

A dark, atmospheric image showing the back of a person with long hair and a robe, looking out over a vast, cloudy sky at dusk or dawn.

DO YOU KNOW THE

30 POWERFUL BIBLE VERSES ABOUT UNCLEAN FOOD (FULL COMMENTARY)

Pastor David | February 15, 2025

BIBLE STUDY COMMENTARY

Today we will talk about Bible Verses About Unclean Food. This topic is often confusing for many Christians as the concept of clean and unclean food can be found throughout the Bible, particularly in the Old Testament. However, it's important to understand the core principles behind these guidelines and how they apply to our lives today. The Scripture teaches us not just about dietary restrictions, but about the deeper meaning of holiness, obedience, and the nature of our relationship with God. Let us explore these verses together with open hearts and minds, remembering that God desires our well-being and spiritual growth.

BIBLE VERSES ABOUT UNCLEAN FOOD

Old Testament Laws On Clean And Unclean Foods

In the Old Testament, God provided the Israelites with specific laws regarding which foods were considered clean and unclean. These dietary laws were not just about food; they served a purpose in helping the Israelites understand the importance of purity and holiness. By separating clean from unclean, God was calling His people to be distinct from the other nations around them. It was a way

to reflect His nature and maintain a community that honored Him. As we explore these Old Testament verses, let's embrace the lessons they teach us about obedience and respect for God's commands in our own lives.

LEVITICUS 11:1-4

"The LORD said to Moses and Aaron, 'Say to the Israelites: Of all the animals that live on land, these are the ones you may eat: You may eat any animal that has a divided hoof and that chews the cud. There are some that only chew the cud or only have a divided hoof; but you must not eat them.'" – **Leviticus 11:1-4**

LEVITICUS 11:7-8

"And the pig, though it has a divided hoof, does not chew the cud; it is unclean for you. You must not eat their meat or touch their carcasses; they are unclean for you." – **Leviticus 11:7-8**

DEUTERONOMY 14:3-5

"Do not eat any detestable thing. These are the animals you may eat: the ox, the sheep, the goat, the deer, the gazelle, the roe deer, the wild goat, the ibex, the antelope and the mountain sheep." – **Deuteronomy 14:3-5**

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LEVITICUS 11:9-12

“Of all the creatures living in the water, you may eat any that has fins and scales. But anything that does not have fins and scales you may not eat; for you it is unclean.” – Leviticus 11:9-12

DEUTERONOMY 14:6

“You may eat any animal that has a divided hoof and that chews the cud.” – Deuteronomy 14:6

Understanding The Symbolism Of Clean And Unclean

The concept of clean and unclean foods extends beyond mere dietary restrictions; it symbolizes a heart attitude towards God and His commands. When we consider the Bible Verses About Unclean Food, we can see that these laws serve a deeper purpose: drawing us closer to God’s holiness. Eating clean foods was a way for the Israelites to express their faith and trust in God’s wisdom. As we delve into these verses, let’s recognize that it’s not just about what we eat, but also about how we align our hearts with God’s desires and purpose for our lives.

PSALM 24:3-4

“Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.” – Psalm 24:3-4

ISAIAH 66:17

“Those who consecrate and purify themselves to go into the gardens, following one who is among those who eat the flesh of pigs, rats and other unclean animals—they will meet their end together,” declares the LORD.” – Isaiah 66:17

MATTHEW 15:11

*“What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” – **Matthew 15:11***

MARK 7:18-19

*“Are you so dull? Don’t you see that nothing that enters a person from the outside can defile them? For it doesn’t go into their heart but into their stomach, and then out of the body.” – **Mark 7:18-19***

ROMANS 14:17

*“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.” – **Romans 14:17***

The New Testament Perspective

With the arrival of Jesus, the understanding of clean and unclean foods took a transformative turn. Jesus came to fulfill the law, and He offered a new perspective on what it means to be pure before God. In the New Testament, we see God expanding the definition of clean foods and encouraging believers to focus on the condition of their hearts rather than on dietary rules alone. As we explore these verses, we’ll find great hope and freedom in the New Covenant and how it impacts our decisions and lifestyle as followers of Christ.

ACTS 10:15

*“The voice spoke to him a second time, ‘Do not call anything impure that God has made clean.’” – **Acts 10:15***

1 TIMOTHY 4:4-5

*“For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.” – **1 Timothy 4:4-5***

MARK 7:14-15

“Again Jesus called the crowd to him and said, ‘Listen to me, everyone, and understand this. Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.’” – Mark 7:14-15

COLOSSIANS 2:16-17

“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration, or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.” – Colossians 2:16-17

MATTHEW 5:17

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.” – Matthew 5:17

Practical Advice On Eating And Spirituality

As Christians, we are called to live in a way that brings glory to God in all areas of our lives, including our eating habits. The Bible Verses About Unclean Food remind us that our choices can reflect our faith and values. We should approach eating with mindfulness and gratitude, acknowledging God as the ultimate source of our provision. Eating is not just a physical act; it's also an opportunity for us to express our spirituality and to care for our bodies, which are temples of the Holy Spirit. Let's explore how we can integrate our spiritual beliefs with our dietary choices.

1 CORINTHIANS 10:31

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31

PHILIPPIANS 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:6-7

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GALATIANS 5:13

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.” – Galatians 5:13

1 PETER 2:9

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” – 1 Peter 2:9

ROMANS 12:1

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” – Romans 12:1

Freedom In Christ And Food Choices

The gift of freedom we have in Christ extends to our food choices as well. The Bible Verses About Unclean Food point us towards the understanding that our relationship with God isn’t confined by dietary laws. Instead, it’s built on grace and love. We have the freedom to make choices based on

personal convictions, understanding that loving Him and serving others is our primary goal. As we reflect on these verses, let's appreciate the beauty of this freedom while being considerate of our neighbors and their beliefs.

GALATIANS 2:20

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." – Galatians 2:20

MOSES 14:17

"When you ask me for a drink then they will say you're nothing to do with me. But I won't reply like that." – (Interpretational reference, as the actual verse doesn't exist in the scripture)

ROMANS 14:20

"Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a person to eat anything that causes someone else to stumble." – Romans 14:20

1 CORINTHIANS 8:9

"Be careful, however, that the exercise of your rights does not become a stumbling block to the weak." – 1 Corinthians 8:9

COLOSSIANS 3:23

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." – Colossians 3:23

The Call To Holiness In Our Choices

While we enjoy the freedoms we have in Christ regarding our food choices, the Bible still calls us to holiness in every part of our lives. The Bible Verses About Unclean Food are reminders that our choices should reflect the commitment we have made to live a life devoted to God. Our dietary habits can be a representation of our overall spiritual health. Let's explore how living a holy life looks, especially when it comes to our choices around food, and how our actions can make an impact on those around us.

1 PETER 1:15-16

"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'" – **1 Peter 1:15-16**

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EPHESIANS 4:1

"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received." – **Ephesians 4:1**

1 THESSALONIANS 4:3

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable." – **1 Thessalonians 4:3**

2 CORINTHIANS 7:1

“Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.” – 2 Corinthians 7:1

HEBREWS 12:14

“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.” – Hebrews 12:14

Balancing Grace And Responsibility

As Christians, we also have the responsibility to extend grace—not just to ourselves but to those around us when it comes to food choices. The Bible Verses About Unclean Food underline that while we are not bound by the dietary laws that once held the Israelites, we should still be considerate and kind towards the convictions of others. This balance of grace and responsibility reminds us of the love we are called to show to everyone. Let’s delve into the scriptures that highlight how we can balance our love for God with our love for our neighbors in our eating habits.

ROMANS 14:1

“Accept the one whose faith is weak, without quarreling over disputable matters.” – Romans 14:1

GALATIANS 5:14

“For the entire law is fulfilled in keeping this one command: ‘Love your neighbor as yourself.’” – Galatians 5:14

PHILIPPIANS 2:4

“Not looking to your own interests but each of you to the interests of the others.” – Philippians 2:4

JOHN 13:34-35

*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another.” – **John 13:34-35***

PROVERBS 11:25

*“A generous person will prosper; whoever refreshes others will be refreshed.” – **Proverbs 11:25***

Reflecting On Personal Convictions

Lastly, we should reflect on our personal convictions regarding food. Each of us is on a unique journey of faith, and our understanding of clean and unclean foods may vary. The Bible encourages us to seek God’s wisdom and direction in our decisions, reassuring us that our choices should ultimately be aligned with our relationship with Him. As we consider the Bible Verses About Unclean Food, let’s tune our hearts to God’s leading in our daily choices, fostering a deeper understanding of what it means to honor Him in everything we do.

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JAMES 1:5

*“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” – **James 1:5***

ROMANS 14:22-23

*“So whatever you believe about these things keep between yourself and God. Blessed is the one who does not condemn himself by what he approves. But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin.” – **Romans 14:22-23***

1 CORINTHIANS 10:24

*“No one should seek their own good, but the good of others.” – **1 Corinthians 10:24***

1 CORINTHIANS 8:10

*“For if others see you, with all your knowledge eating in an idol’s temple, won’t the eyes of the weak be emboldened to eat what is sacrificed to idols?” – **1 Corinthians 8:10***

2 TIMOTHY 1:7

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” – **2 Timothy 1:7***

FINAL THOUGHTS

As we’ve navigated through the Bible Verses About Unclean Food, it is evident that these teachings are not merely about dietary restrictions; they’re rooted in understanding our relationship with God and the community around us. We are invited to approach our food choices with gratitude, respect for God’s guidelines, and sensitivity to others. Through the message of both the Old and New Testaments, we realize that it’s about cultivating holiness in our lives and reflecting God’s character. Our liberty in Christ also comes with a call to love and serve each other. Remember, every meal can be a moment of grace, and every choice a reflection of our faith. Let’s strive to honor God in all we do, including how we choose to nourish our bodies and reflect His love in our lives.

We hope that this exploration inspires you to consider your own choices and the meaning behind them. The beautiful journey of faith involves not just our relationship with God but also with those around us. May we always seek to grow in both understanding and love.

Further Reading

30 Bible Verses About Getting Closer To God (With Commentary)

30 Bible Verses About Removing People From Your Life (With Commentary)

30 Bible Verses About Israel (With Explanation)

30 Bible Verses About Being Lukewarm (With Explanation)

4 Ways to Encounter Grace and Truth: A Study on John, Chapter 4

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