

KIDS FOR YAH

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Why do I have to follow the clean food laws?

A question recently came in from a young believer who was told by an unbelieving friend from school that Yahweh doesn't care what we eat. She wanted to know why she needs to follow the clean food laws. Perhaps you have been wondering too.



The answer is simple: Yahweh loves His people and wants them to experience perfect health. He doesn't want us to get sick and suffer. This is why he put the clean food laws into effect. Certain animals were not meant to be eaten. Take pigs, for example. Pigs are like garbage disposals. They consume anything, including filthy substances, which are absorbed into their bodies.

When humans eat the meat of pigs and other unclean creatures, they absorb the unclean substances too. The clean and unclean laws extend even into the air and sea. We must also avoid unclean birds, fish, and other sea creatures.

Clean animals, birds, and fish are abundant. Cows, deer, buffalo, chickens, turkeys, goats, sheep, and a host of clean fish are very good for us. You'll notice that the clean creatures are generally vegetarians, which is good because studies show that plant-based eating is the healthiest way to go.

Our bodies are the temple of the Set-apart Spirit, and we are to treat our "temples" with respect and care. A healthy body is important. Healthy bodies can help support healthy minds. Many ill people have turned their health around for the better when they stopped eating unclean. Some have watched their diseases and ailments disappear. Much suffering can be avoided if we are careful about what we put in our mouths.

Along with eating clean meats, fowl, and fish, plan to consume abundant amounts of fruits, vegetables, and whole grains. Limit junk food as much as possible. Junk foods include anything heavily greasy, overly processed, too salty, and too much sweets. May Yahweh help you grow into a healthy and blessed servant to Him.

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Then Yahweh said to Noah, "Enter the ark, you and all your household, for you alone I have seen to be righteous before Me in this time. You shall take with you of every clean animal by sevens, a male and his female; and of the animals that are not clean two, a male and his female;"

Genesis 7:1-2 NASB

Do you remember?

1. Why does Yahweh give us clean food laws?

- A. Because He wants to make life hard for us.
- B. He wants us healthy.
- C. He loves us.
- D. B and C are correct.



2. Which statements are true?

- A. Pigs eat unclean substances.
- B. Pigs are like garbage disposals.
- C. Our bodies absorb unclean substances when we eat unclean.
- D. All are true.

3. What is true about our bodies?

- A. We are the temple of the Set-apart Spirit.
- B. What we eat is not important.
- C. We can eat whatever our flesh lusts after.
- D. We are the bosses of our own lives.

4. Which statements are true?

- A. We should eat vegetables and fruits.
- B. We should overindulge in junk food.
- C. We should always eat lots of salt.
- D. Only A is correct.



5. Which statements are false?

- A. Yahweh only cares about our spiritual lives, not our physical health.
- B. Healthy bodies support healthy minds.
- C. Yahweh gave us permission to eat whatever we feel like
- D. All except B.

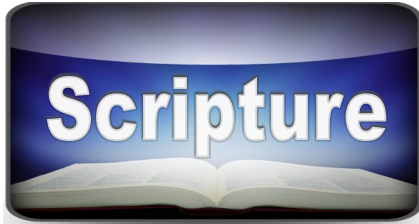
Eat Clean!

COW DEER SHEEP GOAT CHICKEN
TURKEY FISH FRUITS VEGETABLES GRAINS

H K S J G R G K C O Q K X U S
I N D E Q R M F X Y S I G C H
V K C P L M A E V Y O K N H E
A Q R K H B E I E F K W E P E
F R U I T S A K N Q V O K W P
R F A Y S Q R T H S N C C H G
L V J D O U J X E S X W I V K
T H E A T A O G A G I V H O V
W E L K N O T X A A E F C N H
R D C E T N Y D U A W V E N N

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WHO WAS IT?

1. Who was told, “Arise, go to Nineveh, that great city, and cry against it.” (Jonah 1:1-2)
2. The angel of Yahweh appeared to _____ in a dream, saying, “Arise...take the young child and his mother, and flee into Egypt...” (Matthew 2:13)
3. Yahweh called unto _____, and said to him, “Where are you?” (Genesis 3:9)
4. Who was told by Yahshua to, “...be not faithless, but believe.”? (John 20:27)
5. Yahshua told _____ to “...make haste, and come forth; for today I must abide at thy house.” (Luke 19:5)
6. Who was commanded by Yahshua to, “Come forth!”? (John 11:43)
7. Yahweh told _____ to, “Lift up your eyes. I am giving you this land forever.” (Genesis 13:14-15)
8. Who did Yahweh tell that he was planning to destroy the earth? (Genesis 6:13)
9. Who was told that the people were too many? (Judges 7:4)
10. Who was told to join himself to a chariot? (Acts 8:29)
11. Who was told to confront Pharaoh and demand that he let Yahweh’s people go? (Exodus 9:1)
12. Yahweh said to _____, “My wrath is kindled about you and your two friends.” (Job 42:7)