

Eating Clean According to the Scriptures

The Biblical guidelines and definitions of what our Creator has sanctified and set apart for us as food are found in Leviticus 11 and Deuteronomy 14. Remember that these guidelines have been given to us for our health and protection. The belief in Yeshua the Messiah (Jesus) does not change our digestive systems. The Messiah did not change what the Almighty gave to his people pertaining to a healthy diet. There are plenty of good and healthy foods for us to choose from.

The People of God should avoid all pork and pork products (found in bacon, ham, Canadian bacon, lard, etc.) We should also avoid shellfish such as shrimp, crab, lobster and fish without fins and scales.

Many Christians do not keep these commandments. They believe that texts such as Mark 7:15 and Acts 10:10-15 give them full permission to eat all kinds of meat: pigs, rabbits, horses, mice, dogs, cats, shell fish, lobsters and prawns. They are mistaken. These Christians have completely missed the point of these texts and have also ignored vital prophecies in Isaiah where the Most High categorically states that on the Day of Judgment He is going to destroy eaters of unclean meats - the mouse and the swine

Isaiah 65:1 I am sought of them that asked not for me; I am found of them that sought me not: I said, Behold me, behold me, unto a nation that was not called by my name.

2: I have spread out my hands all the day unto a rebellious people, which walketh in a way that was not good, after their own thoughts;

3: A people that provoketh me to anger continually to my face; that sacrificeth in gardens, and burneth incense upon altars of brick;

4: Which remain among the graves, and lodge in the monuments, **which eat swine's flesh**, and broth of abominable things is in their vessels.

Isaiah 66:15 For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire.

16: For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many.

17: They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, **eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD.**

Let's look at the text in which many take out of context.

Mark 7:15 What then of these words of Jesus? There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.

This text simply points to a higher level of defilement, which is the human mind. Still worse is the filth in the mind. Knowingly eating unclean foods is insulting the Most High.

Another misunderstood passage is found in the book of Acts.

Acts 10:9, On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour:

10: And he became very hungry, and would have eaten: but while they made ready, he fell into a trance,

11: And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth:

12: Wherein were all manner of four-footed beasts of the earth, and wild beasts, and creeping things, and fowls of the air.

13: And there came a voice to him, Rise, Peter; kill, and eat.

14: But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean.

15: And the voice spake unto him again the second time, What God hath cleansed, that call not thou common.

16: This was done thrice: and the vessel was received up again into heaven.

In this experience the Almighty is teaching Peter, and all who later read the chapter, a great spiritual truth: that true believers in the Most High, of whatever nation, who were previously regarded as 'unclean dogs,' are now totally acceptable to God. But, because of their new-found faith in the Messiah they are now clean. They are now clean and wholly acceptable to the Most High and should also be accepted and welcomed by every strict Jew. Believing Gentiles, in other words, are now part of God's flock. They are His sheep. They are no longer to be regarded as dogs, swine or other unclean beasts. Because of their faith in Yeshua (Jesus) they have been cleansed through and through by God Himself and are now clean and holy. This symbolic drama on the rooftop was given to teach the Apostle Peter and subsequent generations of Christians that faith in Yeshua the Messiah purifies the vilest sinner, no matter from what nation he/she comes.

This passage is not to be taken as a lifting of the divine ban against eating unclean animals. Reptiles, dogs, cats, mice, swine, rabbits, shell fish, lobsters, etc. are still unclean for human consumption. They should not be eaten.