

THE DIETARY INSTRUCTIONS



**AN
INTRODUCTORY
GUIDE TO EATING
CLEAN**

**119 MINISTRIES
TESTEVERYTHING.NET**

Table of Contents

THE DIETARY INSTRUCTIONS.....	3
CLEAN VS UNCLEAN FOOD.....	3
Leviticus 11.....	3
Sea Creatures.....	4
Birds.....	4
Insects, Winged and Otherwise.....	4
Food in Scripture.....	5
BUT WAIT...AREN'T ALL THINGS NOW CLEAN?.....	5
Mark 7.....	6
Acts 10.....	6
Romans 14.....	7
KOSHER EATING AND SLAUGHTERING.....	8
EATING MEAT SACRIFICED TO IDOLS.....	8
CONCLUSION.....	9
APPENDIX.....	10
Fun and Musical Presentations for Kids.....	10
Related 119 Ministries Teachings.....	10

THE DIETARY INSTRUCTIONS

The dietary instructions are, perhaps, one of the most asked about topics from those new to the revelation that the whole Word of God still applies. Since, most traditional Christians today, do not observe Yahweh's (aka YHWH or Yah) dietary instructions, this can be a source of great confusion. There are a lot of different areas within this larger topic that are often questioned. For example, clean vs unclean, what Kosher means, and whether Jesus made everything clean food. We will address these questions and more in this brief ebook.

CLEAN VS UNCLEAN FOOD

In Genesis, Yahweh tells Adam that we are given every seed-bearing plant for eating and every tree whose fruit yields seeds. It should be noted that food is something we can eat. If we are not supposed to eat something, then it should not be considered food. Although many other plants exist, seed-bearing plants are given to us as food; those are what we can eat. It may seem silly to define food as something we can eat, but it needs defined as it plays an important part in Yahweh's dietary instructions.



Many will then point out how we are not given animals to eat, so the law of God changed when He told Noah he could eat meat from every living thing (Genesis 9:3-4) and some will take this to mean all animals are now food (something to be eaten). However, it is clear that Noah knew the difference between clean and unclean animals, as seven pairs of clean animals entered the ark, and 1 pair of unclean animals entered the ark. Thus, knowing the difference between clean and unclean animals has been established prior to this event. With that in mind, it wouldn't make sense that Noah was being told he could literally eat all moving things; he would only be eating what was clean and acceptable to the Creator. For more on this topic with Noah, see our teaching "[Noah: Could He Eat All Things?](#)"

Leviticus 11

This brings us to Leviticus 11, which is after the Exodus when Yahweh freed His people and is now giving them instructions on how to live holy, set apart, lives the way He wants them to. Leviticus 11 covers what animals can be eaten for food and which ones cannot; He defines for them what is clean and unclean (remember, they have been living in Egypt for many generations and had adopted some Egyptian ways, so they needed reminded of how to live Yah's way).

Leviticus 11 starts out by identifying what the requirements are for the animals to be considered clean and acceptable for consumption. The requirements for clean animals are: Everything with a split, cloven hoof and that chews the cud. That is it, those are the requirements. This is not an "either/or" situation, but an "and" where both distinctions are necessary. This instruction is laid out clearly in verses 3 – 8. Some examples of this animal type are:

- Cows
- Sheep
- Goats
- Deer
- Gazelle

Sea Creatures

We are then given the requirements for what types of seafood we can eat.

“Everything with Fins and Scales whether in rivers or oceans.”

Again, these distinctions are both required; seafood with only fins or only scales do not pass the test found in verses 9-12. Examples of this type of clean seafood includes (but is not limited to):

- Bluegill
- Salmon
- Tuna
- Sunfish



Birds

The next area covered is that of birds, or winged creatures, but this time we are told what is excluded for us, or is unclean. This list of birds we are not to eat is found in verses 13-19 and includes:

- Falcons of any kind
- Storks
- Vultures
- Ostrich



Insects, Winged and Otherwise



The final area covered is that of insects. Verses 20-23 define what is clean and what is unclean (detestable) to us. The requirements for what is clean is:

Among winged insects on 4 legs, we can only eat those with jointed legs above their feet and that hop on the ground.

- Locusts of any kind
- Katydid of any kind
- Crickets of any kind
- Grasshoppers of any kind

Those are the limits of the “clean” insects we can eat, pretty straight forward really.

Food in Scripture

For something to be considered as food, something we can eat, all requirements must be met in their respective category whether it is a beast, bird, fish, or insect. This is an important concept to remember: **Every creature that is not considered clean, is NOT considered food.** Only animals meeting the specific requirements to be considered a clean animal is considered food. The definition of what is or is not food does not change. Every time in Scripture when food is referred to, it must meet the requirements laid out above. Below is a table with the summation of the requirements for something to be considered food.

TABLE 1-DIETARY REQUIREMENTS TO BE CONSIDERED FOOD

TYPE OF FOOD	REQUIREMENTS	SCRIPTURE REFERENCE
Plants	plants yielding seed every tree which has fruit yielding seed	Genesis 1:29
Beasts	must have split, cloven hoof and chews the cud	Leviticus 11:3-8
Sea Creatures	must have fins and scales	Leviticus 11:9-12
Birds	must not be falcons of any kind, storks, vultures, or ostriches	Leviticus 11:13-19
Insects	Winged insect on 4 legs with jointed legs above the feet and that hop on the ground (locusts, katydids, crickets, and grasshoppers of any kind)	Leviticus 11:20-23

This all boils down to one simple statement. **“We can eat all food, but not all things are food.”** YHWH defines what is food for us, and what is considered not food. Any passage in Scripture pertaining to eating or not eating something falls within the understanding of what is food. If something is not considered food, pork for example, then it would not be considered something to be eaten at any time in any context. This brings us to the next section which asks the question, “Are all things now clean for food?”

BUT WAIT...AREN'T ALL THINGS NOW CLEAN?

When someone is first introduced to the idea of “eating clean”, it generally does not take long before they, or someone close to them, mentions how Jesus (his Hebrew name being Yeshua), made all food clean and that we no longer have to worry about the dietary laws. First, remember what is defined as “clean” food. Clean foods are only those things that meet the requirements defining what is clean and unclean described in Leviticus 11:3-23 as mentioned in the previous section. We just want to say, here, that all **food** is clean. If it is not biblically defined as clean for food, then it is not supposed to be food for us. This one understanding will remove several arguments often cited when someone claims that Yeshua made all food clean. We are going to cover 3 of the primary Scripture passages used to indicate that all things are now food to eat: Mark 7, Acts 10, and Romans 14.

Mark 7

Mark 7:19 is often cited in defense of Yeshua making all food clean. As we just stated, all food is clean, but not all things are food. The context of the events occurring in Mark 7 surround a man-made ritual of washing ones hands and saying certain prayers while doing it, before eating. The question has thing that is not already understood to be considered food. The from their traditions that unless prescribed manner, they would defined as food, unclean. They something that is unclean accord- about how their actions would clean for food to be unclean. This goes into the mouth that makes “Not washing your hands does not God, now unclean.” When this is that the Bible says plainly, “thus he declared all food clean”; we agree that all food is clean.



nothing to do with eating some- stood by the Jewish Pharisees Pharisees had an understanding one washed their hands in the make what is already biblically were not talking about eating ing to the Torah; they were talking make something that God said is is why Yeshua says it is not what a man unclean; in other words, make what is called clean food by pointed out, some will then argue

Historically, man’s definition of what is food extends beyond what YHWH said we can eat. For example, many eat rabbit, pork, and shellfish among other things, considering it food. However, is man’s culture to override the command of the Creator? YHWH defined food for us; all He defined as food is what we should eat. When we go beyond those parameters, we are making ourselves gods and putting our wants, desires, and rules above those of YHWH. If Yeshua stated that all food is clean, it is with the “Biblical” understanding of what food is, not what society has deemed to be good for eating. The context of the passage tells us that Yeshua is revealing a great truth here; there is nothing we can do to change the word of God. Yahweh declared what is clean to eat; nothing man can do will change it. Whether our hands are clean or dirty, food is still food.

We say “If Yeshua stated” because those words in Mark 7:19 are not found in the oldest man- uscripts; you will find a footnote relating to that statement in the Bibles quoting it. It’s quite possible, and likely, those words were added in by the translators; they were making their own determination about what Yeshua was talking about. We cover this more in depth in many of our teachings including “[Can We Eat All Things: 1 Timothy 4](#)”.

Acts 10

The book of Acts chapter 10 is also commonly used to state that all animals are now clean for food. We have an entire teaching dedicated to this topic, “[Acts 10: Peter’s Vision](#)”, so we will not go into it in depth here. Suffice it to say, Peter’s vision in Acts 10 was not about God making all animals now clean to eat; it was about how the Jews should not be excluding the Gentiles, that they could be grafted in as well. In addition to Mark 7 and



Acts 10, people often cite 1 Timothy chapter 4 to show that all animals can now be eaten as food. Again, we have an entire teaching dedicated to this called, "[Can We Eat All Things: 1 Timothy 4](#)". The conclusion there is this; there were false teachers telling people that they should abstain from eating what God had defined as food in Leviticus 11. Paul is not saying to go ahead and eat something that is not food; that would be like saying it's okay to eat plastic. We should eat what God has created as it is good; you do not have to stay away from what God says is food. Is this beginning to make sense? Can you see why knowing what is defined as food to eat and what is not defined as food to eat can make all of the difference in how a person understands the supposed "points of contention" when it comes to eating? If we only eat what God says is food, then nothing else should be considered food to be eaten.

Romans 14

The final place in Scripture heavily contested relating to what is clean or unclean for food, is found in Romans 14:2-4 and verses 14-23. We cover this in more depth in our Pauline Paradox series covering the entire book of [Romans](#). Simply put, verses 2 and 3 of chapter 14 refers to people who were only eating vegetables because they were afraid of the meat that was sacrificed to idols in the marketplace. Verse 14 is often used as license to teach that all animals are now clean and suitable for food. If we examine the context we discover that in verse 15 Paul is speaking of what God's Word already defines as food according to Leviticus 11. The word used for "food" is "broma."

Strong's:

G1033 broma bro'-mah

from the base of G977;

food (literally or figuratively), especially (ceremonially) articles allowed or forbidden by the Jewish law.

Unclean animals have never been considered food ("broma"), regardless of what unbelievers might consider food outside of God's Word. It is because of the teaching Yeshua provided in Mark 7, that Paul confidently declares what he teaches in verse 14.

Romans 14:14

[I know and am convinced by the Lord Jesus \(Yeshua\) that there is nothing unclean of itself; but to him who considers anything to be unclean, to him it is unclean.](#)

In the context, the "things" are defined as "broma." "Broma" is already clean animals as defined by Leviticus 11. This has nothing to do with other animals that were considered unclean now becoming clean.

Paul applies principles from Yeshua's teaching in Mark 7 here relating to clean animals (broma) being sacrificed in pagan temples and sent to the marketplace. He is stating they are still considered clean and thus are still considered to be food. So, contrary to those who were only eating vegetables mentioned in verse 2, Paul is teaching, as it relates to verse 14, that we can eat anything that was already written in the past to be declared clean (broma), in Leviticus 11.

It should now be clear what the significance is of something being considered clean or un-

clean, as it relates to food. Since not every beast (such as swine) is considered clean, only those that are declared as clean by the Creator should be eaten. This brings us to the next topic, what is “Kosher” and how does it relate to Yahweh’s dietary instructions?

KOSHER EATING AND SLAUGHTERING



Many people are familiar with the term “kosher” and how it relates to those of the Jewish faith. It is commonly understood that if something is “kosher” then it is biblically clean, which we agree with. However, not everything that is biblically clean is “kosher”. How can this be you may ask? For something to be defined as “kosher”, there are strict man-made guidelines that must be met in order for a food item to be considered kosher. You can read about the specifics of these guidelines at this site: <http://www.koshercertification.org.uk/whatdoe.html>. A couple of examples would be the following statements from the website previously listed:

“Dairy products, of course, also may not contain non-kosher additives, and they may not include meat products or derivatives (for example, many types of cheese are manufactured with animal fats).”

or

“ After meat meals, one must wait one, three, or six hours – depending on one’s custom - before eating dairy.”

Clearly, these guidelines are not found anywhere in Scripture. The second example has to do with a verse in Exodus 23:19 where it states not to boil a kid (baby goat) in its mother’s milk. We have a teaching that further dives into this topic titled: [“Does God’s Law Prohibit Cheese-burgers?”](#). So, in order for something to be kosher, extra rules have been added outside of the requirements found in Scripture. This is why all kosher foods are biblically clean, but not all biblically clean foods are kosher. Among kosher guidelines is a process for slaughtering animals. If this prescribed method is not followed, then the meat is not considered “kosher”. However, there are no requirements found in Scripture instructing us on a specific method for slaughtering an animal. We cover this briefly in our Berean Bridges series in the episode called [“Kosher Slaughtering”](#). As this series is made up of shorter teachings, they are all collected on the same page in our website. We will now move on to another topic that can be related to the slaughtering of animals, the eating of meat that has been sacrificed to idols.

EATING MEAT SACRIFICED TO IDOLS

In 1 Corinthians 10 we find a passage that once again has people understanding Paul to be saying it’s okay to eat anything, that all things are clean. We are covering this separately from our section “Are All Things Now Clean?” because this particular passage has more to do with meat being sacrificed to idols than being biblically defined as clean or unclean. We have a teaching dedicated to this passage and subject titled, [“Meat Sacrificed to Idols”](#) that we would recommend for an in depth look at this topic. That being said, the simple conclusion is this,

“Eating meat sacrificed to idols is not sin, it is not against the Torah, it is not against the laws of God. But the more important reality is this...not everyone understands that, we need to be sensitive to that. Such meat, may offend others, and we should want to avoid offending others. What is against Torah is worshipping false gods. An individual can eat meat sacrificed to idols in which others were doing the worshipping, yet the same individual is not actively worshipping false gods. That is the biblical distinction.” ...

“Paul speaks in another context – what to do once the meats that is not eaten in the Temples by the pagans is sold to the meat markets? Can we eat it? Is it wrong? In Paul’s understanding it is not. Paul finds no violation in Torah with eating meat sacrificed to idols outside of taking direct part of worshipping false gods in the Temple. He simply cautions us to avoid offending others or giving others a false interpretation that actual participation and worshipping false gods is okay.”



Misunderstanding Paul is easy, learning the proper context and what he said takes more study. Relating to this topic is one of Halal meats found in many supermarkets. The concept of meat being Halal certified is similar to that of the Jewish “kosher” designation, except this meat has been blessed by followers of the Islam faith. In this way it is considered by some to be “meat sacrificed to idols” and to be abstained from, very similar to the situation described in 1 Corinthians 10. However, based upon our findings mentioned above and in our teaching on the subject, we find nothing wrong with purchasing Halal certified meat in your local grocery store and eating it. Again, for a more in depth study on this topic, please see our teaching titled, [“Meat Sacrificed to Idols”](#).

CONCLUSION

When it comes to studying, understanding, and applying the Whole Word of God in our lives, we must realize that not everything may be as it seems. Often times it requires further study and prayer beyond what we may have been taught by this pastor, that rabbi, or this other “knowledgeable friend”. We must seek out His truth for ourselves, not taking any man’s word for it, not even our own here at 119 Ministries. When it comes to studying Scripture, the literal and cultural context is everything; without them, it is very easy to misinterpret the Word of God and subsequently add to or take away from the laws our Creator gave us to live as a set apart (holy) people.

The dietary instructions found in Leviticus 11 are not difficult to follow; they are not complicated. They are clearly laid out; it is man who has made things complicated or created seeming contradictions. The Word of God is eternal, it does not change and it has not changed since the beginning. All of Yah’s instructions are there for our benefit, so we can live our lives differently than the rest of the world. After all, we are to be set apart from the nations; there is to be a difference between us who claim the authority of Yahweh, and those who do not. Choosing to eat only what is declared by our Creator as food clean for our consumption is just one way in which we can show our love for our Creator. We hope that this has been of help to you and brought some clarity to His dietary instructions. If you have additional questions, please feel free to email us at: info@119ministries.com.

APPENDIX

Fun and Musical Presentations for Kids

“Shemini: The Kosher Animal Song” by Dan Saks https://youtu.be/MBP6w4y_gIU

“The Kosher Animal Rap” by Ari Lesser <https://youtu.be/kNWW4M-1o6E>

“Don’t Eat It” by Dave and Jess Ray <https://youtu.be/8v8nmgGD1ik>

Related 119 Ministries Teachings

“Noah: Could He Eat All Things?” - <http://119ministries.com/noah>

“Can We Eat All Things: 1 Timothy 4” - <http://119ministries.com/1timothy4>

“Acts 10: Peter’s Vision” - <http://119ministries.com/acts10>

“The Pauline Paradox Series Part 5a: Romans” - <http://119ministries.com/pp5aromans>

“Does God’s Law Prohibit Cheeseburgers?” - <http://119ministries.com/cheeseburgers>

“Berean Bridges Series: Kosher Slaughtering” - <http://119ministries.com/berean-bridges>

“Meat Sacrificed to Idols” - <http://119ministries.com/meat>