

Obedience to God's commandments (including dietary laws) bring optimum health and well-being; and disobedience to God's commandments bring sickness, illness, disease and even death!

Therefore, are you ready to get your health in top shape and condition? You will begin to see a dramatic difference in the way you look and feel, as you help your bowels eliminate all those years of toxin and waste build up!

Scriptural References:

Genesis 15:9
Genesis 18:7-8
Genesis 27:7,28 (KJV)
Genesis 43:11
Exodus 9:32
Exodus 12:8
Exodus 13:7
Exodus 16:1,31
Exodus 29:2,23
Exodus 30:23
Leviticus 2:13
Leviticus 3:17
Leviticus 5:7
Leviticus 7:22-27
Leviticus 11:1-47
Leviticus 17:11,14
Leviticus 19:26
Numbers 6:3
Numbers 7:23
Numbers 9:11
Numbers 11:5,7-8
Numbers 20:5
Deuteronomy 12:23,27
Deuteronomy 14:1-21
Deuteronomy 24:21
Deuteronomy 28:40
1 Samuel 25:18
2 Samuel 17:28
2 Kings 4:39
1 Chronicles 16:3
Psalms 55:21
Psalms 78:47
Proverbs 15:17
Proverbs 25:11
Isaiah 66:15-18
Jeremiah 17:11
Ezekiel 4:9
Jonah 4:6 (KJV)
Matthew 5:17
Matthew 13:31,47
Matthew 14:17
Matthew 15:1-20
Matthew 23:23 (KJV)
Mark 7:1-23
Luke 11:42
John 6:13
Acts 10
Acts 11:18
Acts 15:7-11,20,29
Acts 21:25
1 Corinthians 6:19
Revelation 18:13

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Dietary Laws



What are the biblical dietary laws concerning land animals, sea creatures, birds and insects? Do they apply today? Have you stopped for a moment to think about what you are eating? What is really inside that pork chop, big red lobster, prawn cracker or chili crab? You may be spending a huge amount of your paycheck, and causing your body a great deal of harm in the process. You could be eating yourself to death!

God, who is Creator and Sustainer of the entire universe, commands us to obey His dietary laws for our optimum health and well-being, because He knows what's best for us, including the foods that are clean, healthy and fit for human consumption; and the ones that are unclean, detestable and unfit for human consumption. We are commanded to take good care of our bodies, because our bodies are temples of the Holy Spirit and we belong to God (we do not belong to ourselves) 1 Corinthians 6:19. God specifically mentions in: Leviticus 11:1-47 and Deuteronomy 14:1-21 the clean and unclean foods which are divided into categories and include: land animals, sea creatures, birds and insects:

Biblically clean foods:

Land animals: The only land animals that may be eaten are the ones which have split hooves completely divided and that chew the cud. These include: the ox, sheep (lamb, mutton), goat, deer (venison), gazelle, roe deer, wild goat, ibex, antelope, mountain sheep, buffalo, cattle (beef, veal) and hart.

Sea creatures: Only sea creatures that have fins and scales are clean. These include: anchovy, barracuda, bluebill sunfish, bluefish, bowfin, buffalofish, butterfish, carp, chub, cod, crappie, drum, fresh water mullet, flounder, grouper, grunt, hake, halibut, hardhead, herring, kingfish, mackerel, mullet, pike, pilchard (sardine), red snapper, redfish, salmon, sea bass, smelt (frost fish), trout, tuna (albacore, bluefin, yellowfin), whitefish and yellow perch.

Birds: Chicken, dove, duck, goose, grouse, partridge, pheasant, pigeon, quail, sagehen, sparrow (and other songbirds), teal and turkey.

Insects: Some insects that have jointed legs for hopping on the ground. These include: any kind of locust, katydid, cricket or grasshopper.

Biblically unclean foods:

Land animals: All creatures that move about on the ground are detestable, and not to be eaten. Do not eat any creature that moves about on the ground, whether it moves on its belly or walks on all fours or on many feet. Those that only chew the cud or only have split hooves. Unclean meat includes: Pork (including lard, ham, bacon, sausage, chops and pepperoni), boar, peccary, rabbit, dog, possum, snake, rat, lizard, spider, mouse, weasel, any kind of great lizard, gecko, monitor lizard, wall lizard, skink, chameleon, coyote, dog, fox, jackal, wolf, hyena, ass, donkey, mule, horse, cat, cheetah, leopard, lion, panther, tiger, groundhog, hippopotamus, rhinoceros, kangaroo, monkey, rabbit, camel, coney, snail and worm.

Sea creatures: Fish that do not have fins and scales such as: abalone, bullhead, catfish, clam, eel, crab, lobster, jellyfish, marlin, mussel, octopus, oysters, paddlefish, scallop, sculpin, shark, shrimp (prawn), squid (calamari), stickleback, sturgeon (caviar), swordfish, crayfish (crawfish), dolphin, seal and whale.

Birds: Albatross, crow, eagle, vulture, black vulture, buzzard, red kite, any kind of black kite, any kind of raven, horned owl, screech owl, gull, any kind of hawk, little owl, cormorant, great owl, white owl, desert owl, osprey, stork, any kind of heron, any kind of falcon, hoopoe, bat, pelican, penguin, ostrich, roadrunners, woodpeckers and parrots.

Insects: All flying insects that walk on all fours are detestable, apart from some that have jointed legs for hopping on the ground.

Note: *If in doubt, avoid any food not specifically listed. Also, some products, such as marshmallows have pork-based gelatin, while others have beef-based gelatin. Other products such as biscuits contain animal shortening (usually lard).*

God's dietary laws also forbid us to: 1) Eat fat. 2) Eat meat with the blood still in it (life is in the blood). Contaminated blood products may transmit aids and hepatitis. 3) Cook a young goat in its mother's milk.

Why did God create unclean animals? God created and designed certain kinds of animals to clean the environment. For example, the pig (extremely filthy animal) eats garbage, toxic wastes, feces and dead animals. Fish without fins and scales, such as shrimp, lobsters and oysters clean the bottom of the ocean ("vacuum cleaners"). Crabs are referred to as "professional garbage hunters" and "scavengers" that eat almost anything, including dead flesh. Shrimp is a relative of crabs and lobsters. These unclean fish are the "garbage collectors" of the rivers, lakes, bays and oceans. The oceans are becoming more and more contaminated because they do not have enough lobsters, shrimp and oysters, which have a specific job to do and are referred to as the "clean-up crew."

How dangerous are these unclean foods? Cardiovascular diseases are the number one cause of death globally. Research indicates that almost one-third of cancers are diet-related. Studies conducted show a strong connection between eating unclean foods, such as pork meat (a very fatty meat) and liver cancer, bowel cancer, cirrhosis of the liver, multiple sclerosis and hepatitis E. Many potentially dangerous infections can be passed from scavenger animals (such as pigs, which are "garbage collectors" and "waste removalists") to humans. Farmers have increased profits, by feeding free raw sewage to pigs, which are chief breeding grounds for dangerous infections, as they harbor many retroviruses, flu viruses, parasite tapeworms and other toxins. Cooking pork for long periods of time will still not kill the many retroviruses and other parasites. Unclean animals can transmit dangerous diseases to humans. Raw shellfish (commonly carry salmonella and hepatitis A virus) or "cockroaches of the sea" collect viruses, toxic waste, parasites and bacteria, and are a major source of food poisoning. They purify water of pathogenic bacteria such as cholera. Mollusks, for example raw oysters, clams and mussels are frequently linked to many health crises such as cholera, hepatitis A, typhoid, salmonella and other viruses. Eating shellfish may lead to blood poisoning and even death.

Did Jesus abolish dietary laws? Christ came to fulfill the Law, not to abolish it. This includes dietary laws which are to be upheld Matthew 5:17-18. Many professing Christians who believe that the dietary laws were abolished, quote Mark 7 and Acts 10. These passages do not teach that unclean foods are now fit to eat at all. Acts 10 describes a vision that Peter had, in which he saw heaven opened, and a large sheet being let down to earth by its four corners. It contained various four-footed animals, reptiles and birds. The Lord said to Peter, "Get up, Peter. Kill and eat." Peter responded that he had never eaten anything impure or unclean, because at first, he did not realize the true meaning of the vision. In verse 17, Peter was wondering about the meaning of the vision when three Gentile men came knocking on the door to request to have the Gospel explained to them verse 19. Peter finally understood the meaning of the vision when he put all the pieces of the puzzle together, and said in verse 28 that God had shown him that he should not call any man impure or unclean. Salvation was now open to the Gentiles because God had granted them repentance unto life Acts 11:18. Isaiah 66:15-18 confirms this passage by saying that God will execute judgment upon all men, including those who worship idols and eat the flesh of pigs, rats and other abominable things.

Mark 7 does not mention that dietary laws were abolished. Some Bible translations of Mark 7:18-19, such as NIV, include: (In saying this, Jesus declared all foods "clean.") But other translations render this verse differently. Also, these words are not found in the Greek texts. Comparing Matthew 15 with Mark 7, we find that the theme of this passage is that eating food with unclean hands is not what makes a man unclean, but rather what comes out of a man's heart is what (e.g. sexual immorality, theft, murder, adultery, greed, malice, envy, slander, etc) makes him spiritually unclean.

Various Bible foods with scriptural references:

Seasoning, spices and herbs: spices - Genesis 43:11; mint, anise, cummin - Matthew 23:23 (kjv); bitter herbs - Exodus 12:8; mint, rue and garden herbs - Luke 11:42; cinnamon - Exodus 30:23; salt - Leviticus 2:13; coriander seed - Exodus 16:31; mustard seed - Matthew 13:31; garlic - Numbers 11:5.

Fruits and nuts: figs, grapevines, pomegranates - Numbers 20:5; pistachios, almonds - Genesis 43:11; raisins - Numbers 6:3; apples - Proverbs 25:11; melons - Numbers 11:5; grapes - Deuteronomy 24:21; dates - 1 Chronicles 16:3; sycamore-figs - Psalms 78:47; olives - Deuteronomy 28:40.

Vegetables and legumes: vegetables - Proverbs 15:17; cucumbers - Numbers 11:5; onions - Numbers 11:5; leeks - Numbers 11:5; beans - 2 Samuel 17:28; lentils - 2 Samuel 17:28; gourds - 2 Kings 4:39.

Grains: corn - Genesis 27:28 (KJV); grain - Leviticus 2:13; unleavened bread - Exodus 13:7; bread - Matthew 14:17; fine flour - Revelation 18:13; wheat - Revelation 18:13; barley - 2 Samuel 17:28; barley loaves - John 6:13; millet - Ezekiel 4:9; spelt - Exodus 9:32; roasted grain - 1 Samuel 25:18.

Fish: Matthew 13:47.

Fowl: partridge - Jeremiah 17:11; pigeon - Genesis 15:9; dove - Leviticus 5:7; quail - Exodus 16:1.

Animal meats: lamb - Numbers 9:11; oxen, rams, goats - Numbers 7:23; calf - Genesis 18:7-8; oxen - 1 Kings 19:19; sheep - Deuteronomy 14:4-5; venison - Genesis 27:7 (KJV).

Dairy: curds - Genesis 18:8; butter - Psalms 55:21; milk - Genesis 18:8; cheese - 1 Samuel 17:18.

Miscellaneous: manna - Numbers 11:7-8; honey - Genesis 43:11; wafers - Exodus 29:2; cake - Exodus 29:23; vinegar - Numbers 6:3; olive oil - Revelation 18:13; wine in moderation - 1 Timothy 5:23; grape juice - Numbers 6:3.