

1. A common statement among practicing Bible believers is that “it’s not a religion, it’s a relationship.” He is our Heavenly Father, and we are his children. Scripture repeatedly affirms this metaphor and thus, the dynamic of the Father and Child relationship should inspire how we as believers respond to all of the instructions He has given throughout His word. Every loving parent establishes rules for their children. Because the parent has greater wisdom and experience than their children, a good parent creates boundaries to keep their children healthy and safe. Since we know that the Bible commands children to obey their parents, and because ALL SCRIPTURE is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, it would seem prudent for us to carefully consider what the Father has instructed for us regarding what we are allowed to eat.

- Logo Intro -

2. The first mention of food in the Bible is actually found in the very first chapter. In Genesis 1:29 we read that every plant **yielding seed** and every tree with **seed in its fruit** was originally the Father’s intended food both for humans and animals. It is certainly intriguing to realize that in the beginning, when the Father testified that his creation was “very good”, His plan was for his children to consume a plant based diet. Perhaps this is because eating an animal requires that animal to die, and death had not yet entered into the world. This vegetarian diet also seems to parallel what is found in Revelation 22, after all things have been made new, and there is no more death, the children of the Most High God will be eating the 12 different fruits growing from the tree of life.
3. Unfortunately, the disobedience of man caused death to enter into the Father’s perfect creation, and the consequences of His punishment drastically effected many aspects of life on Earth. As the Most High pronounced His judgement upon Adam, he cursed the ground and declared, “thorns and thistles it shall bring forth for you; and you shall eat the plants of the field.” However, many centuries later, as Noah and his family exited the ark to begin replenishing the Earth, the Father proclaimed, “Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.” As modern

believers, it is important to understand these two separate and seemingly contradictory instructions so that we can conduct ourselves in a way that is pleasing to our creator.

4. Since the Father's allowance of eating animals was given AS he gave the green plants for food, it would seem important to first review HOW he gave the plants. As mentioned earlier, in Genesis 1:29 the Most High actually did place restrictions on specifically which plants he granted permission to eat. This stands to reason, since we know there are all manner of poisonous plants that would be harmful or even fatal if consumed. And because our Heavenly Father created those plants and knew they would be dangerous if His children ate them, he created a rule to help us stay healthy and safe.
5. So if the Father placed limitations on which plants could be eaten, it makes sense that He would also place limitations on the animals that could be consumed, now that death had entered the world. These limitations are carefully outlined in the entire chapter of Leviticus 11 as well as the majority of Deuteronomy 14. In these chapters, the Father identifies the animals that can be eaten as clean. For example, clean mammals are required to have a cloven or divided hoof and must also chew the cud. Clean water dwelling animals must have both fins and scales in order to be eaten. In addition, there are certain birds and even a few insects that are identified as being clean
6. The animals that are not to be consumed, or even touched when they are dead, are labeled as unclean, and even called detestable, or abominations in some translations. The most common unclean animals that are consumed in the modern era would include pork, all shellfish, and catfish. It is also worth noting that gelatin, unless it is specifically labeled as coming from beef or fish, is typically derived from the bones of pigs, and thus, any products making use of gelatin would also be unclean. Surprisingly, there are many other modern ingredients that are also produced from unclean sources.

7. I would strongly encourage you to study these chapters very carefully and recognize that our unchanging creator has commanded these regulations for anyone desiring to enter into covenant with him. It is easy for modern believers to dismiss these “Old Testament” rules thinking they do not apply to us. However, when we are saved by grace through faith we are adopted into the family of God and become siblings with the children of Israel and thus have expectations of obedience placed upon us. For more information on this fact, please see my video, “Are You Grafted In?”

8. The Biblical dietary instructions are a doctrine that often elicit a series of strong, unsettling emotions. This is due largely to the fact that, for most people, bacon, ham, shrimp, lobster, and crab are incredibly delicious. For decades many of us have derived great joy and even formed memorable, long-lasting traditions that involve consuming these meats. And it seems unthinkable that our loving Heavenly Father would want to deprive us of something we enjoy so much! However, we should always remember that if our all-knowing creator has placed a restriction on something, He must have a good reason for doing so. Just as we can all recognize that there are a great many plants that would be dangerous if eaten, we should just as easily realize that there are a great many animals can be dangerous if eaten. And our Heavenly Father, who CREATED these animals, never intended for them to be food for humans. Let us not forget that He also designed and created our digestive systems, and knows better than anyone what would be harmful to ingest. And so these restrictions are no more oppressive than a parent locking up harmful cleaning supplies and other chemicals to keep them away from their children.

9. The commandments for eating clean and unclean animals weren't officially written down until the giving of the law at Mt. Sinai after the Exodus from Egypt. And it's not recorded that the Father gave Noah permission to eat animals until after the flood. However, we know for certain that Noah was at least aware of the distinction between clean and unclean, based on the instructions he received for the number of animals he was to take on the Ark. [Gen 7:2] "You shall take with you seven each of every clean animal, a male and his female; two each of

animals that [are] unclean, a male and his female;” It is entirely plausible that this allowance for eating clean meat after the flood was an act of grace and provision by the Father. For Noah and his family, trying to grow plants that would eventually yield fruits and vegetables in a world devastated by the catastrophic effects of the flood would have likely taken a great many months or more. Thus, the greater number of clean animals taken on the ark would have provided more than enough food during this period of transition. And the smaller quantity of unclean animals, which were never intended to be eaten, would have been released to repopulate the earth.

10. In addition to the very specific scriptural instructions from our Heavenly Father, there is actually a wealth of scientific evidence that conclusively supports the fact that the animals identified as unclean in the Bible are clearly unhealthy and unsafe for human consumption. In an effort to keep this video brief, this easily accessible information is not going to be addressed here as it is widely available in a myriad of Biblical and secular websites and publications. As a starting point in your own research, however, the following videos are offered for your consideration and links are posted in the video description.

11. There is often a misunderstanding about the validity of the Father’s Dietary Laws because of a confusing declaration that appears in several different translations of Mark 7 verses 18-19. “And he said to them, “Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, since it enters not his heart but his stomach, and is expelled?” The misunderstanding arises from the inclusion of a parenthetical statement added at the end of verse 19 that does not appear in the original Greek text. The addition typically appears as some variation of the statement, “In saying this, Jesus declared all foods clean.” There is much debate surrounding these verses, and many have taken a strong position on both sides of the issue. Also included in the description are links to the following videos which can add greater insight as you search these things out. However, I would like to discuss here two very important points that can help clarify what the Messiah is teaching in these verses.

12. First off, reading the entire chapter of Mark 7 reveals that the context of this passage is not about the dietary laws, but rather the ceremonial washing rituals that the Pharisees had practiced for generations. These ritualistic customs had become more important to the Pharisees than the actual law of God, and they believed that any person not practicing the precise requirements for these ceremonial washings would become defiled. This is what Yeshua was correcting. He was rebuking them for allowing their man made traditions to supersede and thus nullify the commandments of God.
13. Perhaps more important though is recognizing that every Bible translation that includes this additional comment phrases it with the claim that Yeshua was declaring all FOODS as clean. This is important because the Bible is written by Hebraic people, for Hebraic People, and about Hebraic people. And every Hebrew is raised from birth with the fundamental understanding that FOOD is defined by Leviticus 11. If the scriptures declared something as unclean, then no Hebrew anywhere would have ever, in any circumstance, ever considered it as food. It's an abomination in the eyes of God. And so if Yeshua had been trying to teach that those detestable things were now to be understood as food, he would have been directly contradicting the words of His father.
14. Psalms 119:160 declares, "The sum of your word is truth, and every one of your righteous rules endures forever." This is an extraordinary scripture and is worthy of repeating. The sum of your word is truth, and every one of your righteous rules endures forever. In this single sentence we find irrefutable proof that the dietary laws are still in effect. In light of this verse, and countless others like it, it is simply impossible that Yeshua could have revoked one of the Father's rules. Especially one that has such a direct impact on the health and well being of his children.
15. Anyone who has taken care of young kids is familiar with the fact that nearly everything they get their hands on seems to inevitably end up in their mouth. Countless times I can remember repeating to my own kids, even long after their toddler years, "Only food goes in your

mouth!” While our children may not initially understand, or even abided by these rules, as parents and caretakers, we know that these restrictions are actually intended to protect the child and keep them healthy and safe. As it turns out, our Heavenly Father has similar rules for us.

16. Acts 10 is another passage of scripture that is commonly sighted as evidence that the dietary laws have been abolished. My next video is going to pacifically address Peter’s Vision, so please be sure to include that as part of your study on this matter.
17. It is my earnest prayer that you would consider these matters very carefully. Even when we don’t fully understand a matter, or perhaps if we don’t even agree with it, when we make the conscious decision to obey our Father simply because he said so, it brings him great joy. In much the same way as a child’s obedience is a blessing to any earthly parent. As you prayerfully consider his dietary instructions, you might also find it helpful to watch my video, “Our Heavenly Father’s Love Language,” which explores how the Bible consistently teaches that obedience to God’s law is directly connected with loving god.
18. The Father is not intending to be overly strict and oppressive by refusing to allow you to consume these things. And like any child, we may initially rebel against these restrictions which we feel are unnecessary or even unfair. It is important to remember, however, that as the creator of all things, He is simply trying to protect his children, whom he loves so dearly, and keep us all healthy and safe.

I. Parental Testimony

II. Food

- A. Original Diet
- B. Allowance of Meat After Flood
- C. Restrictions placed on plants/animals
- D. Leviticus 11

E. Noah Clean/Unclean

F. Scientific Evidence

III. Did Jesus Declare all Foods Clean? (Mark 7:19)

IV. Abomination of Desolation

A. Unclean Meat in OUR temple

V. Father's Love Language