

# **What Should I Eat?**

*Biblical food*

## What Should I Eat?

It's all about the meat! It's that simple.

What many people do not realize is that in our culture, the meat slaughtering process has been polluted, and God wants us to take care of our bodies.

How everyone used to slaughter animals naturally from God has now been changed by machines that are not programmed to follow God's ways. The meat in big cities such as Vancouver, Canada, tastes like cardboard in comparison to how it tastes in rural areas in the Philippines, or in rural areas in Ghana. What changed is the slaughtering process.

God commands that the slaughtering process drain the blood. As an example, what happens in Richmond, BC, Canada, which feeds Vancouver, is that they funnel the cattle into a slaughtering house where an air-driven piston is shot into the skull, the cow's guts are removed, but the blood remains in the body. No major blood artery is cut, so the blood cannot drain out. In addition to that, the animal is in fear as it smells the smell of death in the animals funneled in front of it. This stresses the animal alike to being strangled. So, all the adrenaline with the toxins is captured inside the blood, and then the blood is kept inside the meat.

Let's hear what the Holy Spirit said to the Gentiles through the Apostles.

For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things; That *you* abstain from meats

our perfect example to follow. So, by following every food law, we are not being legalistic. We are following Jesus.

How about the expense of Kosher meat? Let us ask if Jesus was considered rich to be able to afford Kosher meat? No<sup>22</sup>, Jesus was from a poor family and poor community. Yet, He still never ate Biblically unclean food, and He never ate the blood, because He was sinless<sup>23</sup>. Note that we are not *required* to eat Kosher meat, only that Kosher meat is *available* to eat. We are required to *not* eat the blood or anything Biblically unclean.

With Jesus Christ living inside of us, He has given us the power to live an obedient life to the Father.

According as His divine power has given unto us all things that pertain unto life and godliness, through the knowledge of Him who has called us to glory and virtue (2 Peter 1:3)

Should we follow Jesus and eat only blood-drained clean foods?

God bless you.

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<sup>22</sup> Luke 8:2-3, "And certain women, who had been healed of evil spirits and infirmities, Mary called Magdalene, out of whom went seven devils, and Joanna the wife of Chuza Herod's steward, and Susanna, and many others, who ministered unto Him of their substance."

<sup>23</sup> Hebrews 4:15, "For we have not an high priest who cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin."

Consider that the scriptures say the following.

All *God's* commandments are sure. They stand fast forever and ever (Psalm 111:7-8)

It is easier for heaven and earth to pass, than one tittle of the law to fail. (Luke 16:17)

The word of the Lord endures forever. (1 Peter 1:25)

God's word is sure and applies forever. This shows that His food laws must apply forever.

Jesus said that what was commanded in the Old Testament cannot be undone. Jesus said the following.

The scripture cannot be broken (John 10:35)

## Conclusion

The New Testament directly commands Gentiles to abstain from blood, and blood is commonly retained in meats sold in big cities. God calls everyone to eat only from what God has sanctified in the Old Testament as food to keep our bodies holy. The only meat that God has sanctified for us to eat is called Kosher meat.

We know that Jesus is our example<sup>21</sup>. Jesus obeyed every single food law in the Old Testament! Yet, He was never called "legalistic". Rather, Jesus was considered Godly and

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<sup>21</sup> 2 Corinthians 3:18, "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."

offered to idols, and from blood, and from things strangled, and from fornication: from which if *you* keep yourselves, *you* shall do well. (Acts 15:28-29)

What is fascinating is that the commonality of all of these first commandments to the Gentiles is that each one defiles our body.

Apostle Paul says,

Do *you* not know that *you* are the temple of God, and that the Spirit of God dwells in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple *you* are. (1 Corinthians 3:16-17)

The Holy Spirit, through the Apostles, wanted the Gentiles' first steps as new believers to be the removal of things that defile our bodies and our born-again spirit.

Their commandment was to "abstain from blood" and "abstain from things strangled". This is a New Testament commandment, after the cross.

Does that not invite us to change?

God cares about our bodies!

God wants us to keep our bodies holy. Not only that, but did you know that God's way tastes the best as well?

In the New Testament, what does God require our food to be? In two words, the Bible requires our meat to be "blood-drained" and "clean".

"Blood-drained" occurs at the slaughtering time. This is done simply by cutting a major artery while the heart and nervous system are still able to discharge the blood.

"Clean" is a defined term in the Bible and means certain categories of animals that keep our bodies holy.

Meat that is blood-drained and clean, like the Bible says, is called "Kosher".

Farther down, we will look at the various Biblical details of Kosher, but in our culture, we can be simplify it into three things:

1. no blood,
2. no pork, and
3. no shellfish.

In one word, that is called Kosher.

It is very simple.

In comparison to other's human traditions, we want to just follow the Bible. In the Bible, God allows us to cook in our normal kitchens. We only need to change the meat.

God has given us fruits, vegetables, and spices to eat. He allows us to generally eat milk and meat products both together, and there is no requirement for separate utensils or to have a separate kitchen.

It's all about the meat!

Where can I buy Kosher meat from? The following are some stores in Vancouver, BC, Canada.

1. Superstore, 350 SW Marine Dr., Vancouver (note that this is the only Superstore that I know of that has a Kosher section). This store has the best prices.
2. Kosher Warehouse, 612 Kingsway, Vancouver, back lane access (note to check their website for open

the Lord your God: you shall therefore sanctify yourselves, and you shall be holy; for I am holy: neither shall you defile yourselves with any manner of creeping thing that creeps upon the earth.  
(Leviticus 11:41-44)

Reflecting on many cultures' love for pork, consider that Jesus allowed many evil spirits to go into the pigs on the east side of the Sea of Galilee which belonged to the Gentiles. This was because the pigs were Biblically unclean, and the Gentiles should not have been eating them either.

And forthwith Jesus gave them leave. And the unclean spirits went out, and entered into the swine: and the herd ran violently down a steep place into the sea, (they were about two thousand;) and were choked in the sea. (Mark 5:13)

Consider that king Antiochus IV Epiphanes in 167 BC was a "type" of anti-Christ. What made him a foreshadowing of the Anti-Christ? He forced people to break God's commandments, and one of his marks was that he required people to eat pork. In contrast, the Maccabees' cleansing of the temple in 165 BC was a "type" of Christ. How were the Maccabees a foreshadowing of Christ? They had the victory over the "type" of anti-Christ by restoring God's commandments, and that included forbidding to eat pork. We are similarly called to have victory over the anti-Christ, which includes refusing pork.

It is not about the taste, or even about the dangerous bacteria disease and parasites that are in pork. It is about holiness, and pork defiles our body. Jesus made us holy by forgiving us. Then He commissioned us to keep ourselves holy.

And whatsoever goes upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso touches their carcase shall be unclean until the even. (Leviticus 11:27)

In other words, we do not eat cats and dogs.

And whatsoever has not fins and scales you may not eat; it is unclean unto you. (Deuteronomy 14:10)

But these are they of which you shall not eat: the eagle, and the ossifrage (bearded vulture), and the ospray, and the glade (graceful flying kite), and the kite, and the vulture after his kind, and every raven after his kind, and the owl, and the night hawk, and the cuckow, and the hawk after his kind, the little owl, and the great owl, and the swan, and the pelican, and the gier eagle, and the cormorant, and the stork, and the heron after her kind, and the lapwing, and the bat. (Deuteronomy 14:12-18)

But all other flying creeping things, which have four feet, shall be an abomination unto you. (Leviticus 11:23)

And every creeping thing that creeps upon the earth shall be an abomination; it shall not be eaten. Whatsoever goes upon the belly, and whatsoever goes upon all four, or whatsoever has more feet among all creeping things that creep upon the earth, them you shall not eat; for they are an abomination. You shall not make yourselves abominable with any creeping thing that creeps, neither shall you make yourselves unclean with them, that you should be defiled thereby. For I am

hours, <https://kfwarehousebc.com/> ). This store has medium prices.

3. Omnitsky, 3435 Fraser St, Vancouver. This store has high prices, but offers non-frozen fresh meat. <http://omnitskykosher.com/kosher-deli-restaurant/>

In other areas of the world, one can simply search online for Kosher meat. Another option that many people do is to buy a live animal, and slaughter it oneself. Simply drain the blood, pour it into the ground, and cover the blood with dirt<sup>1</sup>.

The above summarizes what pleases God. The following goes deeper and explores various misconceptions.

By the way, did I mention that Kosher meat tastes the best! God's way is the best!

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The following are examples of prohibited rodents and insects.

Maggot



Rat



Centipede



Snail (escargot)



The above “unclean” creatures come from the following Bible verses.

Nevertheless these you shall not eat of those which chew the cud, or of those which divide the cloven hoof; as the camel, and the hare (rabbit), and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you. And the swine (pig), because it divides the hoof, yet chews not the cud, it is unclean unto you: you shall not eat of their flesh, nor touch their dead carcase.  
(Deuteronomy 14:7-8)

The following are prohibited birds (generally carnivore scavenger birds).

Eagle



Ossifrage (bearded vulture)



Raven



Osprey



Little Owl



Glede / Kite



## What we can eat?

What has God made as "food for human consumption"?

Some people incorrectly claim that "every plant and every animal" that God made was for human consumption. However, Paul clarifies that only those which are "sanctified by the Word of God" are for human consumption (1 Timothy 4:5). For example, though God made poisonous plants, those are not sanctified for human consumption. Though God made maggots, those are not sanctified for human consumption, and that is good news!

What things did God give us to eat?

God gave us fruits, vegetables, seeds, and spices!

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. (Genesis 1:29)

We praise God for His provisions!

Note that "meat" in the King James Version means "food" or "sustenance" and not animal flesh. As an example, a "meat offering" does not mean an animal offering. It means "flour and oil". The following is an example.

And when anyone will offer a meat offering unto the LORD, his offering shall be of fine flour; and he shall pour oil upon it, and put frankincense thereon: ... And if you bring an oblation of a meat offering

baked in the oven, it shall be unleavened cakes of fine flour mingled with oil, or unleavened wafers anointed with oil. ... No meat offering, which you shall bring unto the LORD, shall be made with leaven: for you shall burn no leaven, nor any honey, in any offering of the LORD made by fire. ... with all your offerings you shall offer salt. (Leviticus 2:1,4,11-13)

So God has provided fruits and vegetables for us to eat.

Then later, God also provided animal flesh for us to eat.

Every moving thing that lives shall be meat (sustenance) for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall you not eat. (Genesis 9:3-4)

God gave us animal flesh to eat, but it came with a condition: no blood.

No soul of you shall eat blood, neither shall any stranger that sojourns among you eat blood. And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, who hunts and catches any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust. For it is the life of all flesh; the blood of it is for the life thereof: therefore I said unto the children of Israel, You shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eats it shall be cut off. (Leviticus 17:12-14)

Do not eat the following.

Swine (pig)



Coney



Camel



Hare (rabbit)



Cats and dogs



Shellfish, such as clams, crabs, lobster, and shrimp (since they have no fins and scales).

Shrimp



Oyster sauce (shellfish)



The above "Biblically clean" foods come from the following Bible verses.

These are the beasts which you shall eat: the ox, the sheep, and the goat, the hart (male deer), and the roebuck (male roe deer), and the fallow deer, and the wild goat, and the pygarg (possibly antelope), and the wild ox, and the chamois (possibly the Barbary Mountain Sheep). And every beast that parts the hoof, and cleaves the cleft into two claws, and chews the cud among the beasts, that you shall eat. ...

These you shall eat of all that are in the waters: all that have fins and scales shall you eat. ...

Of all clean birds you shall eat. ...

Yet these may you eat of every flying creeping thing that goes upon all four, which have legs above their feet, to leap withal upon the earth; Even these of them you may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind.  
(Deuteronomy 14:3–20, Leviticus 11:21-22)

The above clean foods keep our bodies holy, they are healthier, and they taste better.

The following are pictures of what we are *not* to eat.

God says the following.

You shall not eat any abominable thing.  
(Deuteronomy 14:3)

Only you shall not eat the blood; you shall pour it upon the earth as water. (Deuteronomy 12:16)

This is important because when people change to a vegetarian diet, they often notice an increase in energy; however, they do not realize that the increase in energy is *not* from avoiding animal meat. It is from avoiding the blood. When we switch to Kosher meat, eating "meat without the blood" provides more energy than a vegetarian diet, and is healthier. In fact, Kosher meat is one of the few things that gives our bodies an energy lift.

Some people teach that we should be vegetarians since Adam and Eve were probably vegetarians in the Garden of Eden, or that animals' emotions will get back at us. What they miss, however, is that we are living after Noah's time, which is after the time in which God declared that animal flesh has also been provided for us for food by God. Jesus Himself lived after Noah's time, and He ate animal flesh! The word "Passover" means "lamb"<sup>2</sup>, and Jesus ate the Passover (lamb). Since Jesus is sinless, eating meat therefore cannot be a sin.

And *Jesus* said unto them, With desire I have desired to eat this Passover with you before I suffer (Luke 22:15)

In fact, Apostle Paul tells us that it is a doctrine of demons to forbid eating meat.

Now the Spirit speaks expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; ...

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<sup>2</sup> Mark 14:12, "They killed the Passover".

commanding to abstain from meats, which God has created to be received with thanksgiving of those who believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer. (1 Timothy 4:1, 3-5)

Note that he clarifies that only meat "sanctified by the word of God" is to be received. That is Kosher meat. It is Kosher meat that is not to be commanded to be abstained from.

As early as Genesis 4:2, a "flock" was a flock of sheep, and a sheep offering was acceptable to God<sup>3</sup>. Sheep are Biblically defined as clean animals. This points to the knowledge of clean and unclean animals being at the time of the Garden of Eden.

Similarly, in Noah's day (2345 BC), Noah knew the difference between clean and unclean animals. Fourteen of each clean animal came into the ark, but only two of each unclean animal entered the ark.

Of every clean beast you shall take to you by sevens, the male and his female: and of beasts that are not clean by two, the male and his female. Of fowls also of the air by sevens, the male and the female; to keep seed alive upon the face of all the earth. (Genesis 7:2-3)

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<sup>3</sup> Genesis 4:2,4. "And she again bore his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. ... And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering."

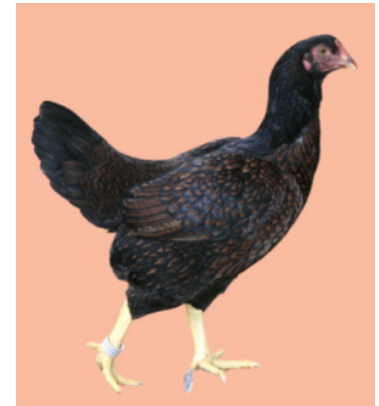
### Clean birds

(generally vegetarian birds)

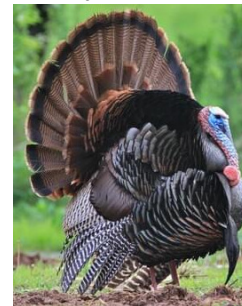
Chicken



Cornish Game Hen



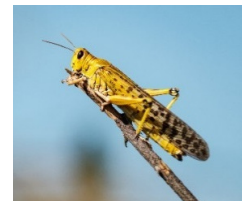
Turkey



Turtledove



Specific insects that may be eaten. Locust<sup>20</sup>



Grass hopper



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<sup>20</sup> Matthew 3:4, "And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey."

Roebuck (deer)



Pygarg (antelope)



Fallow deer



Chamois



Fish that have fins and scales.

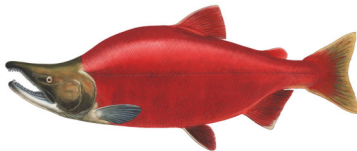
Tilapia



Pacific Bluefin Tuna



Sockeye Salmon



Pompano



Incidentally, "clean" does not mean "free of dirt". What does "clean" mean?

God asked Moses to write down God's definition of "clean" in Leviticus 11 and Deuteronomy 14, which we will detail farther down. As examples, beef, lamb, turkey, and chicken are "Biblically clean" food that God gave us to enjoy. In contrast, maggots, vultures, bats, pork, and shellfish are "Biblically unclean" and so are not for human food.

God has provided certain things for humans to consume as their "food". For example, God did not provide rocks or poisonous venom for food. He provided fruits, vegetables, seeds, spices, and certain types of animals, fish, and birds (after the blood has been drained) as His definition of "food" for mankind.

Can we eat Halal meat? No. Though Halal may be blood-drained and some are "Biblically clean" animals (Halal includes camel and rabbit which are not Biblically clean), Halal meat is offered to a false god, per Islamic law (Zabihah).

The Apostles admonished the Gentiles to *abstain* from food offered to a false god<sup>4</sup>. So, Halal meat also defiles our body.

The name "Allah" comes from the generic word "god" and is impersonal. This is the opposite of the Christian God of the Bible who has a specific name, Jehovah, Jah, and Jesus, and is very personal. "Allah" demonstrates no power to heal. Our Christian God, Jehovah, heals the blind and raises the dead. In terms of characteristics, "Allah" is blood thirsty for the death of infidels. This is the opposite of the

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<sup>4</sup> Acts 15:29, "That you abstain from meats offered to idols".

Christian God who takes *no* delight in the death of the wicked, and rescues the lost.

We want to keep ourselves from being defiled by Halal meat. The meat God is calling us to eat is called Kosher.

## What does “Biblically clean” food mean?

God defines what “Biblically clean” means in Leviticus 11 and Deuteronomy 14. The term groups animals, birds, fish, and insects into the following categories as being “clean”:

1. Animals with two toes (cloven hooves) and that chew the cud,
2. Fish with fins and scales,
3. Generally, vegetarian birds (specifically, birds that are not listed as prohibited), and
4. Some exceptions like grasshoppers.

The following are pictures of animals, birds, fish, and exceptions that God has provided for us to eat.

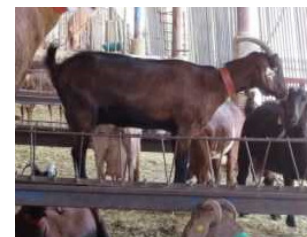
Animals with cloven hooves  
and that chew the cud.



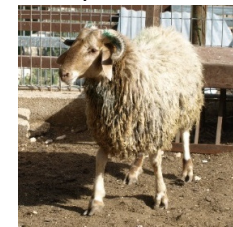
Oxen (and cows)



Goat



Sheep



the day; And he lifted up his eyes and looked, and, lo, three men stood by him: and when he saw them, he ran to meet them from the tent door, and bowed himself toward the ground ... And Abraham ran unto the herd, and fetched a calf tender and good, and gave it unto a young man; and he hasted to dress it. And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat. (Genesis 18:1,2,7,8)

Who ate milk and meat together? God Himself did! Abraham prepared a calf, which is a young cow, served it with milk, and *God* ate both together in the same meal!

Jesus said the following to the Jews who were following oral teachings from Rabbis instead of the written scriptures from God.

But in vain they do worship Me, teaching for doctrines the commandments of men. (Matthew 15:9)

So, God allows eating milk and meat together! He Himself ate it that way!

## Has the Old Testament passed away?

Some people say that the Old Testament passed away at the cross and no longer applies.

So far, though, it is noted that the commandment to eat fruits and vegetables comes from the Old Testament, Genesis 1:29. As we know, fruits and vegetables are still good for people to eat today, so clearly, this is one example that the Old Testament has not passed away!

Instead, King Solomon said the following.

I know that, whatsoever God does, it shall be forever: nothing can be put to it, nor any thing taken from it: and God does it, that men should fear before Him. (Ecclesiastes 3:14)

Apostle Peter said the following.

The word of the Lord endures forever. (1 Peter 1:25)

According to the Bible, of course the Old Testament still applies today. From what God does, "nothing can be taken away", and His word endures "forever", and forever includes after the cross.

What many people do not realize is that the concept of the "Old Testament passing away" came from Marcion of Sinope in AD 130-140. He proposed that the Old Testament was 'done away with in Christ', and that there should be a New Testament separate from the Old Testament. His New Testament at that time consisted of ten books written only by Apostle Paul plus a highly edited book of Luke. In his edit of Luke, Marcion cut out all the references that Jesus made to the Old Testament.

The fact that Marcion edited Jesus' words shows that he was in error. Jesus is the living Truth<sup>5</sup>, and He does not need editing. In fact, to edit Jesus' words would be to place oneself higher than Jesus, like the Devil wanted to do<sup>6</sup>.

Thankfully, the church ex-communicated Marcion as a heretic.

Unfortunately, though, his teachings had already become wide-spread, and they are still echoing around the church today.

Did Jesus say that the Old Testament passed away? No. Jesus said the following.

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. (Matthew 5:19)

In other words, Jesus said that if we break His least commandments from the Old Testament, we can still get into heaven. So, this is not a salvation issue. Salvation is only by faith in Jesus<sup>7</sup>. However, what this *is* is an "after-salvation" issue. Jesus said, the least commandments

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<sup>5</sup> John 14:6, "Jesus said unto him, I am the way, the truth, and the life: no man comes unto the Father, but by Me."

<sup>6</sup> Matthew 4:9-10, "And (Satan) said unto Him, All these things will I give you, if you will fall down and worship me. Then said Jesus to him, Get you hence, Satan: for it is written, you shall worship the Lord your God, and Him only shall you serve."

<sup>7</sup> Ephesians 2:8-9. "For by grace are you saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast."

## **Jewish Tradition – Separation of milk and meat?**

A Jewish tradition of separating milk and meat has been incorrectly associated with the word Kosher. They go so far as to have two sets of utensils and two different kitchens.

An Orthodox Jew told me that this comes from the following Bible verse.

You shall not boil a kid in his mother's milk. (Exodus 23:19)

This verse has been extended by them saying that they do not know which animal the milk came from, so to ensure compliance, they do not eat any meat with any milk products.

Consider that making cheese does not include boiling flesh in the cheese making process, so eating cheese with meat would not be breaking this command. Also, eating the flesh of an adult animal is not the flesh of a baby animal (kid goat), so almost all meat commercially consumed today, since it is mostly from adult animals, could be boiled in any milk and would not break this commandment. For that matter, I have not seen baby goat meat commonly available in stores at all. As one can see, the Bible verse is very specific, which does not warrant a separate kitchen for all meats.

What the Jews seem to have missed is the following from the Torah Bible verses.

And the LORD appeared unto *Abraham* in the plains of Mamre: and he sat in the tent door in the heat of

if it be received with thanksgiving: For it is sanctified by the word of God and prayer.

Some people say that this means we can eat any flesh if we receive it with thanksgiving.

What they miss is that the passage requires the flesh to be "sanctified by the word of God". The word of God only sanctifies "Biblically clean animal flesh" which is blood-drained, and it sanctifies garden produce. "Sanctified" means "made holy"<sup>18</sup>.

What the passage is referring to is not forbidding us to eat flesh of Biblically clean animals (which are "sanctified by the word"). "Forbidding meats" is commonly known as vegetarianism, and the passage says that if vegetarianism is commanded, that this is a doctrine of devils.

Pork is not sanctified for food by the word of God, so pork could not be included in "every creature of God for food". If it did, then eating human flesh as a cannibal would also be okay, but that is not sanctified by the word of God either<sup>19</sup>.

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<sup>18</sup> Exodus 40:10, "Sanctify the altar: and it shall be an altar most holy." 1 Corinthians 7:14, "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy."

<sup>19</sup> Genesis 9:5-6, "And surely your blood of your lives will I require; at the hand of every beast will I require it, and at the hand of man; at the hand of every man's brother will I require the life of man. Whoso sheds man's blood, by man shall his blood be shed: for in the image of God made He man."

determine if we shall be called "great" or "least" in the kingdom of heaven. The least commandments therefore still continue to apply after the cross, because they are being used to determine if we will be called great or least.

This is why the Apostles references Old Testament commandments when commanding the Gentiles to abstain from blood and things strangled.

To me, only a fool would want to barely make it into heaven. We are called to love God with everything in our being. We want to be worthy of the high calling<sup>8</sup> and be called great in His kingdom. Jesus said all of the Old Testament commandments still apply today, even the least ones, so that must include the food laws! They must still apply because they affect our honour in the kingdom of heaven which is still coming in the future, after the cross!

What did Apostle Paul say about the Old Testament?

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works. (2 Timothy 3:16-17)

Apostle Paul refers to using "scripture" for doctrine. What does he mean by "scripture"? There was no New Testament in Paul's day. The New Testament that we have today was first canonized in AD 367 by Athanasius, Bishop of Alexandria, Egypt. The only "scripture" that was available in Paul's day was the Old Testament. Paul said it was the Old Testament scripture that is the standard for doctrine for

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<sup>8</sup> 2 Thessalonians 1:11, "Wherefore also we pray always for you, that our God would count you worthy of this calling".

the New Testament Christian after the cross! In the other words, the Old Testament could not have “passed away” because that the New Testament says it still applies.

Forever, O LORD, Your word is settled in heaven.  
(Psalm 119:89)

Concerning Your testimonies, I have known of old that You have founded them forever. (Psalm 119:152)

Your word is true from the beginning: and everyone of Your righteous judgments endures forever.  
(Psalm 119:160)

So shall I keep your law continually forever and ever.  
(Psalm 119:44)

Being part of the commonwealth and covenants of promise to Israel is a good thing because God gives good gifts.

“Living like the Gentiles” which is not cutting off Christian Gentiles demonstrates that there is no separation. The Christian Gentiles have now been grafted into the same root so that we can live Godly lives like the Godly Jews.

The root, Jesus Christ, is the source of the food laws since He is the Word of God who spoke them to Moses.

No separation means having the same laws. We have the same calling to not defile ourselves. Receiving the covenants to Israel means we have received all of the wisdom and beauty of holiness that God has revealed to Godly Israel.

## **1 Timothy 4:1-5 – “Every creature is good”**

1 Timothy 4:1-5 says the following.

Now the Spirit speaks expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, and commanding to abstain from meats, which God has created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused,

the believing Gentiles as part of the "one fold"<sup>16</sup> under the "One Bishop of our souls"<sup>17</sup>, Jesus Christ. The believing Gentiles and the believing Jews are now in one fold.

Some people say that the Old Testament is only for the Jews; however, that is not what the Bible says. Jesus said the believing Gentiles are in the same fold. The Roman authority did not consider Jews and Christians to be separate until AD 95, which is after all of the Apostles had passed away except Apostle John. The earliest time that I find corruption in the church to generally *command* separation from the Jews was in the Council of Laodicea, Canon 29, which was three hundreds years after the Apostles.

Jesus says we are in one fold under Him. Thus, we inherited all of the covenants and promises of the Old Testament given to the Jews, including the Biblical definitions of food. Apostle Paul explains this in the following.

At that time you were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise ... But now in Christ Jesus you who sometimes were far off are made near by the blood of Christ ... Now therefore you are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God.  
(Ephesians 2:12,13,19)

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<sup>16</sup> John 10:16, "And other sheep I have, which are not of this fold: them also I must bring, and they shall hear My voice; and there shall be one fold, and one shepherd."

<sup>17</sup> 1 Peter 2:25, "For you were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls."

## What about the exceptions in the New Testament?

What about the places in the New Testament where it seems to say that we can eat anything now? Let's explore them.

Apostle Paul said the following two very significant things that we should to be aware of first to understand the rest of the quotes.

And it came to pass, that after three days Paul called the chief of the Jews together: and when they were come together, he said unto them, Men and brethren, though I have committed nothing against the people, or customs of our fathers, yet was I delivered prisoner from Jerusalem into the hands of the Romans. (Acts 28:17)

The above quote was made at the end of Apostle Paul's ministry, when he was in house-arrest in Rome. He said that in his ministry, he did *nothing* against the customs of the Jews' fathers. "Nothing against the customs" would include nothing against God's definition of "food".

He also clarified the following.

And these things, brethren, I have in a figure transferred to myself and to Apollos for your sakes; that you might learn in us not to think of men above that which is written, that no one of you be puffed up for one against another. (1 Corinthians 4:6)

Apostle Paul put himself and all men lower than what is written in the Old Testament scripture. Apostle Paul does not want his writings to be treated above Old Testament scripture. They do not have the authority to contradict Jesus nor to contradict Old Testament scripture.

Referring to the Old Testament, Jesus said the following.

The scripture cannot be broken (John 10:35)

Jesus said,

All power is given unto Me in heaven and in earth.  
(Matthew 28:18)

So, when Jesus says that the Old Testament scripture cannot be broken, there is no one that can change that. In other words, none of the definitions of food in the Old Testament can be broken.

Let's go through the passages that confuse people about food.

## **Mark 7:19 – “All foods are clean”**

In the New International Version (NIV), Mark 7:19 says the following.

For it doesn't go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.)

Let us compare that to the King James Version (KJV). Mark 7:19 says the following.

For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon Him. (Romans 10:12)

“Living like the Gentiles” means that there is no separation. The Gentiles did not separate themselves from the Jews. It was the Jews who separated themselves from the Gentiles.

Could “living like the Gentiles” mean “sinning like the Gentiles”, and both eat pork together? No, it could not mean that, because in verse 18 Apostle Paul said,

For if I build again the things which I destroyed, I make myself a transgressor. (Galatians 2:18)

Later in Galatians, Apostle Paul also says the following.

This I say then, Walk in the Spirit, and you shall not fulfil the lust of the flesh. (Galatians 5:16)

For he who sows to his flesh shall of the flesh reap corruption; but he who sows to the Spirit shall of the Spirit reap life everlasting. (Galatians 6:8)

Apostle Paul admonishes the Gentiles to live Godly lives, and to forsake sinning. If he were to be referring to “living like the sinful part of Gentiles”, then Apostle Paul would be contradicting his own words in many other passages where he calls Christian Gentiles to be “servants of righteousness”<sup>15</sup>.

What is Apostle Paul rebuking Apostle Peter for? He is rebuking him for separating himself, and for not treating

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<sup>15</sup> Romans 6:18, “Being then made free from sin, *you* became the servants of righteousness.”

uprightly according to the truth of the gospel, I said unto Peter before them all, If you, being a Jew, live after the manner of Gentiles, and not as do the Jews, why do you compel the Gentiles to live as do the Jews? We who are Jews by nature, and not sinners of the Gentiles, knowing that a man is not justified by the works of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of the law: for by the works of the law shall no flesh be justified. But if, while we seek to be justified by Christ, we ourselves also are found sinners, is therefore Christ the minister of sin? God forbid. For if I build again the things which I destroyed, I make myself a transgressor. (Galatians 2:11-18)

What is the issue here?

The issue is separation between Jews and Gentiles. The Gentiles were cut off due to failing to obey God's laws<sup>14</sup>, but Apostle Paul emphasizes that now, due to Christ's forgiveness, there is no more separation.

Christ ... has broken down the middle wall of partition between us (between the Gentiles and Jews) ... for to make in Himself of two one new man, so making peace; And that He might reconcile both unto God in one body (Ephesians 2:14-16)

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<sup>14</sup> Leviticus 7:27, "Whatsoever soul it be that eats any manner of blood, even that soul shall be cut off from his people."

Because it enters not into his heart, but into the belly, and goes out into the draught, purging all meats?

As one can see, the NIV phrase that is in brackets and that "declares all foods clean" is not in the King James Version. In fact, it is also not in the Greek, nor in any collection of Greek manuscripts. It was added by a very recent translator. The phrase is actually not even in the same tone of voice as the rest of the passage. In other words, it did not come from the disciple Mark.

What is the context of the quote?

The context is eating bread (not animal flesh), and is about not washing hands before eating the bread.

And when they saw some of His disciples eat bread with defiled, that is to say, with unwashed, hands, they found fault. (Mark 7:2)

What is Jesus saying "goes out of the body", and is being "purged"? It is the dirt on one's hands. In this context, what does "declared all foods clean" mean? It means that all foods that are eaten with unwashed hands have not been defiled by the dirt.

The NIV insertion is deceptive because of our modern definition of "clean" (from dirt) is different than the Biblical definition of "clean" (types of animals). Our body "purges" the meat. It "cleanses" the dirt from the meat. Our body does not "change" the meat. It does not "change" rat meat into lamb.

There was no change to the Biblical definition of food in this passage since the context was dirt on one's hands.

## Acts 10:14 – Peter’s Vision

The first thing to note from Peter’s vision is this vision occurs a few years after the cross, and Peter declares that he has never eaten anything unclean or common.

But Peter said, Not so, Lord; for I have never eaten anything that is common or unclean. (Acts 10:14)

This is significant, because if Jesus really had meant that Biblically unclean flesh was now considered Biblically clean in Mark 7:19 above, then Apostle Peter would have changed his diet, but he emphatically states that years later he has never changed from the Old Testament definitions of food at any time in following Jesus’ teachings.

Did God change the foods?

The second thing to note is that Peter uses two words to describe the animals, “common” *and* “unclean”.

Compare this to God’s response.

And the voice spoke to him again the second time,  
What God has cleansed, that call not thou common.  
(Acts 10:15)

What many people miss is that God only mentions cleansing the “common”. God does *not* mention cleansing the “unclean”.

What do “common” and “unclean” mean?

“Common” means defiled. This is when one *receives* unholiness or a disease from outside of oneself.

“Unclean” means a defiler. This is when one *gives* unholiness or defilement to others.

authority, which is devilish. Remember that Paul’s own testimony is that he did nothing against the tradition of the Jewish fathers, so his words must be understood as being consistent with the Jewish traditions.

Also, of course, Apostle Paul does not have the authority to contradict or destroy the word of God since God’s word endures forever<sup>13</sup>.

The passage is within the boundaries of God’s laws. It says nothing about changing God’s definition of food. In fact, its very point is that God’s definitions cannot be changed, even by the food itself (“nothing is unclean *of itself*”). Within God’s available food for us, we get to choose what we would like to eat or not eat, without judgment from others (“who are you that judges another man’s servant”, Romans 14:4).

## Galatians 2 – “Living like the Gentiles”

Apostle Paul records the following about Apostle Peter.

But when Peter was come to Antioch, I withstood him to the face, because he was to be blamed. For before that certain came from James, he did eat with the Gentiles: but when they were come, he withdrew and separated himself, fearing them which were of the circumcision. And the other Jews dissembled likewise with him; insomuch that Barnabas also was carried away with their dissimulation. But when I saw that they walked not

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<sup>13</sup> 1 Peter 1:25, “The word of the Lord endures forever.”

I know, and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteems anything to be unclean, to him it is unclean. (Romans 14:14)

Apostle Paul says that “nothing is unclean of itself”. This is consistent with the Old Testament. Food cannot make itself unclean. Only God can declare something unclean. God has set the standard for what is Biblically unclean, not the food itself.

If, in addition to God’s definition, someone does not like a particular food, then “to him (only) it is unclean”. An example of this would be an allergy. Peanuts are allowed by God for food, yet they could cause some people’s bodies to die, whereas another body has no problem with them. Since they are seeds, they are *available* for food, but they are *required* to be food. Due to various environmental or hereditary factors, some people need to avoid them. God is not *requiring* us to eat all of His available food for us, He is only commanding us to choose what we would like to eat from His available food.

The rest of the context of Romans 14 is about allowing one to be a vegetarian if one wants to, even if that places him as a “weaker brother”. The reason for everyone to make their own choice is not to usurp God’s authority, but because there is no requirement in the Old Testament to eat animal flesh, except the Passover once a year. When there is no requirement from God regarding a particular issue, then “every man can be fully persuaded in his own mind”.

Of note is that there is nothing in this passage about placing what “man esteems” higher than what “God esteems”. That would be insubordination to God’s

As an example, if a red pen stroked across a white paper, the paper would become defiled (common), since it became dirty, and the ink would be the defiler (unclean) since it was the thing that made the paper dirty. It is possible to cleanse the “common” defiled paper by removing the ink from it. However, it is impossible to cleanse the “unclean” defiler ink because to stop the ink’s ability to mark things would make it no longer ink. The ink by its very nature defiles (it is unclean).

Note that ink is not an animal so it is not “Biblically unclean”. This is just an illustration of what Biblically unclean foods do to our body when we eat them.

So, only the paper can be cleansed, by removing the ink. Only that which is common, or defiled, can be cleansed. What is unclean cannot be cleansed. Unclean animals by their very definition of their nature cannot be cleansed.

In fact, the scripture says that something “unclean” can never be cleansed.

Who can bring a clean thing out of an unclean? Not one. (Job14:4)

So, firstly, there is nothing in Peter’s vision where God cleanses Biblically unclean flesh. God only cleanses “common” flesh.

Secondly, “cleansing the unclean” could not have happened since that would be breaking God’s commandments in the Old Testament, which God cannot do<sup>9</sup>.

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<sup>9</sup> Titus 1:2, “God, who cannot lie”.

Peter's vision was officially interpreted, and the interpretation says it was referring to the cleansing of the Gentiles and was not about food<sup>10</sup>. The Gentiles themselves were defiled ("common"). They were defiled by worshipping idols and eating pork. God forgave them so that they could enter into His kingdom, but God does not want the Gentiles to continue defiling themselves after being cleansed. Paul says the following.

Being then made free from sin, you became the servants of righteousness. I speak after the manner of men because of the infirmity of your flesh: for as you have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness. (Romans 6:18-19)

Apostle Paul says, we *used to* yield our bodies to uncleanness, but *now*, as Christians, we are to yield our bodies to righteousness to be *holy*. "Righteousness" means obedience to God's laws ("obedience unto righteousness", Romans 6:16). By obeying God's food laws, we keep our bodies holy. Apostle Paul says the following.

Know you not, that to whom you yield yourselves servants to obey, his servants you are to whom you

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<sup>10</sup> Acts 10:28, 35, 11:17, "And he said unto them, you know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God has showed me that I should not call any man common or unclean. ... But in every nation he who fears Him, and works righteousness, is accepted with Him. ... Forasmuch then as God gave them the like gift as He did unto us, who believed on the Lord Jesus Christ; what was I, that I could withstand God?"

obey; whether of sin unto death, or of obedience unto righteousness? (Romans 6:16)

God cleansed us from all our uncleanness for salvation, but then, after salvation, we are responsible to yield ourselves to obey God and to follow God's ways.

We need to remember to distinguish between man's rules and God's rules. Man's rules are the ones that bring us into bondage. Those are the rules that we feel resistance to. In contrast, God's rules bring us into freedom. They are the ones that the Bible calls the "law of Liberty"<sup>11</sup>. God's laws are the ones we are to protect with the speed that our eyelids protect our eyes<sup>12</sup>.

For this is the love of God, that we keep His commandments: and His commandments are not grievous. (1 John 5:3)

Peter's vision does not show any cleansing of the unclean. Peter's vision does not show any change to eat unclean animals.

## Romans 14:14 – "Nothing is unclean of itself"

Romans 14:14 says the following.

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<sup>11</sup> James 1:25, "But whoso looks into the perfect law of liberty, and continues therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed."

<sup>12</sup> Proverbs 7:2, "Keep ... my law as the apple of your eye."