

Olive Oil - Extra Virgin Olive Oil

Olive Oil - Extra Virgin Olive Oil

March 22, 2003 –



Sometimes it's hard to figure out what to speak on and what God is leading you to share with an audience. I thought about Tithing, the Sabbath, Light and Darkness, all of which I am working on to share with you, if you invite me back. But, today I'm going to share with you a little about "Olive Oil", not just any kind of olive oil, but "Extra Virgin Olive Oil", the cold pressed, unrefined, no additives, just natural, straight from God as He created it. (Example gallon jar of extra virgin olive oil) I have some thoughts concerning olive oil as it applies today, as well as in biblical times.

I became interested in olive oil several months ago when I read an article on biblical olive oil, even though I had used extra virgin olive oil in my diet for several years. Olive oil is used in many different ways in the Bible, which I will mention, but I will mainly discuss olive oil as a food source and an "anointing oil".

Olive oil was used as food in the past as well as today and was considered royalty by many in the Old Testament and as well as a necessity.

EZEKIEL 16:13 *"Thus you were adorned with gold and silver, and your dress was of fine linen, silk and embroidered cloth. You ate fine flour, honey and oil; so you were exceedingly beautiful and advanced to royalty.*

Oil was even used for anointing individuals, priests and kings.

1 SAMUEL 10:1 *Then Samuel took the flask of oil, poured it on his head, kissed him and said, "Has not the LORD anointed you a ruler over His inheritance?"*

Yes, there were many uses of olive oil in biblical times as well as today.

We use olive oil in our kitchen, but there is a difference in olive oil, the best is the extra virgin olive oil and the bible even makes a distinction of different types or processes in producing of olive oil. Extra virgin olive oil is the first pressing of the olive, a process they call “cold pressed”, it is not heated or any additives added, its oil straight from the fruit. The extra virgin olive oil from the first pressing is good for you and is monounsaturated oil which helps keep the good HDL cholesterol levels up, and the bad LDL cholesterol levels down. It is loaded with vitamin E and helps prevent hardening of the arteries and as mentioned above has no bad cholesterol. Any olive oil that is altered or falls short of this first pressing process is not labeled extra virgin olive oil, and may be chemically blended and not contain all natural ingredients as the extra virgin olive oil.

Today, I would like to encourage you to start using extra virgin olive oil in your diet; you can use it for cooking, on salads, to oil your bread in the place of butter, etc. You can use it instead of margarine, crisco, lard and other cooking oils that are high in saturated fats and high in cholesterol. It is great sprayed on popcorn, pasta, potatoes and rice. I can't say it any better than the Bible says about the body in 1CORINTHIANS 6:19-20 *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? 20 For you have been bought with a price: therefore glorify God in your body. Then in 10:31 Whether, then, you eat or drink or whatever you do, do all to the glory of God.*

Oil is mentioned in the Bible about 200 times. I believe that every word in the Bible is there for a purpose, no matter how small or insignificant it may seem. Olive oil or oil and olive tree is used many times and in many different ways and for various reasons. Let me share some bible verses and uses.

In Exodus oil is Sacred. EXODUS 31:11

In Ezekiel it's used for food. EZEKIEL 16:13

In Psalms it's for anointing the head. PSALM 23:5
In I Samuel it for anointing Kings. I SAMUEL 10:1
In Joel it's given by God. JOEL 2:19,24
In Hosea it comes from the Earth. HOSEA 2:22
In Psalms it is described as Soft. PSALM 55:21
In Proverbs it's Smooth. PROVERBS 5:3
Oil is in the dwelling of the wise according to proverbs. PROVERBS 21:20
Olive oil is used on bread in Exodus. EXODUS 29:23
In Psalms it's Penetrating. PSALM 109:18
In Luke it's use for medical in healing wounds. LUKE 10:34
It was used as a tithe in I Chronicles in the O. T. I CHRONICLES 31:5
It was given to God as the first fruits in Nehemiah. NEHEMIAH 10:37
It was used for anointing the sick in James. JAMES 5:14
In Numbers it was used for God's Worship. NUMBERS 15:4-10
In Exodus it was used for fuel in lamps. EXODUS 25:6
It was used as commence trading in I Kings. II KINGS 4:2-7
It was used as cosmetics in Ruth. RUTH 3:3
**In Luke it was used for funerals for the washing and anointing the body.
LUKE 24:1**
**In Leviticus it was used for oil in the continuous burning of the lamp in the
tabernacle. LEVITICUS 24:2-4**
In Psalms oil makes the face to shine. PSALM 104:15
Oil was mixed with flour in the daily offering in Exodus. EXODUS 29:40
**Olive trees are symbolic of the two witnesses in Revelation.
REVELATION 11:3-4**
**In Zechariah olive trees are especially blessed by God.
ZECHARIAH 4:12-14**
In Deuteronomy the Promised Land was a land of honey and olive oil.

DEUTERONOMY 8:7-8

In Psalms it's the oil of joy. PSALMS 45:7

In the O. T. fruit trees were not to be destroyed in times of war.

DEUTERONOMY 20:19-20

Leviticus tells us oil was used to anoint and consecrate the tabernacle.

LEVITICUS 8:10-12

Oil was used in maintenance of shields by oiling the leather in Isaiah.

ISAIAH 21:5

In Psalms Godly children are like olive trees. PSALM 128:3

In I Kings olive wood was used for doors in Solomon's temple.

I KINGS 6:31-32

Pure beaten olive oil was used for eternal light in the tabernacle in

Deuteronomy. DEUTERONOMY 27:20-21



In Genesis it was the olive leaf that the dove returned to Noah.

GENESIS 8:11

The olive leaf is an emblem and symbol of Peace. GENESIS 8:11

Nehemiah tells us that olive branches were used to make booths for the

Feast of Tabernacles. NEHEMIAH 8:14-15

The whole olive tree represents the people of God. Romans 11:17

Did you know that the word Messiah or Christ means the Anointed One?

What do we know about olive trees?

They develop



deep roots.

They last a long



time.

They produce



fruit for years.

The olive leaf was first mentioned in the Bible in Genesis. You know the story in Genesis 8:11: *The dove came to him toward evening, and behold, in her beak was a freshly picked olive leaf. So Noah knew that the water was abated from the earth.* Start reading Genesis 8:1-11. I had always versioned this olive tree or some kind of tree on the top of the highest mountain with a little bit of the peak of the mountain showing and this was where the dove got that olive leaf. But after reading the scriptures and further studying I found that olive trees do not grow high on mountains, they grow in lower altitudes, and so the water level had to be lower than the highest mountain. It amazing how the Bible will open up to you when you study and seek God's Word. Then we ask the question, why an olive leaf? It's the symbol of peace and restoration. And as stated before the olive tree is blessed by God. There was a purpose and sign for that dove to bring back an olive leaf. Why not a pine leaf, palm or popular leaf? Was the olive tree, the only tree that survived the flood? Like I said, I think every word and every event or act is in the Bible for a reason; it's a well planned manuscript!

Then we read in Genesis 28:18 when the word oil was first mentioned in the Bible, it was used for worship to the Lord. You know the story, when Jacob had a dream about the ladder to Heaven. Start reading Genesis 28:10-22, GENESIS 28:18 *So Jacob rose early in the morning, and took the stone that he had put under his head and set it up as a pillar and poured oil on its top.*

19 *He called the name of that place Bethel; however, previously the name of the city had been Luz.*

20 *Then Jacob made a vow, saying, "If God will be with me and will keep me on this journey that I take, and will give me food to eat and garments to wear,*

21 *and I return to my father's house in safety, then the LORD will be my God.*

22 *"This stone, which I have set up as a pillar, will be God's house, and of all that You give me I will surely give a tenth to You."*

The olive tree develops deep roots, has a life span of up to several centuries, some have grown to 700 years and older, and they produce fruit for years. Olive trees flourish only near the sea and under cultivation, they need this cultivation to produce an abundant of olives. Wild olive trees produce very little oil. “Two kinds of people.” Because it takes an olive tree up to 30 years to mature, its cultivation requires peaceful conditions. Before a site is selected to start an olive grove, it is observed, often for many years. It must be free of strong winds, winter floods, or other faults. Each tree planted is surrounded by a low wall of stones, so that the soil around the roots will not be disturbed by rain. To produce the finest olive oils, the grower carefully tends each tree, coaxing the most abundant fruits to spring forth. Olive trees have dull green leaves at their upper surface and a silvery sheen at their lower side. They are cultivated in most bible countries, and some small production here in California. When ready to gather, the olives are beaten down with poles and then may be crushed by an upright stone wheel. EXO. 27:20.

Oil in bible times meant olive oil, it’s odd, but today when we think of oil, we think of petroleum oil, as for our automobiles. Olive oil in biblical times was just as important to commerce as petroleum oil is today. “Some things never change”.

All olive oils are graded in accordance with the degree of acidity they contain. The best are cold-pressed, a chemical free process that involves only pressure, which produces a natural level of low acidity. Extra Virgin Olive Oil, is the cold-pressed result of the first pressing of the olives, has only 1% acid.

Any olive oil except “Extra Virgin Olive Oil” has a higher acid content, this higher acid content is due to processing with heat or chemicals, refined or added to in someway.

“Extra Virgin Olive Oil” has the good monounsaturated oil which is healthy for the body. It has not been altered.

It takes about forty pounds of olives to produce a gallon of olive oil.

Oil is mentioned many times in the bible, often as a symbol of peace, prosperity and wealth.

Read Psalm 23; verse 1; the Lord is my shepherd, then go to verse 5, You have anointed my head with oil. In this Psalm, Christ is the shepherd and we are His sheep. Sheep often get into trouble, and the shepherd lovingly anoints their heads with oil. Do you suppose the good shepherd puts one or two drops of oil on the head of the sheep? Of course not, wool is like a sponge, and to anoint the head of the sheep, you would have to pour plenty of oil. What the elders of the church do to anoint the sick is just what the shepherd does for his sheep. James 5:14 *“Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord;”*

Biblical anointing is not done with a few drops of oil, the anointed one needs to know they’ve been anointed. Look at I Samuel 16:13, when Samuel anointed David, he used a horn full of oil. 16:13 a *“Then Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the LORD came mightily upon David from that day forward.”* Then in Psalm 133:2 *It is like the precious oil upon the head, Coming down upon the beard, Even Aaron's beard, Coming down upon the edge of his robes.* Let me read the 133 Psalm. They poured so much oil on Aaron’s head that it came down on his beard and even onto his robe. Friends, some way or another I think we are missing out on some of God’s blessings and anointing!

When Mary anointed the feet of Jesus she used a pound of costly (oil) perfume. The fragrance filled the room. John 12:3. (Read John 12:1-7) I don’t think she dipped her finger in the perfume and rubbed it on the Lord gently. It sounds like she poured the whole bottle on the feet of Jesus. In the other two

gospel accounts of this event, it tells of anointing the head of Jesus. Matthew 26:6-13 and Mark 14:3-9. These accounts differ a little but I believe Mary anointed Jesus' head and feet to prepare Him for burial. There was something that Mary sensed or knew that the other apostles did not get, she knew that there would not be time to anoint Christ after his death on the cross and she was anointing Jesus while he was still alive. Notice verse JOHN 12:7 *Therefore Jesus said, "Let her alone, so that she may keep it for the day of My burial. Jesus cut Judas off short, not wanting to let them blame Mary for what she did for Christ. I think Mary knew what needed to be done, where Judas and the other disciples did not. See, later on in this reading, Judas remarked; the perfume could have been sold for three hundred denarii. A denarii was about a one day wage, so with three hundred denarii, it was just about a years work. In today's terms, if you made \$20,000.00 a year, this is how much the perfume would cost, a year's wages. If we were in Mary's place would we be thinking of the cost or would we be thinking of the anointing? Remember this was a year's wages.*

In John 19:39; Nicodemus came to Jesus at His death with 100 pounds of oil, spices, and perfumes to prepare the body for burial. Does this sound like a small amount of oil? I can't even carry 100 pounds.

In the Old Testament, Asher, one of the twelve tribes of Israel dipped his foot in oil for his anointing for his walk thru life. Bathing feet in oil was a sign of prosperity.

In closing lets ask ourselves these four questions:

- 1. Are we going to be like the olive tree? DEEP ROOTED, to the word of God or are we going to waiver? James 1:6b tells us not to doubt, "*for the one who doubts is like the surf of the sea, driven and tossed by the wind.*"**
- 2. Are we going to be like the olive tree? SLOWLY MANTURING. Just as we can't speed up our growth without side effects, we can't mature in**

Christ without our setbacks, trials and tribulations, but with each step we come closer to Christ with His understanding for our life. James 4:7 tells us to *“Submit therefore to God. Resist the devil and he will flee from you.”* And then in JAMES 4:8a *“ Draw near to God and He will draw near to you.*

3. Are we going to be like the olive tree? **PRODUCING FRUIT.** Are we going to produce fruit for Christ, everything we do or say is to be Christ like and what Christ would do? “Christ is our perfect example”. James 1:22 tells us to *“..... prove yourselves doers of the word, and not merely hearers who delude themselves.*
4. Are we going to be like “Extra Virgin Olive Oil”? **PURE,** the first fruits to Christ with all leftovers to the world, or are we going to give the pure extra virgin olive oil to the world and what is leftover to Christ? James 4:4 says this *“.....” do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.* Folks, we can’t play both sides of the fence; you either love Christ above all things or you love the world. James put it this way: JAMES 1:14 *“But each one is tempted when he is carried away and enticed by his own lust.”*



“Bible verses are from NASB – New American Standard Bible – unless otherwise noted”

“I have gotten this information for this article from a number of different sources; internet, Bibles, dictionaries, and study materials from several different authors, etc. I do not take credit for these writings since there are many. I did not keep up with this information in order to give proper credit. My comments and rewriting of the sources are in this article. I cannot take full credit for this study. The full credit would have to go to Jesus Christ, the creator of all things.

Dewey E. Fox, Servant of our Lord Jesus Christ