}

There are practical lessons in the Word of God... That Word teaches living, holy principles, **which prompt men to do unto others as they would have others do unto them, principles which they are to bring into the daily life here and carry with them into the school above....** The altar and the plough are the experiences for all who seek eternal life. We know altogether too little of the greatness of the love and compassion of God. Let students put to the stretch the faculties of their mind, that they may comprehend such chapters as the forty-fifth of Isaiah, which should be placed in form, and brought into our schools as valuable studies. They will be better than romance or fable. Why have our schools been so dependent upon books which tell so little of the city we claim to be seeking, whose Builder and Maker is God? ... Heaven is our home. Our citizenship is above, and our lives must not be devoted to a world which is soon to be destroyed. **We need the Word of God revealed in living characters.** What pure, excellent language is found in the Word of God! What elevating, ennobling principles! —*Manuscript 96, July 20, 1899.* "The Bible as Our Study Book." {UL 215.5}

THY WORD

Thy Word is a lamp unto my feet and a light unto my path

Thy Word is a lamp unto my feet and a light unto my path

When I feel afraid

Think I've lost my way

Still you're there right beside me

And nothing will I fear

As long as you are near

Please be near me to the end

Thy Word is a lamp unto my feet and a light unto my path

Thy Word is a lamp unto my feet and a light unto my path

I will not forget

Your love for me and yet

My heart forever is wandering

Jesus be my guide

And hold me to your side

I will love you to the end

Nothing will I fear as long as you are near

Please be near me to the end

Thy Word is a lamp unto my feet and a light unto my path

Thy Word is a lamp unto my feet and a light unto my path

And a light unto my path

You're the light unto my path

How to Use Essential Oils for Aromatherapy

Aromatherapy is the use of essential oils (plant oils extracted from leaves, flowers, and other parts). Each oil has a characteristic scent, and in aromatherapy, the oil is inhaled or used topically on skin for sleep, headaches, and other conditions.

Although essential oils are widely available, it is important to understand how to use these potent oils. Here are some tips to guide you.

Inhalation

Whether you are using a diffuser, steam inhalation, spray, or you are simply inhaling a drop or two of an essential oil on a cotton ball, be sure to test a very small amount first because allergic reactions can occur.¹

A common mistake when using essential oils is to use too much. Usually, one to three drops are all that is needed.

Topical Use

When using essential oils on skin, in a bath or shower, or in an aromatherapy massage, always dilute the oil and be careful not to use too much. Essential oils are absorbed through the skin and using an excessive amount or applying undiluted essential oils to the skin can result in an overdose.²

Although recommended amounts may vary, concentrations as low as 3% to 5% have been shown to cause irritation.³ A 1% solution is generally considered safe, or less if you have sensitive skin or plan to use it on your face or another delicate area.⁴

Skin irritation, contact allergy, and burns can occur when using essential oils topically. Be sure to patch test an essential oil before using it all over your body.

To do a patch test, mix a small amount of essential oil with a carrier oil, at twice the concentration you plan to use. Apply two drops of the solution to the inside of your forearm, then cover with a band aid and check after 48 hours for irritation or an allergic reaction.⁵

Test aromatherapy skin and hair products, such as lotions, creams, or shampoos, by applying a small dab to your arm.

Precautions and Tips

Be sure to store essential oils out of the reach of children.

Avoid getting essential oils in your eyes, nose, or ears. Wash your hands thoroughly after using essential oils. If you are blending or working with pure essential oils, you may want to get disposable latex gloves (or latex-free alternatives) from the drug store.

If you're working with essential oils (e.g. making your own lotions, candles, or bath salts) make sure you're working in a well-ventilated area or take breaks to go outside.

Do not take essential oils internally. Even small amounts can be toxic and potentially fatal if ingested.⁶

Side Effects and Interactions

Before going out in the sun or to a tanning booth, avoid essential oils that increase your sensitivity to the sun, such as [bergamot](#), [grapefruit](#), and other [citrus oils](#).

Overuse of essential oils can trigger a headache or dizziness. Do not exceed recommended amounts.⁷

If you have a medical condition, consult a qualified practitioner before using essential oils. Certain essential oils should not be used by people with health conditions. Also keep in mind that the safe limit for children, people who are pregnant or breastfeeding, and those with medical conditions or who are taking medications has not been established.

People with liver or kidney disease should only use essential oils under the guidance of a qualified practitioner. Once absorbed into the bloodstream, essential oils are eventually cleared from your body by the liver and kidneys. Using essential oils excessively may injure these organs.⁵

If you are considering the use of essential oils for a health condition, make sure to consult your physician first. Self-treating a condition and avoiding or delaying standard care may have serious consequences.

Consult a qualified practitioner if you take any medication, because essential oils may interact with certain medications. For example, essential oils such as chamomile, lavender, and lemon balm may heighten the effect of sleeping pills or sedatives.⁸

CLOSING THOUGHTS

There are practical lessons in the Word of God.... That Word teaches living, holy principles, which prompt men to do unto others as they would have others do unto them, principles which they are to bring into the daily life here and carry with them into the school above.... The altar and the plough are the experiences for all who seek eternal life. We know altogether too little of the greatness of the love and compassion of God. Let students put to the stretch the faculties of their mind, that they may comprehend such chapters as the forty-fifth of Isaiah, which should be placed in form, and brought into our schools as valuable studies. They will be better than romance or fable. Why have our schools been so dependent upon books which tell so little of the city we claim to be seeking, whose Builder and Maker is God? ... Heaven is our home. Our citizenship is above, and our lives must not be devoted to a world which is soon to be destroyed. We need the Word of God revealed in living characters. What pure, excellent language is found in the Word of God! What elevating, ennobling principles.

CLOSING PRAYER

The Old Testament Scriptures were the lesson book of Israel. When the lawyer came to Christ with the question "Master, what shall I do to inherit eternal life?" ... the Saviour said, "What is written in the law? how readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." Christ said, "Thou hast answered right: this do, and thou shalt live". Father let this be our prayer. In Jesus name. Amen