



# To Eat or Not To Eat? That is The Question

Sh'mini | "Eighth" | Leviticus 11

# Portion Overview

- **The Lord Accepts Aaron's Offering**  
*Leviticus 9*
- **The Death of Nadab and Avihu**  
*Leviticus 10*
- **Clean and Unclean Animals**  
*Leviticus 11*

# Clean and Unclean Terminology

1. Clean = **Tahor**
2. Unclean = **Tamei**
3. Holy (Set Apart) = **Kadosh**
4. Kosher = **Kashrut** (*Proper or Correct*)
5. Neutral = **Pareve** or **Parevim** (*Yiddish*)

# Being Set Apart unto Yehovah

1. Being Set-Apart (holy) is so much more than just being Yehovah's people.
2. Keeping Yehovah's Calendar sets us apart.
3. Eating clean sets us apart.
4. What and how we eat and drink things (beyond clean and unclean meats), also sets us apart as evidenced in the Nazarite Vow's regulations on eating and drinking, and on Scripture's view on gluttony and alcohol.
5. What we place in and on our bodies can also keep us from being set apart (unclean animal products, food dyes, tattoos, etc.)
- 6. Our bodies are Yehovah's temple.**

# The Lord Accepts Aaron's Offering

1. Aaron's Priesthood Inaugurated
2. The Lord Accepts Aaron's Offering
  - Aaron's worship was holy (set apart) and acceptable unto Yehovah, for he followed Yehovah's instruction and commandment, in the way and manner in which he should worship by presenting his offering.
- 3. Are you presenting yourself before Yehovah in the manner in which we are commanded to, or are you doing your own thing?**

# Strange Fire

## Leviticus 10:1-2

*“And Nadav and Avihu, the sons of Aharon, each took his fire holder and put fire in it, and put incense on it, and brought **strange fire** before יהוה, which He had not commanded them. And fire came out from יהוה and consumed them, and they died before יהוה.”*

## Strange

זָרָה (zarah)



from the root word: zur (St. # 2114a.) = to be a stranger.

adulteress (3), adulteress\* (1), alien (2), aliens (2), another (2), enemies (1), estranged (4), foreign (2), foreigners (2), illegitimate (1), layman (9), outsider (2), satisfied (1), strange (11), strange thing (1), strange things (1), stranger (7), strangers (22), turned away (1), unusual (1)

# Are you Presenting Strange Fire?

## Examples of Strange Fire:

- Eating Unclean Animals / "foods" containing unclean animal by-products
- Smoking / Drugs / Drunkenness
- Knowingly defiling your body with toxic chemicals, synthetic or unkosher food dyes, and/or medications that you know to be harmful.
- Watching or listening to things that don't edify the spirit.
- Pride, hypocrisy, false worship, selfishness, doing your own thing.

# Our Bodies are Temples

1. According to Scripture our bodies are the Temple of Yehovah (1 Corinthians 3:16-17; 6:19).
2. What we place in or on our physical temples (our bodies), therefore becomes like an offering unto Yehovah.
3. Are you taking care of your Temple? Or are you defiling it?
4. Is Yehovah accepting your offering, by what you're placing in it? Yehovah deserves the best.

# The Death of Nadab and Avihu

1. Just as Nadab and Avihu were consumed and killed for their unacceptable offering, **too many “believers” are consumed by disease and death because they defiled their physical temples with the pleasures of this world.**
2. Yehovah’s plan for us is to eat healthy and to eat only the best, **so that we can be fit to be of good use for His Kingdom.**
3. How can we be effective for His Kingdom, when the food we consume makes us **tired, sick, and diseased?**

# The Sin of Drunkenness

- Those called into priestly service were to abstain from drinking when ministering in the tabernacle (**Leviticus 10:9**), **this is referring to fermented juice (old wine) and strong drink.**
- In the Bible, anyone set apart for Yehovah was to totally abstain from any fruit of the vine during the time of his consecration (**Judges 13:4; Leviticus 10:9; Numbers 6:3; Luke 1:15**).
- Although drinking in moderation is not condemned in Scripture, losing self-control is, and there are many warnings about alcohol's destructive nature (**Proverbs 20:1; 31:4**).



- **Getting drunk is a sin.** Whether it be alcohol, drugs, or some other addictive behavior, Yeshua said, “You cannot serve two masters” (**Matthew 6:24**).
- When we get drunk with alcohol or high on drugs, we are serving a master other than the Lord. Choosing to follow Yeshua means choosing against our old sinful patterns and lifestyle. We cannot follow Yeshua and also follow drunkenness, immorality, or worldly thinking (**Galatians 2:20; Romans 6:1-6**). They are going in opposite directions.
- **1 Corinthians 6:10** lists drunkards among those who “will not inherit the kingdom of Yehovah.” When we choose to be defined by our sin, we cannot also be a follower of Messiah (**Galatians 5:19-21**).
- When we choose drunkenness in spite of Yehovah’s command against it, we are choosing disobedience and cannot, in that state, be in fellowship with a holy God who condemns it (**Luke 14:26-27; Matthew 10:37-38**).



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## Verses on Drunkenness and Drinking in Moderation:

1. *Proverbs 20:1; 23:20-21; 23:29-32; 31:4-5*

2. *Isaiah 5:11; 28:7*

3. *Ephesians 5:18; 1 Timothy 3:8; Ecclesiastes 9:7*



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## **It's important to note, that scripture mentions several kinds of drinks/alcohol:**

- **New Wine** = was freshly pressed juice (ie: Grape Juice is considered new wine. It is considered a fermented product, though containing less alcohol than a longer fermented juice).
- **Old Wine** = Fermented juice which contains a higher amount of alcohol.
- **Strong Drink** = A highly fermented wine or drink.
- The wine of ancient biblical times was unpleasant to drink of its own, as it often contained too much alcohol from the fermentation process (which is why it was diluted with water and additional added sweeteners and spices to make it pleasant to drink).
- It did not have the same alcoholic content of today, and was much weaker after it was diluted. Ancient biblical wine which was then consumed, can be compared to today's Kombucha. Kombucha (though considered to be a non-alcoholic drink), does contain a small percentage of alcohol, ranging anywhere between 0.5% - 2.5%. Home brews have as much as 3% alcohol or higher.

## Biblical Terms for Alcohol: New Wine

6071. **asis** (אַסִּיִּס) = New wine, fresh wine

Meaning: must, fresh grape-juice (**NEW WINE**)

8492. **tirosh** (תִּירוֹשׁ) = New wine, fresh wine, sweet wine

Meaning: must, fresh grape-juice, fermented wine (**NEW WINE**)



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## Biblical Terms for Alcohol: Old Wine

2561. **chemer** (חֶמֶר) = Wine

2562. **chamar** (חָמַר) = To boil up, ferment, foam

Meaning: wine (**OLD WINE**)

3196. **yayin** (יַיִן) = Wine

Meaning: wine, intoxication (**OLD WINE**)

7941. **shekar** (שֵׁכָר) = Strong drink, intoxicating beverage

Meaning: an intoxicant, intensely alcoholic liquor.

Word

Origin: Derived from the root שֵׁכַר (**shakar**), meaning "to be or become drunk." (**STRONG DRINK**)



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## The Ancient Practice of Drinking Diluted Wine:

- Historical Tradition: Diluting wine with water dates back to ancient civilizations, including the Greeks and Romans.
- Cultural Norm: In many ancient societies, drinking undiluted wine was considered barbaric or a sign of excess.
- The Mishnah and Talmud describe the use of diluted wine.

## But what about Isaiah 1:22?

*"Your silver has become dross, your wine diluted by water." Isaiah 1:22*

- This was referring to libation offerings / drink offerings (which were never to be diluted, as we are to offer only the best and purest things to Yehovah).
- 5435. **sobe** (סֹבֵי) = potation (a strong drink, a liquor)
- Some theologians say it was a very strong wine, while others say it was a grain alcohol, like today's spirits/liquor, while others say it may have been like beer).

## **Did Yeshua turn Water into New Wine or Old Wine?**

- Both New Wine (Juice) and Old Wine (Fermented Juice), are considered fermented drinks (as the fermentation process begins after 18 minutes according to Jewish tradition and law). This is why many Karaite Jews only drink “grape Juice” that hasn’t been fermented (no wine). And why many of them make their own fresh grape juice from grapes right before their Passover Seder.
- Whether or not Yeshua created an alcoholic beverage, it was very likely that they drank it diluted with water (as was the custom during that time).

## **Verses on Drinking:**

*Proverbs 31:6-7*

**Give strong drink to one who is dying, and wine to those who are bitterly distressed – let him drink, forget his poverty, and remember his misery no more.**

*In this passage, advice is given to provide strong drink to those who are in desperate situations or experiencing deep sorrow. It recognizes the temporary relief that alcohol can bring in these circumstances but does not promote its regular or excessive consumption.*

## **Other Verses:**

1. *1 Corinthians 6:12; 10:23; 10:31*
2. *Galatians 5:22-23*
3. *1 Thessalonians 5:6-8*
4. *Titus 2:2-3*
5. *1 Peter 4:7; 5:8*



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# The Sin of Gluttony

1. This is something that is **NOT** preached on in churches today. Yet simply dismissed as a joke, or no big deal. **Gluttony** is a very serious sin and we are ALL guilty of committing this sin, as most of us overindulge ourselves in the food pleasures of today's society.
2. Hebrew word for **Gluttony** is **זָלַל** (**Zalal**).
  - **Zalal** - to be loose morally, worthless or prodigal, to be blown down / shaken.
  - Has your health and life been shaken by what you're consuming?

# The Sin of Gluttony

1. *Proverbs 23:20-21*

2. *Proverbs 23:2*

3. *1 Corinthians 10:31*

4. *Philippians 3:18-19*

5. *Ezekiel 16:49-50*

6. *Luke 12:23*



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# The Sin of Gluttony

- We are all pressing on toward the High Calling of Yehoshua HaMashiach  
***Philippians 3:14.***
- If you have failed Yehovah in this area of your life, this is not to condemn you but to bring light into this unspoken sin and to encourage you to tear this stronghold down out of your life. ***2 Corinthians 10:4***
- We have that power of the Ruach HaKodesh to help us in every area of our lives, including “Food Addiction”!
- Food Addiction and Sugar Addiction is a real thing!
- Did you know Sugar is more addictive than cocaine?
- Did you know that Cheese and Dairy contains **Casomorphin**, an opioid peptide which makes it addictive? These casomorphines seem to be 5x higher in A1 cows, as compared to A2 cows. Likewise, the formation and degradation of Beta-casomorphins in Dairy Processing through pasteurization degrades these peptides which are needed for proper dairy digestion.

# **Kosher Glossary: Kosher Terms**

For educational purposes only, may not be relevant to us as Messianics

## **Cholov Yisroel**

Milk which is produced under constant rabbinical supervision and products made from such milk.

## **Chometz**

Leavening or leavened bread, not permitted for Passover. Chometz may also be used to denote any product or utensil that is not kosher for Passover.

# Kosher Glossary: Kosher Terms

## **Fleishig**

Derived from the Yiddish "***fleish***" (meat). Colloquially used to denote meat foods, dishes, and utensils.

## **Glatt Kosher**

Meat which is determined to be in accordance with the highest standards of ***Kashrus***, and whose standards are without question.

# Kosher Glossary: Kosher Terms

## **Hecksher**

Written certification of kashruth signed by a Rabbi, Vaad HaKashruth (council for kashruth supervision) or seal of a recognized kashruth-certifying agency.

## **Kasher**

To "**make Kosher**," usually applied to the salting and soaking procedures used in the production of kosher meat and poultry. Also used to describe the procedure for preparing (cleaning) a non-kosher facility so that it may

# Kosher Glossary: Kosher Terms

## **Kashruth**

The general term used to denote every aspect of food prepared according to Jewish law and proper for the Jewish table.

## **Kosher**

Literally, "**fit, proper or correct.**" Describes food that is permissible to eat under Jewish dietary laws.

# **Kosher Glossary: Kosher Terms**

## **Kosher for Passover**

In addition to meeting the year-round requirements for kosher, the food product also meets the Passover dietary laws, which prohibit the use of leavened grain products.

## **Mevushal**

Term used to designate that kosher wine has been pasteurized.

# Kosher Glossary: Kosher Terms

## **Mehadrin**

Used to connote that foods are prepared in accordance with the strictest kosher standards.

## **Milichg**

Yiddish for dairy products, utensils and equipment.

# **Kosher Glossary: Kosher Terms**

## **Pareve**

A term indicating that a food does not contain either meat, poultry or dairy, and can therefore be eaten with all types of kosher ingredients. Pareve items include all fruits, vegetables, legumes, grains, eggs and kosher fish, etc.

## **Shechita**

Torah prescribed manner of killing animals or fowl for consumption.

# **Kosher Glossary: Kosher Terms**

## **Shochet**

A person authorized to slaughter kosher meat and poultry according to the Jewish tradition.

## **Treife**

A term generally indicating that a particular food is not kosher.

# Symbols for Pareve, Dairy and Meat Product Labeling

**K:** Kosher-Pareve

**KD:** Kosher-Dairy

**KM:** Kosher-Meat

**KDE:** Kosher-Pareve ingredients that are produced on Dairy Equipment

**KP:** Kosher for Passover

**Note:** *The "K" symbol means that the company represents the product to be kosher. There is no assurance that a Rabbi or agency certifies the product. The kosher consumer is advised to always investigate who stands behind the symbol before purchasing any product.*

# What Does Kosher Mean Anyway?

1. Biblical Kosher
2. Rabbinically Kosher
3. Common Sense Kosher



# Biblical Kosher

- Eating only Clean animals found in Leviticus 11 and Deuteronomy 14
- Not eating Unclean "animals". (Unclean Animals are not considered Food)
- Clean Meats, Poultry or Fish must be slaughtered biblically. Shechita slaughter laws are not found in scripture, yet were traditions passed down culturally through the ages.
- Not eating **Blood** (Lev. 17)
- Not eating **an animal that has died of natural causes or an animal torn by beasts** (Lev. 17)
- Technically anything "**UNCLEAN**" (according to Biblical Standards) is **NOT** considered food.

# UNCLEAN ANIMALS

**Only, these you do not eat among those that chew the cud or those that have a split hoof:** the camel, because it chews the cud but does not have a split hoof, it is unclean to you; and the rabbit, because it chews the cud but does not have a split hoof, it is unclean to you; and the hare, because it chews the cud but does not have a split hoof, it is unclean to you; and the pig, though it has a split hoof, completely divided, yet does not chew the cud, it is unclean to you.' Their flesh you do not eat, and their carcasses you do not touch. They are unclean to you. **(Lev. 11:3-8)**

# CLEAN and UNCLEAN ANIMALS

- **Whatever has a split hoof completely divided, chewing the cud, among the beasts, that you do eat.**
- **Cows, Sheep, Goats and Deer are kosher.**
- **Pigs, Rabbits, Squirrels, Bears, Dogs, Cats, Camels and Horses are not kosher.**



# UNCLEAN FISH

**These you do eat of all that are in the waters: any one that has fins and scales in the waters, in the seas or in the rivers, that you do eat.**

'But all that have not fins and scales in the seas and in the rivers, all that move in the waters or any living being which is in the waters, they are an abomination to you. 'They are an abomination to you - of their flesh you do not eat, and their carcasses you abominate. 'All that have not fins or scales in the waters are an abomination to you. **(Lev. 11:9-12)**

**Catfish, sturgeon, swordfish, lobster, shellfish, crabs and all water mammals are not kosher.**

# CLEAN FISH

1. Fins
2. Scales
3. Examples: salmon, tuna, pike, flounder, carp and herring are kosher.

**\*Yes Tuna is kosher, they have small and fewer scales, but they do have scales and fins.**



# **CLEAN BIRDS**

**1. Non-Preying Birds**

**2. Examples of kosher birds are the domestic species of chickens, ducks, geese, turkeys, pigeons, dove, and quail.**

# UNCLEAN BIRDS

And these you do abominate among the birds, they are not eaten, they are an abomination: the **eagle**, and the **vulture**, and the **black vulture**, and the **hawk**, and the **falcon** after its kind, every **raven** after its kind, and the **ostrich**, and the **nighthawk**, and the **seagull**, and the **hawk** after its kind, and the **little owl**, and the **fisher owl**, and the **great owl**, and the **white owl**, and the **pelican**, and the **carrion vulture**, and the **stork**, the **heron** after its kind, and the **hoopoe**, and the **bat**. *(Lev. 11:13-19)*

# BUGS

**All flying insects that creep on all fours is an abomination to you.**

Only, these you do eat of every flying insect that creeps on all fours: those which have *jointed legs* above their feet with which to *leap* on the earth. These of them you do eat: the ***locust*** after its kind, and the ***destroying locust*** after its kind, and the ***cricket*** after its kind, and the ***grasshopper*** after its kind. But all other flying insects which have four feet is an abomination to you. **(Lev. 11:20-23)**

# Examples of Unclean Food

- **The majority of Restaurants are NOT KOSHER!**
- Even if you think you're ordering something that is pork or shellfish-free, 99.9% of the time, you're being **cross-contaminated**, (may also have unkosher food dyes).
- Kosher and Non Kosher food items are prepared and cooked on the same surfaces in most restaurants.
- A lot of what we think should be Kosher (like bread, dressings, seasonings or marinades) in fast food or restaurant establishments, can contain pork, shellfish, or food dyes derived from non-kosher animals in them as fillers.



# Examples of Unclean Food

- **Carmines**, a bright red dye has become one of the most debated food colorants due to its origin and widespread use. Derived from crushed cochineal insects, this dye, often labeled as "**E120**," "**cochineal extract**," or "**natural red 4**," is far more embedded in our daily consumption than many realize.



# What products have Carmine?: Its Use in Food and Beverages:



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## 1. Confectionery and Sweets:

- **Gummy Candies:** Brands often use carmine in products to achieve the red hues seen in cherry or strawberry-flavored gummies.
- **Red Licorice and Lollipops:** Despite modern advances in colorants, many manufacturers still prefer carmine for its authentic red color.
- **Dessert Toppings:** Carmine is commonly found in red sprinkles and other decorative sweets.

## 2. Dairy Products:

- **Yogurts and Ice Creams:** Strawberry and raspberry-flavored yogurts or ice creams frequently rely on carmine to achieve their appealing pinkish-red color.
- **Sorbets and Sherbets:** Even these frozen treats, often marketed as more natural alternatives, may contain carmine for color enhancement.

### 3. Beverages:

- **Fruit Juices:** While red berries are naturally colorful, many drinks, especially mixed fruit juices and punches, use carmine for consistency.
- **Alcoholic Beverages:** Carmine is used in liqueurs and some cocktails, especially those requiring a vivid red presentation.



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### 4. Processed Meats:

- **Sausages and Hot Dogs:** Carmine's stability under heat makes it a go-to option for processed meats that need to maintain a reddish tint.
- **Deli Meats:** Products like ham and salami often use carmine to achieve a uniform color across batches.

### 5. Processed Meats:

- Even pharmaceutical companies incorporate carmine in pill coatings, especially for red or pink-colored medications.

# "Some" Examples of Unclean Food: Containing Carmine (A "natural" food dye derived from the Cochineal Insect)

Can be found in food, cosmetics, skin products, toothpaste, and supplements and medications

## CARMINE



  
Carmine is a red food coloring that comes from boiled cochineal bugs, which are a type of beetle.



There have been reports that the bug based coloring can cause severe allergic reactions in some people

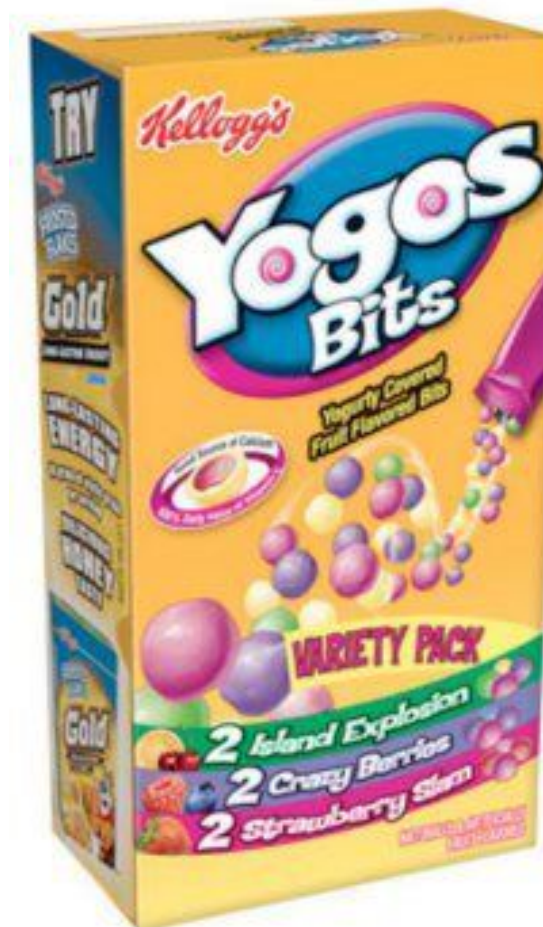
Carmine can be found in Skittles, Good n Plenty, Dannon strawberry yogurt, Oceanspray grapefruit juice & often times strawberry or raspberry ice cream.



f GIYLH

## 9 Foods Made With Crushed Bugs

Starbucks has announced they are reviewing alternative food dyes to cochineal (aka crushed bugs). But a Strawberry Frap isn't the only food you've eaten colored by crushed bugs.



# "Some" Examples of Unclean Food: Containing Pork

Can be found in food, cosmetics, skin products, toothpaste, and supplements and medications

## Contains Pork



All of these marshmallow products contain PORK.

Take Care ~ Be Aware!



You'll find pork in more than food...



# Rabbinically Kosher

(NOT Biblical - not what we practice nor teach)

- Eating only Clean foods found in **Leviticus 11** and **Deuteronomy 14**
- **MEAT** and **DAIRY**, may not be consumed together or at the same meal.
- Food or Meat is Blessed by a Rabbi.
- Not always slaughtered Biblically.
- Not always Biblically Kosher.
- Cooking areas (ie. kitchen, stove, oven, refrigerator and sinks) must be “kosherized”.
- Meat and Dairy must be stored and prepared separately.

# Common Sense Biblical Eating Principles

- **GMO = GMO stands for Genetically Modified Organism**
- **What is a GMO?** Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods.
- **Non-GMO Labels** referring more specifically to Genetically Engineered Organisms, not the genetically modified foods which occur from farmers interbreeding seeds. (though this is also highly debated as to whether these are biblically kosher or not, Leviticus 19:19; Deuteronomy 22:9).
- **GMO Foods are Man-made food:** GMO's have been proven to cause health risks and disease. GMO Grains have 3x the amount of gluten than Non-GMO Grains. Because of GMOs we have a higher rate of illnesses, diseases and food allergies and intolerances like never before. GMO's also cause cancer.

# Common Sense Biblical Eating Principles



Organic is **ALWAYS** Non-GMO

Non-Organic food should be checked to see if it's Non-GMO or Not

# Common Sense Biblical Eating

- **Non-Organic Foods:** are filled with man-made **chemicals, pesticides, fungicides, growth hormones** and **antibiotics**, and **synthetic food dyes** to name a few. This includes:
  - Farm raised fish.
  - Fish that comes from polluted waters (chemicals, heavy metals, mercury, radiation, solid waste or bodily waste).



# Common Sense Biblical Eating

- **GMO Produce** is Genetically modified so that they grow bigger, brighter in color, have a more uniform shape.
- Did you know farm raised salmon is naturally gray, so it is artificially dyed with food coloring?
- Many foods are artificially colored with food coloring, here are just a few:
  - Red Delicious apples, oranges (oranges that grow in the south or warmer climates are naturally green), Blueberries, Maraschino cherries, Red potatoes, Strawberries, Pickles, Tuna, Salmon, Cheese, wasabi, dried fruit, pickled ginger.

# Common Sense Biblical Eating ...

- Cattle and Fish were NOT created to eat Corn!
- Cattle is meant to be 100 % Grass-Fed and Grass-Finished. Not given hormones or antibiotics (this includes hormones or antibiotics added to their feed).
- Poultry should be pastured and free-roaming. They are meant to live off of bugs and weeds.
- Fish should be Wild-Caught from natural or fresh water sources. Not farm raised, which are fed corn.
- Many companies are now claiming that their meat is never grown with hormones or antibiotics... yet they get around this, by putting it in the feed, instead of injecting the animals.
- **Don't be fooled! Companies are not legally required to disclose ALL ingredient information on their labels, or whether their food is GMO or grown in a lab.**
- **Lab-Grown meat is the newest to make it on the market. Again, companies don't have to disclose this information.**
- **Just recently, produce and animals are now being injected with vaccines such as the Covid-19 vaccine.**
- **You Never Know What's Really In Your Food!**

# Common Sense Biblical Eating

- **The majority of Restaurants are NOT KOSHER!**
- Eating at home is always **BEST**.
- Cooking and Preparing your own Food is always **BEST**.
- Common Sense Kosher: Kosher or Organic does not always mean healthier! Real labels for non-kosher ingredients, chemicals, preservatives, and food dyes.



# Examples of Common Sense Biblical Eating Things we should avoid...

- High Fructose Corn Syrup and Corn Syrups, (Made from GMO Corn),
- Synthetic Food Colors and Dyes... are Biblically unkosher (though they may or may not be labeled Rabbinically Kosher)
- Artificial Flavorings, Natural Flavorings and Preservatives and Additives....
- Some Medications or Prescriptions....
- Some Vaccines, Flu Shot, etc...
- Meat Glue (transglutaminase) used in many applications, yet laws don't require companies to disclose that they even use it.



# What Were We Created to Eat?

1. Seed-bearing Fruits and Vegetables, grasses, nuts and seeds.
2. Clean Animals.
3. Pure Drinking Water (like Spring, Well Water, or Distilled Water).

And a voice came to him,  
"Rise up, Kěpha, slay and  
eat." But Kěpha said, "Not at  
all, Master! Because I have  
never eaten whatever is  
common or unclean." And a  
voice came to him again the  
second time, "What Elohim  
has cleansed you do not  
consider common."

**Acts 10:13-15**



# TAKE AWAY

- Eat only what Yehovah made.
- Yehovah has called us to be called out of the Babylon, including Babylon's meat. (Daniel 1:8).
- Kosher doesn't mean pressure, it is a pleasure to eat set apart for the King.

# APPLICATION FOR THE WEEK

1. Today I will start eating set-apart and not worry about what other people think.
2. I will pray about what I eat before eating it.
3. I will use discernment even in my eating. I will read all labels!
4. In food or drink do it to Yehovah's Glory, 1 Corinthians 10:31.
5. Am I honoring Yehovah with my temple (my body)? Could I be doing more to have optimal health so that I can be more effective for His Kingdom? I will take on the Challenge of the Week, by educating myself more on Biblical Eating.

# CHALLENGE FOR THE WEEK

(Access the links under the Message Notes)

## 1. **Biblical Health and Nutrition Principles, Dr. David Jockers**

- <https://www.youtube.com/watch?v=d9PBXtYk3OI>
- <https://drjockers.com/pig-meat/>
- <https://drjockers.com/shellfish/>
- <https://drjockers.com/conscious-carnivore/>

## 2. **The Secrets of Sugar - The Fifth Estate**

- <https://www.youtube.com/watch?v=K3ksKkCOgTw>

## 3. **Sweet Death: How Sugar Is Making Us Sick | ENDEVR Documentary**

- <https://www.youtube.com/watch?v=b2taSMx6394>

## 4. **Watch "Secret Ingredients"**

- <https://secretingredientsfilm.com/>

## 5. **To Dye For: The Documentary**

- <https://www.todyeforthedocumentary.com/>