

# Yahweh's Food Laws

*You must distinguish between the holy and the common,  
between the unclean and the clean, Leviticus 10:10.*

A man eating an all-meat hamburger, which is oozing its mouth-watering contents, appears in a commercial to tantalize the viewer. Devoid of vegetables, such as tomatoes or lettuce, but with added cheese, this hamburger is mostly filled with juicy/spicy meat, which we trust is beef. On top of it, or rather on the side, are deep-fried French fries, salted to the taster's delight. The person eating it looks *so* satisfied! Are you tempted? The ones that designed the commercial are certainly hoping you are.

Seeing certain people watch a commercial like this is similar to watching some of Pavlov's scientific experiments on dogs in which they would drool if certain conditions were present.

Today's food is a sign of the times. The majority is over-processed with additives fit to be in a starter chemical set rather than to be served for a meal. We over-consume and are overfed as a nation, and yet, many of us are undernourished.

Heart disease, diabetes and a number of other health-related diseases are on the rise. The question is, **WHY?**

Could it be that most people who are gulping down these monstrous meat-filled creations that are basically double-fisted mountains of saturated grease are not considering Yahweh's Biblical food laws?

This question and others will be answered in the following pages. We'll see what Yahweh's Word says and we'll also see what is happening to today's general food supply.

Man has gone beyond the basics. Man has been altering the DNA structure in foods. And, this has happened in just the past few years.

When man decides to try to improve upon what Yahweh said was "good" from the beginning, the outcome cannot be "good" in the long run:

*And Elohim said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after its kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass, and herb yielding seed after its kind, and the tree yielding fruit, whose seed was in itself, after its kind: and Elohim saw that it was good, Genesis 1:11-12.*

## **Jekyll and Hyde Plants?**

Consider what a scientist might say who believes that evolution is the reason we are here: "We basically evolved over billions of years." A person with that mindset might reason, "What's the harm in helping evolution on its way?" He might also say, "At the same time, I'm helping fight those pesky bugs and other ailments the earth suffers from, like drought, for example."

One can reason away and truly believe some good can come from genetic manipulation. Some good has actually come from it. Tomatoes have grown in size due to man's manipulation. They can now be sliced and put on a sandwich, fitting just nicely. The bad, however, is certainly starting to outweigh the good, as we'll see.

Experimenting with the food chain, such as has been happening in the last decade, is but one of the alarming scenarios that seems like something taken out of a Jekyll and Hyde novel.

Scientists have been splicing and dicing genes in their recipes for better yielding, bug fighting, drought resistant plants. In doing so, some plants are now able to produce their own

chemical pesticides that will destroy the bug that eats it. Once planted in the field, natural cross-pollination occurs when the plants reach a mature level of growth. What this means is that a non-genetically altered field may be contaminated by an experimental crop, or more likely by a crop already approved for mass-production.

### **Genetic Engineered Plants**

In either case, but especially with the experimental crops, we could have a scenario played out like the one that produced killer bees. Though these are a type of insect and not plants, the same analogy can be used for experimental plants that somehow escape the field in which they were first grown.

Killer bees (also called Africanized bees, since it was an African queen that was mixed with a regular bee species) have produced a type of “bully bee” who, with other “bully bees” of the same type, will team up and attack animals, children, or anything else that they see as a threat to their well being. Some people have died already because of them.

These bees are on the move having traveled quickly from Brazil in South America to Mexico, and now they are in the United States. Regular bees produce much more honey than these new Africanized bees. It’s a concern for many of the beekeepers that rely on honey for their livelihood, since these new bees can easily infect regular beehives.

There have been fields of genetically altered corn that have affected at least one documented and certified organic grower of corn. If the grower hadn’t been certified, it may have possibly gone undetected. However, others have already noticed a difference in their fields when infected by genetically altered corn, because the yield is noticeably off. Since some of these plants are now producing their own pesticides, the process saps the plant’s energy causing the yields to be less.

In a book written by Don Colbert, M.D., entitled *Toxic Relief*, this Board Certified physician, who will be quoted throughout this booklet, along with other authorities, states, “The National Academy of Sciences released a report stating that genetically engineered products introduce new allergens, toxins, disruptive chemicals and unknown protein combinations into our bodies...When we ingest these foods, we will also be ingesting the pesticide produced by the food.”

He goes on to say, “It’s too early to tell all the side effects and dangers of these foods; however, we are already seeing the allergic effects. Unfortunately for us in the United States, these foods are not required to be labeled as they are in other countries.”

### **Properly Labeled Food**

Just a few days prior to this writing, the state of Oregon voted “no” on a measure to have labels stating that a food has been genetically engineered, if indeed it has been. The biotechnology companies gave over \$5,000,000 for funding of propaganda, such as television ads, trying to show that there would be too much red tape and that the food is basically safe anyway. The Grocery Manufacturers of America (GMA) had organized the campaign with the help of the funds given by the biotech companies. There’s no doubt that campaigning of this sort will be coming to your local area soon.

Recently, a documentary on missionary work being done in Zimbabwe, Africa showed workers who had brought genetically manipulated corn to the area. They were told that they could not release it to the people for fear of contaminating the soil, even though the people were starving to death. Did the government of that country go too far, or is there possibly a real long term danger they see in genetically altered foods?

Other countries have regulated the corn for cattle feed only, such as in Mexico. But those eating the cattle eventually consume it. Could such a thing be dangerous? Do you remember how Mad Cow disease started? Farmers were feeding their cattle diseased sheep that had been ground up for their feed. The cows were, in turn, slaughtered to feed the public. The very thought is absolutely repulsive, and the following Scripture comes to mind:

*Be not deceived; Elohim is not mocked: for whatsoever a man soweth, that shall he also reap,* Galatians 6:7.

Mad Cow disease, reportedly, can be dormant in an individual for up to a decade before it basically turns the person's brain into something resembling Swiss cheese.

Creating plants that grow insecticide and feeding it to animals that, in turn, are eaten is not much different than ingesting the toxins yourself.

If this all seems bad, just wait, because it gets worse. In an article entitled "Sowing Disaster?" by Mark Schapiro, on the website *TheNation.com*, the following information is given: "Dr. Mike Lee, a plant biologist, is in the agronomy department's plant-transformation center doing genetic engineering. Lee is at work on a research project to increase the nutritional value of corn by inserting the most nutritious part of a hog — the gene for hog's milk — into a corn embryo...This is genetic engineering in action, mixing the genetic material from two organisms that would never ordinarily mix in nature. It has been done with flounder genes in strawberries, mice genes in potatoes, cow genes in sugarcane and soy, and chicken genes in corn. And now, as Lee explains, he hopes to increase the nutritional value of corn with genes from hog's milk."

## **Clean Foods**

If you are already eating pork, then the above may not sound so bad, but Yahweh has told us that certain animals are unclean and are not to be eaten:

*These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after its kind,* Leviticus 11:29.

*And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you,* Leviticus 11:7-8.

Abomination in the following Scripture is mentioned between two of the animals that man has decided to mix with edible plant life: *They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh (hogs, pigs), and the abomination, and the mouse (mice), shall be consumed together, saith Yahweh,* Isaiah 66:17.

## **Is Pork A Clean Food?**

The NASB translates Isaiah 66:17 a little more clearly:

*Those who sanctify and purify themselves to go to the gardens, following one in the center, who eat swine's flesh, detestable things, and mice, shall come to an end altogether, declares Yahweh,* Isaiah 66:17 (NASB).

Ryrie's notes state that Isaiah 66:15-17 is speaking of "A vivid picture of the judgments at the return of [Messiah]." In other words, it is prophetic for a time yet ahead of us. It also shows swine and mice, found among the unclean food laws, are still unclean even at the return of the Savior Yahshua.

In the section, “The Problem with Pork” in Dr. Don Colbert’s book, *What Would J-sus Eat?*, we find the following comment:

“Many people declare today that pork is a safe meat to eat in modern times. I disagree. Pigs eat enormous amounts of food, and this dilutes the hydrochloric acid in the pig’s stomach. This in turn allows toxins, viruses, parasites, and bacteria to be absorbed into the animal’s flesh...Pigs readily harbor parasites including *Trichinella*, the pork tapeworm, and toxoplasmosis.”

Other doctors also warn against eating unclean pigs, such as Gordon S. Tessler, PhD. in his book, *The Genesis Diet*:

“Pigs are known to carry up to 200 diseases and 18 different parasites and worms...A person may be committing slow suicide when they eat bacon, ham, sausage, or pork chops. Even hog farmers who insist that corn-fed hogs are safe won’t give you a guarantee that their indoor hogs haven’t eaten any rats, mice, fecal waste, or maggots within the past few days...Pork should be considered a homotoxin (human poison) and the probable cause of many common sicknesses and degenerative diseases.”

Yahweh knew what He was doing for us when He said don’t eat things like swine. It was and still is for our own good, just as are all the instructions He gave Israel and all those who would do what He told them to do (Isa. 56:4-6).

It’s true that we don’t offer physical sacrifices and that we are under the Melchisedek order rather than the Levitical, but what that means is a change in the law (Heb. 7:12), not a doing away with it. Yahweh’s ways are eternal (Mal. 3:6; Heb. 13:8) and we are told His instructions were and still are good for the people.

Deuteronomy 4:6, 9 (NLT) says, *If you obey them carefully, you will display your wisdom and intelligence to the surrounding nations. When they hear about these laws, they will exclaim, What other nation (people) is as wise and prudent as this! ...Do not let these things escape from your mind as long as you live! And be sure to pass them on to your children and grandchildren.*

### **Good Farming Sense**

Concerning farming, Yahweh said in Deuteronomy 22:9, *Thou shalt not sow thy vineyard with divers seeds: lest the fruit of thy seed which thou hast sown, and the fruit of thy vineyard, be defiled.*

Most farmers understand this common sense approach and normally will plant soybean at one planting, and once harvested, will plant corn at another time, but never at the same time. This is done with different combinations of plants at one seeding with plants that pull nitrogen, while the other seeding involves plants that add nitrogen back into the soil.

### **Monkey Business**

Things are getting strange, though, back on Dr. Moreau’s table. If you’ve ever seen the movie, you know that Dr. Moreau was creating his own twisted versions of animals on his own island. Today’s doctors are at that stage where they can actually start doing some strange and forbidden things.

Dr. Robert White, a top neurosurgeon in his field, recently and successfully transplanted a monkey’s head on another monkey’s body. It was reported that the monkey only lived a short time afterwards and couldn’t really move its lower extremities, but it did look around and even tried to bite Dr. White at one point.

Can we blame the monkey? What is the next step for these twisted types of experiments?

Yahweh does say something about mixing of animals, along with the mention of seeds, in Leviticus 19:19, *Ye shall keep my statutes. Thou shalt not let thy cattle gender with a diverse*

*kind: thou shalt not sow thy field with mingled seed: neither shall a garment mingled of linen and woolen come upon thee.*

The problem today is that seeds have been altered to the extreme. As mentioned, even animals' genes (parts) are being combined in the very inner structure of different plants that Yahweh said were "good" when they were created.

Today's scientists are playing out a Jekyll and Hyde type of experiment. It's experimentation that will more than likely have dire consequences in the long run, because Yahweh's Biblical food laws and basic common sense principles are being ignored.

As of 2017, ocean pout, an eel-like fish, has had part of its growth hormone gene sliced into farmed Salmon. This is FDA approved. The new hybrid fish, which grows twice as fast, does not require any special label indicating it is a GMO. The only way you can know if you're not eating a GMO Salmon, is to purchase wild Salmon. At least, for now.

### **Pesticidal Suicide**

Pesticides are nothing more than chemicals that are made to deter or kill bugs so that crops of food can be grown without being eaten by bugs. Scientists who have created these insecticides have already found that some of them are carcinogenic (i.e., cancer-causing).

There have been certain pesticides that have been outlawed for use on the soil in the United States. Ironically, there are companies in America that produce such pesticides legally to be shipped overseas. The problem, and the "What you sow is what you reap" principle, is that these chemicals come back to us after being used on crops in other countries.

Many plants are systemic, meaning that even if you wash the produce, the chemicals have already been taken in from the root and are within the fruit or vegetable.

In his book, *Walking in Divine Health*, Don Colbert, brings up the fact that we still have some of these chemicals in our soil. In the section, "The Peril of Pesticides," he states "In 1972, the pesticide DDT was banned. However, this substance is so difficult to eliminate that more than a quarter century later, traces of DDT continue to show up in many soils. It continues to be found in rooted plants such as carrots and potatoes...The various kinds of pesticides we use have increased thirty-three times since 1940, and their toxicity has risen tenfold. To make matters worse, crop losses to insects and weeds have multiplied at an alarming rate, indicating that insects and weeds are becoming more resistant to modern-day pesticides. Sadly, the response to these crop losses will be the additional use of even more pesticides. This year [1999], more than two billion pounds were spread over American soil. Get ready for three, four and perhaps even ten billion pounds!"

### **Acid Rain**

What happens when fields are rained upon? Don't these chemicals head straight for the water supply? Streams, lakes, reservoirs, rivers, and eventually the ocean, which is the ultimate depository, are becoming polluted.

As it is, the lakes in a number of areas are already dead. There was a documentary a few years back that stated in Canada alone there are at least 1000 lakes that are too acidic to hold life anymore. This, they say, is due to the acid rain from industry pollutants, but some further investigation would perhaps show that some are also polluted with pesticides.

Acid rain has been a problem even for car manufacturers that have had to cover the cars being shipped due to the acidic rain eating into the finish.

In some of the lakes in Canada, officials have started to put in antacid powder, basically a giant Tums, trying to get the acidity down so that the lakes can once again support life.

In America, the Environmental Protection Agency (EPA) has fish advisories that are listed

for the general population. A May 2002 EPA fact sheet, giving an update of the national listing of fish and wildlife advisories, stated, "Eighteen states have 100% of their lake acres under fish advisories." A number of these lakes have excessive amounts of mercury, dioxins, PCB's, and Chlordane (a pesticide banned in 1988). The EPA has advisories on a total of 39 chemical contaminants. They say, "A statewide fish advisory is issued to warn the public of potential for widespread contamination of specific species in certain types of water bodies."

### **Food Chain**

Besides the fish, other waterfowl and animals can be affected. When we look at the food chain, humans can also be affected. As already mentioned, today's food is a sign of the times. Man has been given the responsibility to tend the earth and we are failing miserably at our job. We are now suffering some of the consequences.

Dr. Don Colbert, in his book, *Walking in Divine Health*, points out that, "Nearly everyone in the United States — 99 percent of the population — has some detectable level of pesticide in his or her body." He goes on to say in the next section on "Water" that "One government report identified over two thousand chemicals in our drinking water. Some supplies when examined extensively have registered as high as sixty thousand chemicals." That's a little too much, even for the most daring of individuals. Scientists are now aware that combinations of chemicals can be 1000 times more carcinogenic than individual chemicals standing alone.

Pesticides are something the world needs to reconsider when farming and ask, "Is it worth the risk?" One nation, Israel, decided it wasn't. Dr. Colbert comments in his book, *Toxic Relief*, about one study carried out there:

"...a study from Israel showed a decline in the incidence of breast cancer among Israeli women following the enactment of a law against using pesticides."

More studies will follow, but will people listen? Will we as a society wake up to the fact that we need to get back to the basics and back to the Bible?

### **Soil Depletion**

Besides an abundance of chemicals to kill bugs which are used on foods, which could be compared to taking a can of Raid and spraying your food before you eat it, the soils are being depleted of vital nutrients. Concerning this, Dr. Colbert says the following in *Walking in Divine Health*:

"Literally we've been sucking the soil dry. Today many soils are practically depleted of selenium, chromium, molybdenum and many other vital minerals."

Recent studies have indicated that chromium helps regulate blood sugar levels. Other minerals also play a role in one's health. There are doctors today that understand that nutrients are needed and are speaking out, such as long term medical doctor Ray D. Strand in his recent book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*.

He says, "After reviewing medical research studies, I have absolutely no doubt that my patients who take *high-quality* [emphasis ours] nutritional supplements have a health benefit over those that don't...I am simply enabling the patient to provide the nutrients to his or her body at the optimal levels that studies have shown to provide a health benefit based on medical research. This approach to health I have labeled *cellular nutrition*, which enables the body to do what [Yahweh] intended."

Ultimately, one does not need to supplement if they are eating the right kinds of food from non-depleted soils.

### **Alternative Farming**

Some farmers, mostly organic growers, have been utilizing bugs as a "friend" rather than a

“foe.” In many cases it has worked well.

Take any farmed field that utilizes pesticides and put it along side an organically (naturally) grown field that utilizes bugs and you’ll see a startling difference in the soil. The field that has been organically grown with bugs and worms looks and feels rich and moist, even at a distance. And, if you look at it closely, you’ll find abundant life within.

Then, take the other soil from the pesticide side, and it will be a paste looking dirt that if it hasn’t been watered recently, is crumbly and dry looking, enough so that you can crumble it in your hand and blow it away. It is dead in nature, yet amazingly enough, the plants that Yahweh said were “good,” after he created them, are resilient enough to still grow. However, under such conditions, it must be asked, “What is the cost to our health?”

Many that advocate bioengineering plants basically say, “We need drought and bug resistant plants.” It may surprise you to know that there are already naturally produced seeds that have these qualities. Seeds of Change, Inc., a Santa Fe, New Mexico company, offers what they call “Traditional Varieties.” They define “Traditional” as follows:

“Traditional refers to open-pollinated varieties that have been grown through many centuries by native/indigenous peoples of the world. They are often drought and pest resistant, hardy, nutritious, and many are still cultivated around the world.”

### **Genetically Altered Seeds**

So, why are companies, all seemingly in the United States, pushing these new genetically altered seeds for mass production? One reason could be that in America patent approval was offered to those producing new strains of designer seeds and the altered plants that grow from them.

In the article “Sowing Disaster?” by Mark Schapiro, from the website *TheNation.com*, he states, “Monsanto [Company] alone poured at least a billion dollars into biotech research (according to National Public Radio technology correspondent Daniel Charles in his book *Lords of the Harvest*) ‘before it had a single genetically engineered plant to sell.’ Other companies (Dupont, Dow, Aventis and Syngenta) spent billions more on research and on a seed company-buying spree that lasted well into the 1990s. The stakes for these companies are huge.”

### **New Labeling**

The United States Department of Agriculture (USDA) has just started implementation of regulations that will require “Organic” labeled plant foods to mean no pesticides, no irradiation and no genetic alteration. For organic meats it means no hormones and no antibiotics. Anything labeled “100% Organic” must be just that, 100% organic. Everything else labeled “Organic” must be 95% by weight.

A.J. Yates of the USDA recently said on a news interview concerning organic farming, “It’s the fastest growing sector of agriculture in the United States.”

That may be one reason for stepping in, but it will also allow the government to see the big picture when it comes to the cross-pollination or, rather, the contamination to organic fields that has already started to occur with the genetically modified organisms (GMOs). GMOs, as they’ve been termed, are the genetically altered plants, some of which now produce their own pesticide. Again, it should be mentioned, that these GMOs have already been affecting other field crops.

There's no question that alternative farming that has naturally grown food is the way to go, but it looks like it will soon become even more difficult to grow such food in today's world.

### **Clean and Unclean of the Waters**

Having already stated that waters have been polluted, and advisories (a fancy word for "warning") have been given, we should take a look at what Yahweh's Word says about the clean and unclean types of creatures that come from the waters. It is noted that even when waters are clean, certain fish and other life in them are unclean for us to consume.

The book of Leviticus, chapter 11, and the book of Deuteronomy, chapter 14, have some of the basic laws concerning clean and unclean foods, even the ones living in water.

In Leviticus 11:9-19 Yahweh tells us, *These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you: They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination. Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.*

In Deuteronomy 14:9-10 Yahweh basically says the same thing as a second witness to us. There we read, *These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat: And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.*

What these above verses are saying is that we can eat anything that has fins and scales, but if it doesn't have both, then it is unclean, period. All these other creatures, such as, clams, shrimp, and crab, don't have fins and scales, so they are unclean for us to eat.

One may ask, "But, why are they unclean for us to eat?" A simple answer is to give the example of a father and a son. The father may say to the son, "Don't touch that hot stove." The son should obey, whether or not he understands the reason why.

### **Abominations of the Sea**

A deeper answer can be found in what many doctors are coming to understand. Notice what one doctor says; "I was astonished by the ways dietary and nutritional laws given in the ancient biblical texts revealed truths that scientists were only beginning to uncover this century," *The Bible Cure*, by Reginald Cherry, M.D.

Creatures such as crabs are scavengers of the waters, and creatures such as oysters are basically filters that often carry diseases.

In the recent book *What Would J-sus Eat?* by Don Colbert, M.D., he states the following in the section, "What about Seafood?":

"All crustaceans and mollusk shellfish have no scales and are therefore unclean. Mollusks include clams, mussels, oysters, and scallops. crustaceans include crabs, lobsters, shrimp, prawns, and crayfish...Raw shellfish is a major source of food poisoning in our nation, and diseases commonly carried by shellfish include salmonella and Hepatitis-A virus...Clams and oysters can filter between twenty and fifty gallons of seawater a day. The toxins, however, remain in the flesh of the shellfish...Shellfish can also concentrate 'red tide,' leading to blood poisoning and death in high-risk patients. The red tide produces neurotoxins that are not destroyed by cooking...I personally regard shellfish as the 'cockroaches of the sea' - they are miniature waste collectors...We are not only told in Scripture to avoid them, but also that they are an 'abomination' to human beings (Lev. 11:12)."

Besides shellfish and crustaceans being unclean and an abomination to us, we find as mentioned, that certain fish that have fins, but no scales, are also unclean. For example, it is known that shark and swordfish have no scales, but do have fins. What is not well known is that these two fish have been said to have the highest concentrations of mercury and pesticides within their fatty tissues of any other fish.

Again, if a father says to his son, “Don’t touch the hot stove,” he means, “Don’t touch the hot stove!” Interestingly enough, you have these food laws laid out at a time when there wasn’t the kind of pollution there is today. The waters in ancient times were clean, and yet Yahweh knew the end from the beginning, and tells us to obey Him, that it might go well with us:

*...Obey my voice, and I will be your Elohim (Mighty One), and ye shall be my people: and walk ye in all the ways that I have commanded you, that it may be well unto you, Jeremiah 7:23b. See also Jeremiah 38:20; 42:6.*

It has been said, “If you pick up one end of the stick, you get the other end automatically.” Yahweh knows this, as the very laws He created have cause and effect, blessings and cursings. He tells us to choose life and not death. Though this has a spiritual significance for us, it also has a physical one, too. Isn’t it time to do what is right in Yahweh’s sight and live?

Looking further at fish, we find that certain Biblically unclean fish like catfish are without question, unclean for a reason.

“Like shrimp, lobsters, and all other shellfish, catfish were initially created by [Yahweh] to act as cleansing agents for natural water sources. These creatures have a great ability to absorb pollutants but not become sick by them. They can and do, however, pass on the pollutants to human beings who eat their flesh...On a positive side, clean fish with fins and scales are extremely beneficial for human consumption,” *What Would J-sus Eat?*, by Don Colbert, M.D.

### **Fish – Clean or Unclean?**

They say that “knowledge is power.” But, it should be added, “if you use it correctly.” The following table is for your knowledge; it is an abridged list of clean and unclean fish (including other unclean water creatures toward the end).

#### **Biblically Clean Fish (Must have both fins and scales)**

Albacore  
(Crevalle, Horse Mackerel, Jack)  
Alewife (Branch Herring, River Herring)  
Anchovy Barracuda Bass  
Black Drum  
Blackfish  
Blueback (Glut Herring)  
(Hardtail)  
Bonitos  
Boston Bluefish (Pollack)  
Bowfin

Buffalofish  
Butterfish  
Carp  
Chub (Bloater, Longjaw, Blackfin)  
Cod  
Crappie  
Crevalle (Albacore)  
Croaker  
Darter  
Flounder (Dab, Gray Sole, Yellow Tail)  
Frost Fish (Ice Fish, Smelt)  
Gaby  
Graylin  
Groupers (Gag)  
Grunts  
Gulf Pike (Robalo, Snook, Sergeant)  
Haddock  
Hake  
Halibut  
Hardtail (Blue Runner)  
Herring  
Horse Mackerel  
(Albacore)  
Ice Fish (Frost Fish)  
Jack (Albacore)  
Kingfish  
Long Nose Sucker (Northern Sucker, Red Striped Sucker)  
Mackerel  
Menhaden  
Mullet  
Muskellunge (Jack)  
Orange Roughy  
Perch  
Pickerel (Jack)  
Pig Fish  
Pike (Jack)  
Pilchard (Sardine)  
Pollack  
Pompano  
Porgy (Scup)  
Red Drum (Redfish)  
Redfin (Red Horse Sucker)  
Red Snapper  
Red Striped Sucker (Long Nose Sucker)  
Robalo (Gulf Pike)  
Rockfish

Salmon (Chum, Coho, King, Pink, Red)  
Sardine (Pilchard)  
Scup (Porgy)  
Sea Bass  
Sergeant Fish (Gulf Pike)  
Shad  
Sheepshead  
Silver Hake (Whiting)  
Silversides  
Smelt (Frost Fish)  
Snook (Gulf Pike)  
Spanish Mackerel  
Striped Bass  
Sucker  
Tarpon  
Trout  
Tuna (Albacore, Bluefin, Yellowfin, Shipjack)  
Weakfish  
Whitefish  
White Sucker  
Whiting (Silver Hake)  
Yellow Perch

#### **Biblically Unclean Fish and Seafood**

Abalone  
Bullhead  
Catfish  
Clam  
Crab  
Crayfish  
Eel  
Lobster  
Mussel  
Oyster  
Paddlefish (Spoonbill)  
Scallop  
Sculpin  
Shark  
Shrimp  
Squid  
Stickleback  
Sturgeon (caviar)  
Swordfish  
Whale

If there is a fish you have a question about, and don't see it listed, then we recommend a search for "kosher fish" in your local library, bookstore, or on the internet.

#### **Clean and Unclean of the Land**

The story of Noah and the flood brings to mind the pictures of a big ark and the animals going into it two by two. A closer look at scripture, though, gives a little more detail. We read, *Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female. Of fowls also of the air by sevens, the male and the female; to keep seed alive upon the face of all the earth,* Genesis 7:2-3.

It is clear that “by sevens” Noah was to take the “clean” animals into the ark, but of the “unclean” only one male and one female. A question arises as to how did Noah know what was clean and unclean? The answer is that Yahweh evidently told him.

In Genesis 9:2, we find the first written confirmation that animal meat was now being allowed for human consumption. It says, *Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.*

Does this really mean “every moving thing” is good to eat? Without looking at the rest of Yahweh’s Word, one could come to that conclusion. However, it would be like taking what Yahshua said in John 16:23b (...truly, I say to you, if you shall ask the Father for anything, He will give it to you in My name, NASB.) and saying that means one can ask that his neighbor be murdered. Since we know the command of “Thou shalt not murder,” we know we cannot ask for anything like that, nor are we to even think such a thing.

It’s clear that Genesis 9:2 does now allow clean meats to be eaten; hence, the reason why more clean animals than unclean were allowed onto Noah’s ark.

There are some basic instructions (2 Tim. 3:16-17) elsewhere in the Bible to show us which animals are clean and which are not. In Leviticus 11:2-3 we are told, *Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat. Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.* See also Deut. 14:6-7.

Something that is also noteworthy concerning clean animals versus the unclean ones, and that is that the clean animals are *all* herbivores (vegetarians). Clean animals would include moose, cows, antelope, deer, elk, goat, buffalo, and sheep. You’ll find that the meat eaters (unclean animals) will have more cases of disease and parasites associated with unclean fleshy foods. If you avoid them, guess what? You’ll avoid all those diseases, too.

### **Clean and Unclean of the Sky**

Notice that this applies to birds also, as the unclean ones will eat the flesh of animals (many times already dead) and the clean do not. For birds we’re given specific species, which we are told, are unclean and are to us an “abomination” not to be eaten. We read; *And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray, and the vulture, and the kite after his kind; every raven after his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, and the little owl, and the cormorant, and the great owl, and the swan, and the pelican, and the gier eagle, and the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you,* Leviticus 11:13-20. See also Deut. 14:11-20.

Not listed as unclean, and therefore clean for us, would include chicken, duck, dove, turkey, pheasant, goose, and quail. You may remember that it was quail that was given to the children of Israel during the exodus.

The account in Numbers 11:31-34 shows that people were greedy for meat. It also shows Yahweh was not pleased, and punished them because of their hoarding and greediness. Their action also showed they didn't have faith that Yahweh could continue to provide for them. It seems like a few of us that went through the Y2K scare had a problem of trust as well.

Today, you find people are just as greedy and eat mostly meat diets with few vegetables or grains. Yet, you'll notice that Yahweh first gave "*manna*," basically bread from heaven (Exod. 16:31), to the children of Israel, and that meat came later.

Similarly, seed bearing green plants were given first (Gen. 1:29), and then meats (Gen. 9:3). Today doctors and scientists are realizing that a high fiber diet (provided by vegetables, fruits, beans and grains) should be placed predominantly upon our plate while meats take a backseat. We'll see why shortly.

Before going further, have you considered that mushrooms don't fit in either with the seed bearing food commanded for us to eat, nor the clean meats that are allowed? A mushroom (fungus) is basically a non-food and therefore it is unclean for us to eat.

### **Clean and Unclean - Other**

Going on, we see other creatures inhabiting the land and sky, the crickets and grasshoppers (locusts), which are considered clean. Though these are not normally in our regular diet, they are clean to eat. The key instruction is they have "legs above their feet, to leap" which the above-mentioned do have.

We read, *Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth; Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind. But all other flying creeping things, which have four feet, shall be an abomination unto you,* Leviticus 11:21-23.

The account of John the Baptist shows he was eating "locust, dipped in honey" (Matt. 3:4 Mark 1:6). We therefore have two witnesses in Scripture to the fact that a creature like this is clean for us to eat.

### **Fa[s]t Foods**

A Biblical diet, if followed, does not produce obesity in people. You have proof of this as there are people in other parts of the world that, whether they realize it or not, basically follow the Biblical way of eating and do not have the coronary heart disease, diabetes, and obesity that this nation has.

Just recently, in Missouri alone, diabetes was moved up one spot to be the state's fourth leading killer. "The disease costs the state more than \$2 billion, causes more than 121,000 hospitalizations and kills almost 4,700 people each year," as stated in an article by the Associated Press.

For America, and the state of Missouri, it wasn't always this way. "In 1901, the United States was classified as the healthiest nation in the world among the hundred nations studied. By 1920, we had dropped to second place. By 1950, we were in third place. By 1970, we were in forty-first place. And in 1981, we had dropped all the way to ninety fifth place! How does a nation go from being in forty-fourth place in the area of good health to being in ninety-fifth place in only

eleven years? And from first place to ninety-fifth in just one century? The answer can be summed up in two words: fast food,” *What Would J-sus Eat?* by Don Colbert, M.D.

A recent report from the USDA shows that since 1990, Americans, on average, have increased their calorie intake by more than 90,000 per year. We are fat and getting fatter fast!

There is wisdom in the Psalms for us. Psalm 119:70 says, *Their heart is as fat as grease; but I delight in thy law.* The question should be asked, “What is our priority?”

The Bible has something to say about fat: Don’t eat it. *It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood,* Leviticus 3:17.

### **Eating of Fat**

*Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat. And the fat of the beast that dieth of itself, and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it,* Leviticus 7:23-24.

For their own good, Yahweh evidently didn’t even want the people tempted, and told them to not leave any that was left after the sacrifice. Exodus 23:18 says, *...neither shall the fat of my sacrifice remain until the morning.*

Though we do not offer up physical sacrifices or burnt offerings today, as already mentioned, we do find that when sacrifices were offered, they were offered with fat.

Why would fat be offered to Yahweh and yet we can’t have it? The answer is that fat alone is not bad, but for humans to consume internally, can be. The Spirit can handle it, which Yahweh is, but we are physical. Fat that can be trimmed from clean animals is not good for us to consume. It’s a simple fact.

Fat within some cuts of beef, known as marbled, can’t efficiently be cut away. One can, however, choose lean cuts only, and choose to avoid fast food hamburgers altogether, which have excessive amounts of saturated fat. Some fat is needed in the human body.

Trans fat, is typically considered the worst kind of fat to consume. Though hydrogenated fats may even be worse. In all fairness, there is evidence that a low carbohydrate (ketogenic) diet allows regular (unprocessed) fats to be utilized for energy without the negative effects of clogged arteries. However, with a fair amount of carbohydrates included in the diet, adding fat in excess is not a good thing.

Olive oil, which was used throughout Bible times, has mono-saturated fat, which is a good kind of plant-based fat or oil. One doctor even suggested throwing out all other oils, including butter, in favor of olive oil alone. He had a reason for saying that. Olive oil (premium extra virgin olive oil is the best) has the highest amount of mono-saturated fat, which many scientists and doctors are finding is essential in the diet. Olive oil has more than twice as much mono-saturated fat as corn or soybean oils. Nevertheless, none of these plant-based fats have cholesterol, which is a good thing. It’s a stark difference from animal based oils or fats.

Even among the fats of animals though, there is a difference. A person can get chicken fat on the hands and wash it off without too much trouble. If lard (pig fat), for example, gets on the hands it would be noticeably greasier than chicken fat. So much so that it wouldn’t wash off even under warm water. You’d have to scrub it off. Think what it must do once it gets inside of a person who eats it!

It’s not lard that’s in the fast food restaurants (unless you order bacon on that cheeseburger), but it is over-processed, high in saturated and hydrogenated fats, and nutritionally deficient foods that are served for the most part. That means anyone that eats a lot of fast food in their diet could suffer dire consequences.

“Statistics tell us that approximately half of all Americans alive today will die of heart disease, and approximately a third of us will develop cancer at some time in our lives. We are

exporting our problem. American fast-food chains have sprouted up across the globe. And the greater the number of fast-food chains and outlets the greater the percentage of obesity in their populations. From 1984 to 1993 the number of fast-food restaurants in Great Britain nearly doubled, and so did the incidence of obesity. In China, the number of overweight teenagers has nearly tripled in the past decade. In that same decade, Western foods were introduced and consumed in large quantities. In Japan, the youth and many adults appear to be abandoning the traditional diet of vegetables, soy products, fish, and whole-grain rice in favor of a more Western diet. The result — the rate of obesity among Japanese children has doubled,” *What Would J-sus Eat?* by Don Colbert, M.D.

### **Honor Yahweh’s Food Laws**

Most of today’s society fails to honor Yahweh’s Biblical food laws and we are seeing the effects of disobedience. Ignorance cannot be used, especially today when you consider that the Bible is the largest selling book in recent history or *ever* for that matter.

Simply put, “Many people are dying early in life because they are not obeying [Yahweh’s] dietary laws. Today, one million Americans die each year of heart and blood vessel diseases. These diseases are responsible for one out of two deaths. Think of it - more people die of heart disease than AIDS, homicides and accidents combined. I’m convinced we are dying of coronary disease because of the fat we eat. After a meal laden with heavy fats, your blood, all of it, becomes thicker than usual. One doctor described it as being ‘as thick as toothpaste.’ More money is spent in the United States each year treating heart disease than for any other illness - a mind-boggling 78 billion [dollars] a year,” *Walking in Divine Health* by Don Colbert, M.D.

Yahweh had a reason for telling us not to eat fat, but it seems that too many appetites have gotten in the way, along with false doctrines that teach that Yahweh’s laws (instructions) were done away with.

### **Herbivores vs. Carnivores**

Mankind started out eating vegetables, fruits, and grains (Gen. 1:29), then was allowed to eat flesh of clean animals after the flood (Gen. 9:3). Meat is an addition to the main food, not the other way around.

Is one diet better than the other? From what we’ve seen, it looks to be that way. However, even Yahshua ate fish when He came back after being resurrected.

*And they (the disciples) gave him a piece of a broiled fish, and of an honeycomb. And he took it, and did eat before them,* Luke 24:42-43.

In John, chapter 21, the implication was that He also ate fish at a third appearance. This time it was for breakfast!

Yahshua gave examples showing that bread and clean fleshy foods are good to give to children; *If a son shall ask bread of any of you that is a father, will he give him a stone? Or if he ask a fish, will he for a fish give him a serpent? Or if he shall ask an egg, will he offer him a scorpion?* Luke 11:11-12. Did you notice that Yahshua used, as examples, serpents and scorpions that *are* unclean? It’s evident that He was putting some extra emphasis on what He was saying.

After the flood, it’s interesting to see the decline in longevity among mankind. Noah lived to be 950 years old, but after many generations, a rare individual lived to be around 100 years old. Yahweh evidently wanted it this way. And that may be one reason why meats were introduced after the flood.

*And Yahweh said; My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years (120 years), Genesis 6:3. It was after this announcement that the flood came and Yahweh allowed meat to be added to the diet of man.*

It should be pointed out that the 120 years may have been the actual years to the flood from the point and time of Genesis 6:3. It's certainly debatable as to the exact interpretation, but both views may be correct. It's either a time period of 120 years or the maximum life span of individual people or both. A study of the Jubilees (i.e, the count of 120 of them) may also be in order. Yahweh's Word has much depth and meaning for those willing to study things out.

We find further along in time in Psalms 90 that a man could live to be 80 years old if he had strength. This Psalm is said to be a prayer of Moses, and if that's the case, the date of that Psalm or the date of Moses' prayer is placed at roughly 897 years later following the flood. It seems that Moses saw men living to be 80 years old on average at that time, and *only* if they were in good health. Interestingly enough, Moses lived to be 120 years old, and then was laid to rest.

Today in America, the quality of life and life expectancy is starting to drop even more sharply for those following unbiblical diets.

Vegetarians can live longer than meat eaters do, and some of them up to 12 years and longer. This has been documented. The question is, why? The answer is, it's how we were created, compared to the animals that were actually created to eat animal flesh.

"A carnivore's teeth are long, sharp, and pointed - all of them! We have molars for crushing and grinding. A carnivore's jaw moves up and down slowly only, for tearing and biting. Ours move from side to side for grinding. A carnivore's saliva is acidic and geared to the digestion of animal protein; it lacks ptyalin, a chemical that digests starches. Our saliva is alkaline and contains ptyalin for the digestion of starch.

"A carnivore's stomach is a simple round sack that secretes ten times more hydrochloric acid than that of a non-carnivore. Our stomachs are oblong in shape, complicated in structure, and convoluted with duodenum. A carnivore's intestines are three times the length of its' trunk, designed for rapid expulsion of foodstuff, which quickly rots. Our intestines are twelve times the length of our trunks and designed to keep food in them until all the nutrients are extracted.

"The liver of a carnivore is capable of eliminating ten to fifteen times the uric acid than the liver of a non-carnivore. Our livers have the capacity to eliminate only a small amount of uric acid. Uric acid is an extremely dangerous toxic substance that can wreak havoc in one's body. All meat consumption releases large quantities of uric acid into the system. Unlike carnivores and most omnivores, humans do not have the enzyme uricase to break down uric acid," *Fit For Life*, by Harvey and Marilyn Diamond.

Dr. Don Colbert in his book, *What Would J-sus Eat?* confirms this and says, "Carnivores also have larger kidneys and livers than human beings in order to handle the amount of excessive uric acid and nitrogenous waste from a diet of animal foods. The liver of a carnivore secretes much greater amounts of bile in order to break down a high-fat meat diet. Our bodies simply have not been created to handle a diet high in meat or meat fats."

Meat takes longer than vegetables to digest and go through our system. Did you know it takes more than twice as long? That's more than two days!

## **Eat Right**

Eating right can mean not only being healthier, but looking good, too. Look at what happened to Daniel, who evidently knew something about eating right. He said to the overseeing commander, *Please test your servants for ten days, and let us be given some vegetables to eat and water to drink. Then let our appearance be observed in your presence, and the appearance of the youths who are eating the king's choice food; and deal with your servants according to what you see. So*

*he listened to them in this matter and tested them for ten days. And at the end of ten days their appearance seemed better and they were fatter than all the youths who had been eating the king's choice food. So the overseer continued to withhold their choice food and the wine they were to drink, and kept giving them vegetables, Daniel 1:12-16 (NASB).* That is probably one of the best examples given in Scripture concerning a healthy diet.

The “king’s choice food” could have been juicy cuts of meat and delicacies sweetened with lots of honey, which certainly would have created an appetite for any there. However, the Bible warns us not to be captivated nor indulge in such things, as they are “deceptive food.” *When you sit down to dine with a ruler, consider carefully what is before you; and put a knife to your throat, if you are a man of great appetite. Do not desire his delicacies, for it is deceptive food, Proverbs 23:1-3 (NASB).*

The commercial mentioned at the start of all this is “deceptive food,” and it’s marketed in such a way that you’ll desire it even more.

We are a blessed nation, there’s no question about it. When someone comes to this country for the first time and views all the different kinds of food available in the stores we have, it is often overwhelming. Most of us in America have king’s food at our disposal every day, and our waistlines are starting to show it.

Over one-third of Americans are now considered obese and over a third are considered overweight. Obesity causes health problems. Being overweight, however, can also affect health negatively. Certainly our appearance is also affected for the worse.

Proverbs 23:21 says, *For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.*

We are currently a nation that is overweight and heavily in debt. It’s time to review Daniel 1:12-16 and other scriptures concerning Yahweh’s food laws, and make the appropriate changes.

### **Vegetables, Fruits, and Grains**

Why are vegetables and other Genesis 1:11-12 foods so good for us? A lot of the nourishment is not just in the essential minerals and vitamins that they provide, but also in molecular compounds and other beneficial things the scientists have yet to discover.

Doctor Gordon S. Tessler in his book *The Genesis Diet*, says, “Scientific research has ‘discovered’ the green-colored matter in plants, has almost the exact molecular structure of hemoglobin in human blood. Chlorophyll, in plants we eat, helps build healthy blood in humans by supplying the blood with oxygen, nutrients and phytochemicals (compounds in plants that protect our body against cancer and other diseases). Green grasses and green plants are rich sources of such important nutrients as beta-carotenes, antioxidants, digestible proteins, and fiber which help to sustain and protect us from illness and disease.”

Fiber is a critical component of these plants. This fibril plant sinew is something that is needed for good digestion and natural detoxification of the body. You’ve probably heard the statement, “death begins in the colon.” Putrefying matter and other things, if not eliminated from the body, produce toxins and imbalances that can cause problems and even death:

“Fiber helps lower cholesterol levels, stabilizes blood sugar, slows digestion, and has been shown to help prevent hemorrhoids, irritable bowel syndrome, varicose veins, constipation, obesity, and even colon cancer. Fiber in the lower intestinal tract helps bind heavy metals, toxins, and chemicals and remove them from the body before they can be absorbed and cause damage to

cells and tissues. When carcinogens and toxins are removed from the colon, a person has much less likelihood of developing colon cancer.” *What Would J-sus Eat?* by Don Colbert, M.D.

Those having juicers who think they’re getting all they can out of vegetables and fruits may want to consider getting a Vita-Mix, or something comparable, which not only gives the juice, but also the fiber.

In Scripture, the number seven has the meaning of spiritual perfection. In the following, the number seven may have some significance as well:

*A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of olive oil, and honey,* Deuteronomy 8:8.

These seven foods did not mention animal meat. It’s another good indication that animal meat was not to be the main course for the people coming into the land. With the exception of honey (though the honey mentioned may have not been bee’s honey), all of these were green foods.

### **Honey, You’re so Sweet**

Honey is mentioned in the Hebrew *idiom* “a land flowing with milk and honey.” This was also promised (Exod. 3:8) for the people that Yahweh brought into the land, but it was also an idiomatic expression; it was stating that the land would be “fertile” for the people, so they could grow crops and live an abundant life.

An *idiom* is a phrase expressing an idea other than the actual statement. In America, for example, we have the phrase or idiom “he/she kicked the bucket.” We know that it is not someone literally kicking a bucket, but it’s actually referring to the fact that an individual died.

The word honey (Strong’s # 1706, Hebrew word, *debash*, the root means, gummy) in the Bible can actually mean two different things. The obvious meaning is honey from the honeycomb, such as the following, which says, *My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste,* Proverbs 24:13.

But there’s another meaning. The word *honey* can refer to a grape molasses (or possibly date/fig molasses). We read in Genesis 43:11, *And their father Israel said unto them, if it must be so now, do this; take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds.*

Ryrie’s notes says, “The honey was not bee’s honey but a thick syrup boiled down from fresh grape juice.”

It should be mentioned that bee’s honey is similar in molecular structure to refined white sugar. Once it is eaten, it basically goes straight to the bloodstream.

Doctors have for some time known that too much sugar is bad for you. Dr. Don Colbert in his book *Walking in Divine Health* says, “Eating too much sugar is related to degenerative diseases - including obesity, diabetes, heart disease and arthritis...The average American consumes one hundred and seventy pounds of refined sugar per year. About 75 percent of the sugar is hidden, and 20 percent of our diets are composed of white sugar or sucrose. This is extremely dangerous since sugar actually feeds cancer.” Also be aware, carbohydrates convert to sugar in the body.

It was mentioned that the Bible warns of the “king’s food” or “deceptive delicacies.” Do you know that the Bible also warns of eating too much honey? *Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it,* Proverbs 25:16. In other words, don’t eat too much or you’ll get sick! Verse 27a also says, “It is not good to eat much honey...” Too much sugar is what Americans are getting in many foods today.

When you read the ingredients of certain store-bought foods you'll notice that other sweet enhancers, such as high fructose corn syrup, are added in addition to the sugar already in the product. Many times these sugars will be at the top of the ingredient list, meaning that whatever the delicacy is, it's mostly sugar.

Man-made alternatives are still questionable and studies are still being done. However, the government has approved some, like NutraSweet (aspartame), for human consumption.

Natural alternatives, such as the first syrup run from the maple tree (formerly called "Grade B" now "Grade A, dark"), blackstrap molasses, or Stevia (powder or liquid form of a natural leaf), doesn't travel to the bloodstream as quickly as sugar does, and also has the benefit of being high in nutrients. They may be a better choice for some, especially those that are hypoglycemic or are diabetic since they wouldn't get such a strong fluctuation in their blood sugar levels. Birch sugar is also another option.

With any changes in a diet, especially for diabetics, it is recommended that one seek a doctor's recommendations before proceeding.

Saul's son, Jonathan, after having been in battle was said to have eaten some honey, and it was evidently bee's honey. Notice what happened to his eyes, "he put forth the end of the rod that was in his hand, and dipped it in an honeycomb, and put his hand to his mouth; and his eyes were enlightened" (1 Sam. 14:27). In verse 29b, it says, *...see, I pray you, how mine eyes have been enlightened, because I tasted a little of this honey.*

From what we know today, Jonathon may have suffered from hypoglycemia or even diabetes, but it is more likely that the battle he was said to have been in had depleted his energy. The honey, being able to go straight to the bloodstream, had an immediate effect on his body and his alertness.

### **Read and Follow the Manual**

The Bible is to us as a manual is to a car. We can learn so much from the Bible. By following its instructions, we can live not only well physically, but also well spiritually. It is understood that the latter is certainly more important than the former.

For good health in both areas — to maintain and grow in both body and spirit — we need to read the manual and do what it says. Biblical food laws are not something antiquated. Current medical authorities are now learning that Yahweh's Biblical food laws are actually up-to-date and good for us to follow today.

Be encouraged to start following Yahweh's way today and you'll be healthier for doing so. There is still more the doctors will no doubt discover about how good it is to follow the Bible's instructions.

The principles are in place, especially for us who have a portion of Yahweh's Spirit. Make no mistake; we are to do what is right in His sight. *If any man defile the temple of Elohim, him shall Elohim destroy; for the temple of Elohim is holy, which temple ye are,* 1 Corinthians 3:17.

If you are just now learning of these things and you're desiring to follow the instruction manual more fully, then start today by following Yahweh's food laws within it and don't forget to ask for the blessing. In doing so, you'll start to show yourself approved and will be on the path of good health, both physically and spiritually.

### **Were Yahweh's Food Laws Done Away?**

Ministers teaching that the "law was done away" and that the unclean foods are now somehow clean must be questioned by using the very Scriptures they bring out.

The following are commentaries on certain verses in the New Testament that are used to try to show that Yahweh's Biblical food laws were done away. Each Scripture will be given and the commentary will follow.

### **Commentary on Mark 7:18-20**

*And He saith unto them, are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that defileth the man, Mark 7:18-20 (see also Matt. 15:15-20).*

Mark 7:18-20 continues to answer the question asked by the disciples concerning a parable in verse 15 which says, *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.*

At first glance, it seems that Yahshua nullified Yahweh's food laws. Is this what really happened? If this is true, then it goes against other Scriptures in which He upheld the law, such as, Matthew 5:18-19; John 8:11 and John 15:10. Is Yahshua double-minded? Absolutely not!

There are certain Scripture verses that seem to say one thing, if taken out of context (proof texting), but when considered within context say another. In proper context, we find that the Pharisees and scribes were being addressed for their law of washing hands, something that could be seen by other men. They had many such petty rules that they made which had nothing to do with Yahweh's law. Yahshua told them; *Well hath Isaiah prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. Howbeit in vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandment of Elohim, ye hold the tradition of men, as the washing of pots and cups: and many other such like things ye do. And he said unto them, Full well ye reject the commandment of Elohim, that ye may keep your own tradition, Mark 7:6-9.*

Yahshua had basically called these Pharisaical people lawbreakers of the worst kind, as they were breakers of Yahweh's laws. In verse 13, Yahshua again reiterates this fact; *...making the word of Elohim of none effect through your tradition, which ye have delivered: and many such like things do ye.*

As Yahshua addresses their Pharisaical rules, which are contrary to Yahweh's instructions, He states that it's not what goes into the stomach, but what comes from the heart, that defiles a man, Mark 7:18-19. In some Bibles are the added words, "Thus He declared all food clean," trying to prove their belief of the law being of no effect.

The issue in Mark, chapter 7, was not the eating of unclean animals, but was the adding to and breaking of Yahweh's laws by the Pharisees. If Yahweh's laws were rightfully done away with, Yahshua wouldn't have been so adamantly against the Pharisees for breaking them. But Yahshua was indeed upset with them, and any others who would add to or take away from His Father's laws.

Getting some dirt on one's food, because one doesn't wash his hands, doesn't defile a person. However, going against Yahweh's laws, such as eating something He has declared unclean, will defile the person, because breaking Yahweh's laws starts within the heart.

### **Commentary on Acts 10:12-15**

*Wherein were all manner of four-footed beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter*

*said, Not so, Master; for I have never eaten any thing that is common or unclean. And the voice spake unto him again the second time, What Elohim hath cleansed, that call not thou common, Acts 10:12-15.*

The end of Acts 10:12-15 says, “What Elohim hath cleansed, call not thou common.” The question is, just what did Yahweh cleanse? Was it, in fact, unclean animals or was it something else?

In verse 10, Peter was hungry, so food was evidently on his mind. Yahweh could have put actual food in front of him to eat. However, what Peter saw was a vision, and that vision had a specific meaning. Verse 17 says, *Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made enquiry for Simon’s house, and stood before the gate.*

Notice that “Peter doubted in himself what this vision” had meant. Just like Pharaoh’s dream that Joseph had to interpret, with Yahweh’s help (Gen. 41:25). Peter also struggled with the meaning of the symbolism in his vision. At first, Peter did not recognize that the unclean animals were symbolic, as he clearly states, “I have never eaten any thing that is common or unclean.” Bible scholars recognize that this was about a decade after the death and resurrection of the Messiah. Peter never heard of any doing away with the law, as some religious leaders teach today.

In context, we find that the animals were symbolic of gentiles who were at that time considered unclean by the Jews. Verse 28 says, *...And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but Elohim hath shewed me that I should not call any man common or unclean.*

The vision Peter had, along with the knowledge of Cornelius’ experience of having been visited by an angel (Acts 10:30-33), was a fitting example for Peter, as he had some hypocrisy about such things. Notice how Paul had rebuked him a few years earlier; *Now when Peter had come to Antioch, I withstood him to his face, because he was to be blamed; for before certain men came from James, he would eat with the Gentiles; but when they came, he withdrew and separated himself, fearing those who were of the circumcision. And the rest of the Jews also played the hypocrite with him, so that even Barnabas was carried away with their hypocrisy, Galatians 2:11-13 (NKJV).*

Peter understood then, after the events in Acts, chapter 10, that Yahweh, as stated in Acts 10:34-35, *...is no respecter of persons: But in every nation he that feareth Him, and worketh righteousness, is accepted with Him.*

Peter baptized Cornelius, who was considered unclean, but he did not start eating unclean meat. Gentiles, not unclean animal meat, was the subject matter being described in the vision to Peter. Peter now understood this and so should we.

### **Commentary on Romans 14:2-3, 14-15**

*For one believeth that he may eat all things: another, who is weak, eateth herbs. Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for Elohim hath received him...I know, and am persuaded by the Master Yahshua, that there is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean. But if thy brother be grieved with thy meat, now walkest thou not charitably. Destroy not him with thy meat, for whom Messiah died, Romans 14:2-3, 14-15.*

Romans 14:2-3 begins by saying, “For one believeth that he may eat all things.” Were Adam and Eve able to eat all things? Were the Israelites? Are the Spiritual Israelites today allowed to eat unclean foods? The answer is “no” to all three questions. Yahweh says that He “changes not” (Mal. 3:6; 1 Sam. 15:29; James 1:17). His Son is credited with the same stability (Heb. 13:8).

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The one who believes he can eat all things is referring to sacrificed animal meats. These, of course, would be clean animals chosen by brethren who were not weak, and who understood that pagan deities had no power over them, not even demons, (1 Cor. 10:20) who were evidently worshipped as well.

The “herbs” mentioned in verse 2 can be translated “vegetables” as it comes from the Greek word *Lachonon*, Strong’s #3001, the root means, “to dig.” The verses in question seem to be saying, “Don’t trouble a brother just because he’s a vegetarian.”

The question is, “Is one *weak* because they eat only vegetables?” The answer is an emphatic “No.” It was “green food” that was commanded to be eaten from the beginning, Gen. 1:29. And, though we are now allowed to add clean animal meat to our diets (Gen. 9:3), 1 Corinthians 8:8 (NIV) says, “we are no worse if we do not eat, and no better if we do.” And, Romans 14:17 says, “the kingdom of Elohim is not meat and drink”

Consider this: “Doesn’t it depend on *why* they were only eating vegetables?” We find the word “weak” (Strong’s #770) used in the same context of food which is found in 1 Corinthians 8:8-10, which shows the “weak” are those that were afraid to eat even the clean meats that had been sacrificed to idols; *But meat commendeth us not to Elohim: for neither, if we eat, are we the better; neither, if we eat not, are we the worse. But take heed lest by any means this liberty (understanding that pagan deities have no strength) of yours become a stumbling block to them that are weak (they think pagan deities have strength). For if any man see thee which hast knowledge (knowing there is no power in pagan deities) sit at meat in the idol’s temple, shall not the conscience of him which is weak be emboldened to eat those things which are offered to idols (even though he still believes they have power); and through thy knowledge (belief that they don’t have power) shall the weak brother perish (be drawn away after the idols), for whom Messiah died?*

The Apostle Paul further explained that the sacrificed food was not bad in itself, but that the joining in false worship with those who sacrificed to pagan deities was bad. The brethren, of course, would have avoided Biblically unclean meats altogether, but that is not the issue here.

Paul starts in 1 Corinthians 10:14 by saying, “flee from idolatry.” In 1 Corinthians 10:25-31 (ISV) he says, *Eat anything that is sold in the shambles (meat market) without raising any question about it on the ground of conscience, (thinking it may have been sacrificed to a pagan deity) for The earth and everything in it belongs to Yahweh. If an unbeliever invites you to his house and you wish to go, eat whatever is set before you (animals that were sacrificed to pagan deities), raising no question on the ground of conscience (you understand it doesn't matter). However, if someone says to you, This was offered in sacrifice, don't eat it, both out of consideration for the one who told you and because of conscience. I mean, of course, his conscience (for he may think you condone the pagan sacrifice), not yours. For why should my freedom be judged by someone else's conscience? If I eat with thankfulness, why should I be denounced because of what I am thankful for? Therefore, whether you eat or drink, or whatever you do (in accordance with Elohim's will), do everything (again, according to Elohim's will) to the glory of Elohim.*

Paul understood that those who were to receive this letter needed instruction concerning animals offered to idols as there were a lot of meats for sale in the markets that had been sacrificed. The pagans were not wasteful, but rather, sold the sacrificed meats.

The core of the problem was that some brethren were evidently becoming arrogant, causing problems, pointing fingers, and making fun of other weaker brethren, even to the point of ignoring their feelings, or worse yet, condemning them. Paul wanted it to stop and said; *Now accept the one who is weak in faith, but not for the purpose of passing judgment on his opinions,* Romans 14:1 (NASB).

*...But you, why do you judge your brother? Or you again, why do you regard your brother with contempt? For we shall all stand before the judgment seat of Elohim,* Romans 14:10 (NASB).

*...Therefore let us not judge one another anymore, but rather determine this — not to put an obstacle or a stumbling block in a brother's way,* Romans 14:13 (NASB).

*Now concerning things sacrificed to idols, we know that we all have knowledge. Knowledge makes arrogant, but love edifies. If anyone supposes that he knows anything, he has not yet known as he ought to know,* 1 Corinthians 8:1-2 (NASB).

*...And thus, by sinning against the brethren and wounding their conscience when it is weak, you sin against Messiah,* 1 Corinthians 8:12 (NASB).

*All things are lawful (which are lawful), but not all things are profitable. All things are lawful (which are lawful), but not all things edify,* 1 Corinthians 10:23 (NASB).

*Give no offense either to Jews or to Greeks or to the assembly of Elohim,* 1 Corinthians 10:32 (NASB)

The message is clear and consistent in these verses. Love your brother, and don't be arrogant because some lack faith in a certain area. In this case, it's the area of sacrificed meats, which for us today is hard to understand since we don't deal with this particular pagan practice. But, the historians and Bible scholars realize that this was prevalent during the times of the New Testament writings.

It should be noted that 1 Corinthians was written by Paul in 55-56 A.D., during his recorded 3rd journey. The book of Romans (letter to Rome) was also written during this 3rd journey, but just a year or so after the letter to those at Corinth.

The point is that the message concerning meats which was offered to idols (that was given to Corinth) is similar to the one given to those in Rome. Both had issues that needed to be addressed. Sacrificial food was one thing that was an issue for both gentile assemblies living in the pagan societies of Rome and Corinth.

Though fasting one day over another is also mentioned in Romans 14:5, the chapter is speaking along the lines of what 1 Corinthians 8:1-13; 10:14-33 were saying. Romans 14:14-15 can then be understood in context of the overall picture.

### **Commentary on Colossians 2:16-17**

*Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: Which are a shadow of things to come; but the body is of Messiah,* Colossians 2:16-17.

Colossians 2:16-17 begins by saying, "let no man therefore judge you." The word "therefore" indicates a previous thought. Verse 14 says, *Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his torture stake.* Some point to this and say the "law was done away." But, is that what it says? Our mini-study, **Colossians 2 and the Law**, contains a good analysis of this subject. The following paragraphs are taken from that publication:

Exactly what is meant by “blotting out the handwriting of ordinances?” Nominal religion teaches that the handwriting of ordinances spoken of here is Yahweh’s commandments, statutes, and judgments. But aren’t these the same devices of man that verse 8 speaks of? Are Yahweh’s ordinances against us? Are the laws of Yahweh now blotted out, forever done away? If so, then there is no more law to break. If there is no law, there is no sin (1 John 3:4). If there is no longer any sin, then we don’t need a Savior!

On the contrary, Yahweh’s laws are for our good, Deuteronomy 10:12-13. Psalms 19:7 says the law is perfect and it converts the human being. Yahshua says if we love Him we will keep His commandments, John 14:15. Paul tells us that the law is holy and the commandment is holy, just, and good, Romans 7:12.

The preceding verses, 11 and 12, explain to the Colossians that through baptism into Yahshua’s Name (a type of circumcision) we are made spiritually alive and forgiven of all our trespasses. Verse 13 continues; *And you, being dead in your sins and the uncircumcision of your flesh, has He quickened (made alive) together with Him (Yahshua), having forgiven you all your trespasses.* Here Paul is countering the Gnostic idea that the physical is inherently evil by explaining that Yahshua redeemed the flesh. At the same time he shows that the Judaic teaching of physical circumcision was circumvented in Yahshua’s redemption. Today, we seek the spiritual meaning or intent.

To understand properly the meaning of Colossians 2:14, we need to look at two pertinent words as defined in *Strong’s Exhaustive Concordance Greek Dictionary*:

► Handwriting—No. 5498, *cheirographon*, neut of a comp. of 5495 and 1125; something hand-written (“chirograph”), i.e. a manuscript (spec. a legal document or bond [(fig.)]:—handwriting.

► Ordinances—No. 1378, *dogma*, from the base of 1380; a law (civil, ceremonial or ecclesiastical):—decree, ordinance.

The manuscript or legal document that was contrary to us was “handwritten” by man. It does not refer to laws or commandments found in the Bible! “Handwritten ordinances” are MAN’S documents, his decrees, his edicts.

### “Dogma” a Man-made Rule

*Strong’s Concordance* shows that the underlying Greek word for the English word ordinances is No. 1378, *dogma*. It is a civil, ceremonial or ecclesiastical law, translated decree or ordinance. In each of the five places the Greek *dogma* is used, it refers to man-made rules and regulations. It has nothing to do with Yahweh’s Commandments! Let us examine each of the four other times the Greek word *dogma* appears to see whether it means Yahweh’s laws or man’s:

- Luke 2:1, *And it came to pass in those days, that there went out a decree [dogma] from Caesar Augustus, that all the world should be taxed.* This could just as well have been translated, “there went out an ordinance from Caesar” It was Caesar who wrote the ordinance, it was not from Yahweh. The emperor of Rome was the author of an ordinance to raise money by taxing his subjects.

- Acts 16:4, *And as they went through the cities, they delivered them the decrees (dogma) for to keep, that were ordained of the apostles and elders which were at Jerusalem.* The decrees referred to here consist of the four-point summary of the decision reached in Acts 15 at the council held in Jerusalem to settle the question about what behavior should be followed by the Gentiles who were converted to Yahshua. The decision is summed up in Acts 15:20 and 29, namely, that the Gentiles should;
  1. Abstain from pollutions of idols
  2. Abstain from fornication
  3. Abstain from things strangled
  4. Abstain from blood

NOTE: (These four prohibitions were to eradicate the extant pagan custom of; 1) worship of idols, 2) temple prostitutes, 3) eating flesh which had not been drained of blood, 4) ingesting animal blood alone. Notice, the next verse says, *For Moses of old time has in every city them that preach him, being read in the synagogues every Sabbath day,* Acts 15:21. In other words, Gentiles are to be circumspect especially over these four points which, as former pagans, they had practiced prior to their conversion. These heathen ways they were to avoid, but were expected to join with the Jews to hear Moses being preached each Sabbath, thus they would continue learning the laws given to Israel.)

- Acts 17:7, *Whom Jason has received: and these all do contrary to the decrees [dogma] of Caesar, saying that there is another king, one Yahshua.* Plainly these are the decrees (*dogma*) of Caesar and have nothing to do with the laws of Yahweh. They deal with the question of observing Caesar's *dogma*.
- Ephesians 2:15, *Having abolished in his flesh the enmity, [even] the law of commandments [contained] in ordinances [dogma]; for to make in himself of twain one new man, [so] making peace.* Paul is explaining that Yahshua's death took away the enmity, the hatred, the animosity between Jew and Gentile that the man-made ordinances (*dogma*) produced. The hatred was to dissolve with the removal of these added human laws that separated Jew from Gentile.

The entire second chapter of Ephesians emphasizes that the Gentiles formerly were outside the covenants and promises given to Israel. Now, they are made nigh by the blood of Messiah, verse 13. We Gentiles can now become a part of Israel by being grafted into the Abrahamic promise through Yahshua.

Where the Jews had regarded the Gentiles with hatred, and the Gentiles the Jews with scorn; now they were unified in the common worship of Yahweh through Yahshua the Messiah who by His sacrifice made a new man, a new person of the former antagonists.

The middle wall of partition spoken of in verse 14 evidently refers to the four-foot-high wall in the Temple by which the court of the Gentiles was separated from the Jews. Now that wall was broken down and the Gentiles had the same access to worship Yahweh as did the Jews.

There is nothing in Scripture concerning establishing this wall of partition. It came about through human performance. See Bullinger's *Companion Bible* note on Ephesians 2:14 for a good explanation of the wall of partition. This has now been broken down and Jew and Gentile are today one in Yahshua.

When considering the actual meaning of Colossians 2:14, even verse 15 now comes to better light; *When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him,* (NASB).

Colossians 2:15 is saying let “no man” judge or tell those in Messiah what to do, except those of Messiah who have the truth of the Scriptures. Notice it says, *Let no man therefore judge you in meat, or in drink, or in respect of an holyday (Holy Day), or of the new moon, or of the Sabbath days: Which are (not were) a shadow of things to come; but the body of Messiah.*

The “is” was an added word, identified by italics in the KJV, seen here: “the body is of Messiah.” It was not in the original text. Taking it out, as was done above, corrects the verse and allows it to make proper sense in context. That is, the body of Messiah is to judge.

It should be mentioned that, for example, one will normally be in the shadow of a building first before actually arriving at the building. In Colossians 2:15 the thought is that the “shadow” is seen before one sees the end of all the things that have yet to be accomplished.

There is a prophetic plan being worked out, and of the 7 annual Holy days only 3 of them have been fulfilled in their prophetic sense. There are yet 4 prophetic events to be yet completely fulfilled. For a better understanding feel free to write for the free booklet, ***Biblical Holy Days***, and the bookmark, ***Yahweh’s Appointed Times***.

Context is a very important tool when looking at the verses of the Bible. It can mean the difference between getting the wrong or the right understanding.

### **Commentary on 1 Timothy 4:2-5**

*Speaking lies in hypocrisy; having their conscience seared with a hot iron; forbidding to marry, and commanding to abstain from meats, which Elohim hath created to be received with thanksgiving of them which believe and know the truth. For every creature of Elohim is good, and nothing to be refused, if it be received with thanksgiving.*

1 Timothy 4:2-5 is often pointed to as proof that all foods are now clean, and that if you teach that they’re not, then you’re somehow being led by a seducing and deceiving spirit, as it says in verse 1, *Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils.*

In 1 Timothy 4:2-4 there are many verses taken out of context and it seems that the deceiving spirits understand that by taking away Yahweh’s word in part or in whole will help their goals. Just as in the Garden of Eden (Gen. 3:1b, “[Satan] said unto the woman, Yea, hath Elohim said, Ye shall not eat of every tree of the garden?”), Satan’s ploy has been to say the opposite, be the opposite, and to compel people to act contrary to Yahweh’s instructions.

We see that verse 4 indeed says, *For every creature of Elohim is good, and nothing to be refused, if it be received with thanksgiving.* But, verse 5 says, *For it is sanctified by the word of Elohim and prayer.*

Two requirements for food are found in verse 5, “the word of Elohim” and “prayer.” It needs to be emphasized that the only food for man, is the food that Yahweh made for man, note especially Leviticus 11 and Deuteronomy 14:1-21.

Yahweh also expects us to pray and to give thanks for the food (Acts 27:35) that He approved for our well-being and health (Acts 27:34).

John, the disciple of Yahshua, says, *Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers,* 3 John 1:2 (NASB).

Satan would like to take away your health, both physically and spiritually, thereby keeping you from prospering. The message for us all is, “Don’t let him!”

### **Spiritual Food**

Remember, we also learn Spiritual truth from physical lessons. The following scriptures were taken from the **Authorized Version**:

*And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding, Jeremiah 3:15.*

*And in this mountain shall Yahweh of hosts make unto all people a feast of fat things, a feast of wines on the lees, of fat things full of marrow, of wines the lees well refined, Isaiah 25:6.*

*Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness, Isaiah 55:2.*

*I will feed them in a good pasture, and upon the high mountains of Israel shall their fold be: there shall they lie in a good fold, and on fat pasture shall they feed upon the mountains of Israel, Ezekiel 34:14.*

*I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world, John 6:51.*

*And did all eat the same spiritual meat; and did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Messiah, 1 Corinthians 10:3-4.*

*He that hath an ear, let him hear what the Spirit saith unto the assemblies; to him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of Elohim, Revelation 2:7.*

*He that hath an ear, let him hear what the Spirit saith unto the assemblies; to him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it, Revelation 2:17.*

*And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of Yahweh doth man live, Deuteronomy 8:3.*

*Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food, Job 23:12.*

*How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! Psalms 119:103.*

*Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O YAHWEH, Elohim of hosts, Jeremiah 15:16.*

*But thou, son of man, hear what I say unto thee; be not thou rebellious like that rebellious house: open thy mouth, and eat that I give thee, Ezekiel 2:8.*

*Moreover he said unto me, Son of man, eat that thou findest; eat this roll, and go speak unto the house of Israel, Ezekiel 3:1.*

*As newborn babes, desire the sincere milk of the word, that ye may grow thereby, 1 Peter 2:2.*

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