

How Wise Women Should Think About Essential Oils

By Janie Street

Because I was not able to answer the question related to essential oils, I thought I would put down a few bullet points of how I had planned to respond to that question. You may or may not need this, but if you choose to use what I have written, feel free to do so.

Here was the question: "Janie, as you may be aware, for many moms, essential oils have become a big thing, and for others health and diet are very consuming. Are there any cautions you would want to suggest in how moms think about health and when it crosses over into the biblical realm?"

- Do not be naive. Read widely before committing to a new and possibly good idea. Ask your elders if they have any input regarding the wisdom of what you are considering.
- Be careful not to believe everything you read on the internet, even posts from friends you trust. There are so many conflicting and unsubstantiated claims floating in cyber space that a wise woman will be wary and cautious.
- Always be cautious of multi-level-marketing groups. This doesn't mean their products are not of some value, but be wary of any "get rich quick without working much" schemes!
- Don't use the church family to promote products you believe in, especially when you gather to worship. Biblical fellowship is not mere conversation on your topic of interest; it is encouraging one another in the truths of Scripture as to how we can all live in obedience to the Word of God in our various walks of life.
- ALWAYS ASK: "What or whom am I trusting in?" The claims of some products, whether essential oils, or organic foods, or food supplements, lead you to believe the product itself has the power to change your life. As a Christian woman, your trust first of all is placed in God and His will as it unfolds from day to day. You must make careful and thoughtful choices about your health and that of your family, but do not put your trust in a product. If you use a particular product, do so with this mindset: "This seems to be a safe and good decision for my family; however, I will trust in God for the outcome. I will not expect this product to do what only God can do, that is to save me and my family from unforeseen disasters and sudden destruction." Proverbs 16:9: "The mind of man plans his way, but the Lord directs his steps."

May the Lord continue to strengthen His church in Shingle Springs!

Janie