



PLANTS AS WELLNESS

2025–2026

INSTRUCTOR: Lauren Jenkins

PHONE:

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AGE RANGE: 11–14 years

CLASS TIME & LOCATION: 10:00 AM. @ LTL

COURSE DESCRIPTION

Explore God’s provisions of plants on Biblical, historical and cultural perspectives for the use of healing and wellness. Including identifying medicinal plants, understanding their properties, and preparing remedies. With hands-on experience in preparing teas, tinctures, salves, poultice, and other traditional practices. Discussing the importance of diet, exercise, and other lifestyle factors, recognizing God wonderfully designed us and our bodies should be treated as temples.

COURSE OBJECTIVES

Learning to recognize common medicinal plants, understanding their chemical compounds, bonding vitamins and minerals, and how they can be used for various ailments or immune support.

“Along both banks of the river, fruit trees of all kinds grow. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing.” Ezekiel 47:12

EXPECTATIONS AND ACCOMMODATIONS

To receive maximum benefit from this course, each student is expected to attend class regularly and consistently. Students must (a) arrive on time and (b) actively participate in class activities.

REQUIRED MATERIALS: All supplies will be provided



TENTATIVE Course Timeline

Fall Semester

WEEK 1- 9/5

TOPIC: Hyssop

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Revelation 22:2

STUDENTS BRING: water bottle, pencil, backpack

WEEK 2- 9/12

TOPIC: Aloes

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Ezekiel 4:9

STUDENTS BRING: water bottle, pencil, backpack

WEEK 3- 9/19

TOPIC: Garlic

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Psalm 1:3

STUDENTS BRING: water bottle, pencil, backpack



WEEK 4- 9/26

TOPIC: Mint

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION:

STUDENTS BRING: water bottle, pencil, backpack

WEEK 5- 10/3

TOPIC: Anise

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Psalm 51:7

STUDENTS BRING: water bottle, pencil, backpack

WEEK 6- 10/17

TOPIC: Cassia

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 8

STUDENTS BRING: water bottle, pencil, backpack

WEEK 7- 10/24

TOPIC: Cinnamon

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 11

STUDENTS BRING: water bottle, pencil, backpack



WEEK 8- 10/31

TOPIC: Cumin

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 22

STUDENTS BRING: water bottle, pencil, backpack

WEEK 9- 11/7

TOPIC: Frankincense

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 30:17

STUDENTS BRING: water bottle, pencil, backpack

WEEK 10- 11/14

TOPIC: Myrrh

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 46

STUDENTS BRING: water bottle, pencil, backpack

WEEK 11- 11/21

TOPIC: Coriander

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 51

STUDENTS BRING: water bottle, pencil, backpack



WEEK 12- 12/5

TOPIC: Mustard seed

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Genesis 1:29

ACTIVITY:

STUDENTS BRING: water bottle, pencil, backpack

Spring Semester

WEEK 1- 1/16

TOPIC: German chamomile

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Revelation 22:2

ACTIVITY:

STUDENTS BRING

WEEK 2- 1/23

TOPIC: Dill

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Psalm 1:3

ACTIVITY:

STUDENTS BRING:



WEEK 3- 1/30

TOPIC: Parsley

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Psalm 51:7

ACTIVITY:

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Revelation 22:2

ACTIVITY:

STUDENTS BRING:

WEEK 4- 2/6

TOPIC: Sage

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 8

ACTIVITY:

STUDENTS BRING:

WEEK 5- 2/13

TOPIC: St John's Wort

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 11

ACTIVITY:

STUDENTS BRING:



WEEK 6- 2/20

TOPIC: Potatoes

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 22

ACTIVITY:

STUDENTS BRING:

WEEK 7- 2/27

TOPIC: Ginger

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 30:17

ACTIVITY:

STUDENTS BRING:

WEEK 8- 3/13

TOPIC: Ginseng

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 46

ACTIVITY:

STUDENTS BRING:

WEEK 9- 3/20

TOPIC: Oregano

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Jeremiah 51



WEEK 10- 3/27

TOPIC:

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION:

ACTIVITY:

STUDENTS BRING:

WEEK 11- 4/10

TOPIC: Echinacea

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Genesis 1:29

ACTIVITY:

STUDENTS BRING:

WEEK 12- 4/24

TOPIC: Lemon

OBJECTIVE: Identify use: tincture, poultice, tea

BIBLE APPLICATION: Ezekiel 47:12

ACTIVITY:

STUDENTS BRING: