

# DOES GOD CARE WHAT YOU EAT?

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Most people in the developed countries have all kinds of vegetables, fruits, meats, all kinds of medicines, doctors, and health books telling us what is best for us to eat to stay healthy. We should be the healthiest people on earth. The drug companies advertise so many drugs that's supposed to solve any and all sickness problems. Yet we have so many health problems we are making the medical profession and drug companies wealthy. Here in America we have an epidemic of obesity which can cause, or add to, many health problems.

When we buy a vehicle or any kind of machine, phone, T.V., camera, etc, for the first time, it comes with an instruction book of details telling us how to use the item, how to take care of it and how it works. If we put vinegar in a vehicle's gas tank, instead of gas, it won't work. If we don't use a phone company for power our phone won't work, etc. In other words, we have to go to the instruction book to get educated before we can use things properly and to know how to keep them in good working order. The human body is no different.

If you believe that God created us, do you understand the need to go to Him for instructions on how to take care of your body? He designed the five senses for our pleasure: hearing, taste, sight, feeling, and smell. The body can function without one or more of these add-ons. He put a spirit within our bodies so that we could make decisions, feel emotions, and to develop Godly character. Along with all this He added air, water, blood and food; without either of these three the body cannot function. He knows that humans make mistakes and sometimes they may not always do what is best for the body so He equipped it with an immune system so that, with proper care and time, it would fix itself.

The next thing He did was preserve a manual instructing us on what to put in our bodies, and how to keep them healthy, strong and lasting. During the first age, between creation and the flood there is no mention of humans eating meat, so we know the body can live many years without the benefit of eating meat. However, in the second age, after the flood, humans were specifically instructed in food consumption of meats.

Le 10:10 And that ye may put difference between holy and unholy, and between unclean (abominable) and clean; Le 11:4 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.

Le 11:5 And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

Le 11:6 And the hare, (Rabbit) because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

Le 11:7 And the swine, (Pig - pork) though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

Le 11:8 Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.

Le 11:24 And for these ye shall be unclean: whosoever toucheth the carcase (dead body) of them shall be unclean until the even.

Le 11:25 And whosoever beareth ought of the carcase of them shall wash his clothes, and be unclean until the even.

Le 11:26 The carcases of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean.

Le 11:27 And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even.

Le 11:28 And he that beareth the carcase of them shall wash his clothes, and be unclean until the even: they are unclean unto you.

Le 11:29 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 his kind, Le 11:31 These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even.

Le 11:11 They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcases (dead bodies) in abomination.

Le 11:12 Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.

Le 11:13 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, Le 11:20 All fowls that creep, going upon all four, shall be an abomination unto you.

Le 11:23 But all other flying creeping things, which have four feet, shall be an abomination unto you.

Le 11:41 And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten.

Le 11:42 Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination.

Isa 66:17 They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD.

Le 20:25 Ye shall therefore put difference between clean beasts and unclean, and between unclean fowls and clean: and ye shall not make your souls (whole self) abominable by (eating) beast, or by fowl, or by any manner of living thing that creepeth on the ground, which I have separated from you as unclean.

## **Does this sound as if God doesn't care what you eat?**

This is a list of things the Creator instructs us not to eat, or not to do, with unclean creatures. One might say, "Did not God cleanse all things to eat? Or ask, "What about Paul saying, "all things are lawful for

me?” We have a study done on that very subject, read Ronnie’s sermonett. I ask, “did Paul mean he could murder, steal or blaspheme God? Do we garnish our salad with the leaves of poison ivy?”

Here is a partial list of clean foods taken from BibleStudy.org:

#### CLEAN ANIMALS

#### CLEAN BIRDS

Antelope	Hart	Dove	Quail
Buffalo	Ibex	Duck	Sagehen
Caribou	Moose	Goose	Sparrow
Cattle	Ox	Grouse	Swan
Deer	Sheep	Guinea	Teal
Elk	Lamb	Partridge	Peafowl
Gazelle	Pheasant	Pigeon	
Giraffe	Chickens		
Goat	Turkey		

#### CLEAN FISH

Anchovy	Flounder	Minnow	Snapper
Barracuda	Grouper	Mullet	Sole
Bass	Grunt	Perch	Steelhead
Black pomfret	Haddock	Pike	Sucker
Bluegill	Hardhead	Rockfish	Tarpon
Bow fin	Herring	Salmon	Trout
Buffalofish	Kingfish	Shad	Tuna
Carp	Mackerel	Whiting	Turbot
Chubs	Smelt	Turbot	Drum
Crappie	Mahimahi	Smelt	

- 9 These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat:
- 10 And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.
- 11 Of all clean birds ye shall eat.
- 12 But these are they of which ye shall not eat: the eagle, and the ossifrage, and the ospray,
- 13 And the glede, and the kite, and the vulture after his kind,
- 14 And every raven after his kind,
- 15 And the owl, and the night hawk, and the cuckow, and the hawk after his kind,

We think of clean and unclean as being dirty or not dirty, but God has another definition. "Clean" is what God has set apart or made "Holy" for the use of certain things. In other words "clean" creatures (foods) were set apart for the consumption of humans. God approved certain animals, birds, and fish, added to fruits and vegetables, that we can eat that is best for good health.

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Strong's Exhaustive Conc. Of "clean" - #2889 and 2891 gives these meanings: cleanse self, uncontaminated, to be pure. Holy, etc.

These accepted (food) creatures are to our bodies as gas is to our car. If we use the right fuel, designated by God, our bodies will work much better and longer. Our bodies were not designed, by our Creator God, to work well any other way. When we eat all the unclean creatures that God forbids us to put in our bodies we can expect a sicker life and an earlier death. If we contaminate our bodies by eating pork, shell fish, using drugs, alcohol, and/or smoking, overeating, etc. we are snubbing our noses at our Creator. Can we really, honestly, think God does not care what we eat? If He determined these dietary laws for His chosen nation, Israel, don't you think it works for all of mankind? You decide! Not only does what you eat effect you, personally, it effects unborn children, as well. If the mother, or father, of unborn have disregarded God's dietary laws the unborn children are weakened and start life handicapped accordingly. Thus we find a whole generations suffering all kinds of diseases because they do not believe God's instruction manual about what not to eat. The Creator tells us in Deu. 30:19 that we have a choice to "choose life or choose death". He wants us to choose life and He tells us how. Believe it, "God does care about what we eat!". For those who are interested, I suggest you go online and in your search; type in the word "trichinosis" and for the most info select WIKIPEDIA ENCYCLOPEDIA. If you haven't done this before you will be shocked. They say you are safe if you cook

pork to a certain degree, but how often would anyone be that meticulous when preparing any type of meat? That doesn't change the fact that God considers it to be an "abomination" to eat it in any fashion. When we think about it, who wants to eat cooked worms, anyway?