

featured articles

Scent sense: Care for the nose

By April Barr

Think of your favorite smell – maybe fresh coffee or tea brewing, an aromatic candle burning, your favorite perfume, or a delicious dessert baking! When I smell my favorite aromas, especially discovering new perfumes and candles, a feeling of warmth and peace bring a smile to my face.

Recently, I began a search for a new perfume. In a department store, I found many fragrances to smell and sample. I sprayed several on my skin to see if they reacted with my body to make a pleasant or adverse smell. After my time of sampling, I chose a fragrance with a mixture of floral scents.

Bringing Christmas cheer, a friend gave me a candle with a new scent I had never burned before – frankincense and myrrh. Wow – what a fabulous fragrance!

Now think of an awful stench – maybe dirty laundry or sweaty clothing after a workout, forgotten trash, or rotten food. These odors are repulsive, bringing an unpleasant grimace to my face.

When I was recently married, I was inspired to learn how to expand my cooking skills. I reviewed several new recipes and eagerly purchased the ingredients. Onions were a main ingredient within the various recipes. Then, due to a change in schedule, I was not home in the evenings to experiment with these new recipes.

Several weeks later, I walked into my kitchen and I smelt an odd scent. I began searching for the source of this abnormal odor. As I opened up a cabinet, I smelt the most horrible stench – rotting onions. Between my frequent gagging and watering eyes, I washed and scrubbed the cabinet to eliminate the unpleasant smell!

April's beauty tips for your nose

Since your nose is in the center of your face, it is a significant feature to consider in your daily grooming. One of the best ways to protect your nose is applying moisturizer and sun block to avoid dryness and burning throughout the year.

Also, the nose is part of the T- zone of your face: forehead, nose, and chin. If you have oily skin as I do, it is important to remember to powder your T-zone when shiny or use thin papers created to blot the oil from your skin, helping to avoid breakouts.

It is safe to say that we all would prefer to smell fragrant aromas and avoid coming in contact with awful stench!

Sweet aroma or awful stench

Your life can be a sweet fragrance or awful stench to God. Throughout the Bible, when individuals honored God with their lives, he declared that their actions were a pleasing aroma (Genesis 8:21; Exodus 29:18). On the other hand, if individuals chose to rebel against God's ways, he declared their disobedience left a stench in his nostrils, an acrid smell that never goes away (Isaiah 65:5).

Ecclesiastes 10:1 states, "As dead flies give perfume a bad smell, so a little folly outweighs wisdom and honor." If our choices are reckless, then our lives will emit an awful stench; however, if we decide to pursue God's insight for life, gaining understanding and knowledge, our lives will emit a fragrant aroma.

God is a good God who offers many benefits and promises to those who love him, meditate on his Word – the Bible – and honor him in their choices by walking in obedience. We have a choice between a life of blessing (success) or curses (failure) – a choice between life or death (Deuteronomy 30:19). Many of God's promises are conditional. If we obey, we will receive blessing; if not, then our choices can leave us with difficult circumstances since we are choosing to operate outside the protective hand of God.

A lifestyle of obedience equals a sweet fragrance, pleasing to God and positively impacting others. Paul writes in 2 Corinthians 2:15-16 (MSG), "Everywhere we go, people breathe in the exquisite fragrance. Because of Christ, we give off a sweet scent rising to God, which is recognized by those on the way of salvation – an aroma redolent with life."

Darrell Evans' song "Your Love is Extravagant" describes God's extravagant love as an intoxicating fragrance. When we spend time with God, learning and walking in his wisdom, we will emit the fragrant aroma of God's extravagant love to others.

As an authentic Christian with a desire to learn and grow in a relationship with Jesus, your obedience and actions produce a life-giving perfume! On the other hand, a lifestyle of partial obedience or direct disobedience equals an appalling stench in God's nose, as well as negatively affects others.

Author Dallas Willard declares, "Obedience to God is the highest form of praise." James 1:22 exhorts, "Do not merely listen to the word, and so deceive yourselves. Do what it says." God's instructions are designed so you can win in life! When you decide to operate in accordance with God's ways, you guard your life. (Proverbs 19:16) God desires you to have his definition of success, loving him

and others, both now and in eternity.

What scent do you want to emit? A fragrant aroma of obedience to God or an awful stench of disobedience, which over time will lead to spiritual, emotional, mental, relational, or physical death? Hopefully our desire will be to consistently choose life and experience the intoxicating fragrance of God's extravagant love!

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About April Barr



Modeling and acting internationally and throughout the United States, April Barr has appeared in magazines like *Glamour*, *Vogue*, *Seventeen*, and *Modern Bride*. Recently, April has graced the three covers of *Becoming*, magazine formats of the Bible.

Throughout her experiences in the fashion industry, April has realized that true beauty is found only in a growing, vibrant, personal relationship with Jesus. April is the founder of Queen Esther's Court, her platform for encouraging and equipping women of all ages. As April inspires and challenges audiences throughout the country, she provides practical tips and insights from God's Word for developing internal character that creates true, lasting outer beauty. If you are interested in April speaking at your next event, please visit www.aprilbarr.com or call (888) 471-9927.