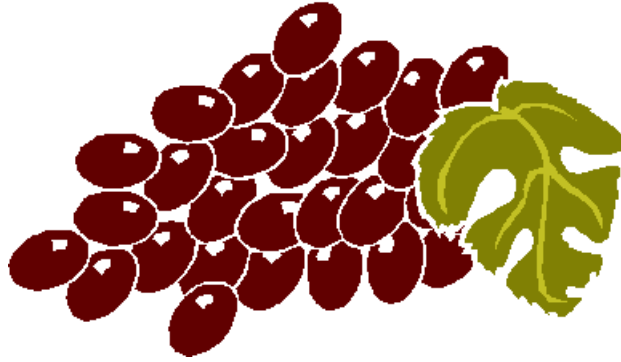


FOOD



It is really not necessary to even look at the spiritual explanation for clean and unclean food, but for the sake of many, the following spiritually explains clean and unclean food. In order to understand properly what clean and unclean really mean in Hebrew we must look at the words used to describe them in Hebrew. Tahor (clean) means clean and open manifestation of Yah. Tame (unclean) means hidden, closed manifestation of the creator. Clean and unclean in Hebrew have totally different meanings than what we think in western culture. Clean in Hebrew is life giving and unclean is the removal of life. In western culture we think of clean and unclean as clean and dirty, or good and evil. When we think of demons, we think of unclean spirits.

For example, which is more unclean? A cat, pig, magpie, horse, cow or human being. The answer is: human, because the human has the greatest opportunity for life. When life is removed from a human, it creates a type of vacuum for death. Human's have a greater capacity for life than other animals. In the following teaching let us keep in mind what life giving food is compared to dead food. Do we want life or death in our bodies?

Our bodies are temples of the "Living Yah, Yeshua," in us. It is reasonable to say that the one who created us, knows what's best for us, whether it be body, soul or spirit. Yah went through the trouble of listing in detail the clean and unclean foods so we could have a good healthy life. It is because we don't listen to Yah's words about food that we are so sickly. We, as Believers, are to stand out from all others. Eating certain food is one of the ways we are to stand out. These foods may be okay for secular people, but not for Believers.

Our body is the new temple of Adonai. As was the case in the days of the great temple, nothing unclean should enter our temple. **1Cor. 3:16-17** *"Do you not know that you are a temple of Yah, and {that} the Spirit of Yah dwells in you? **If any man destroys the temple of Yah, Yah will destroy him, for the temple of Yah is holy, and that is what you are.**"* We must ask ourselves: "does my body reflect El Gibor's holiness, or does it reflect that of the world?"

Long before the rules distinguishing clean and unclean animals that were listed in Leviticus, Yah had made it known to the people what was to be considered food (clean) and unclean. When the word "food" is used in scriptures it usually means "clean" items to eat as per Lev. 11. Even at the time Noah was gathering together the animals for the Ark, Yah made clear that seven pairs of the clean animals were to be brought in as compared to one pair of the unclean animals. **Gen. 7:2** *"You shall take with you of **every clean animal by sevens, a male and his female; and of the animals that are not clean two, a***

male and his female;” The people back then knew what was clean and unclean because it was an oral rule known by all but just not yet recorded in the word.

Under the Old Testament dietary instructions, the people were told to eat only the types of animals that were clean unto Yah and could also be used as sacrifices. Adonai created us, and knows what’s best for our body, soul and spirit. He told us what to eat so we wouldn’t have diseases. It’s that simple. If we followed His instructions properly we would have less disease to worry about. Yah told us specifically what food was clean and unclean. Our digestive system hasn’t changed from creation on, so why would we now eat unclean foods. We must eat what is proper for our “temples” of Yeshua inside us.

Dietary laws were even written twice so people would follow them. Lev. 11 and Deut. 14. Repetition in Hebrew shows “importance”. When we read scriptures we see the bible uses food as a metaphor over and over.

There is no logical reason for us to have dietary restrictions. If we eat these unclean things they will not kill us. The only reason Yah gave us these rules is because it is His perfect will. Yah wants every part of our life spiritually meaningful. Every action in our life is filled with spiritual meaning to Him.

We must remember food doesn’t heal anyone. Food does not heal the body. The body is designed to heal itself when we give it what it was designed to have to heal. Just because a doctor says there is no known medical cure for something, doesn’t mean there is no cure for it. Separating the clean from the unclean is what the scriptures are all about. That’s what sets us apart. When Yeshua comes back He will separate the clean from the unclean. Will you be one of His clean vessels? Health is a blessing, disease is a curse.

Another way of understanding what clean and unclean food represents is as follows. In the Garden of Eden, Adonai told Adam and Eve what to eat and what not to eat. He told them not to eat of the tree of knowledge. It was a sin to eat of that tree because Yah Himself told them not too. Adonai was then testing the obedience of Adam and Eve, and Satan knew it. Satan persuaded Eve to eat the fruit which was forbidden by Yah back then, the same way that Satan has convinced people of this age to eat the forbidden foods. You might say that the same spirit that manipulated Eve, is manipulating people today in the form of ham, lobster, shrimp, oysters, etc.. Think about this for a moment and you will understand that Yah telling us what to eat and what not to eat is actually Him giving us the choice to sin, or not to sin, to be obedient. The food I believe, is mostly symbolic of the sin that Adonai is testing us with. To eat the unclean food that He told us about is to sin, and to observe the dietary rules is just another way of us showing our Father that we follow Him and love Him. In all of this, the Holy One wants to emphasize the crucial distinction between the kingdom of sin and death, and the Kingdom of Yah, the realm of life and righteousness. Hence, He designed the teachings of kashrut (dietary laws), to be a visible picture and physical reminder of those two kingdoms. Therefore on a daily basis Believers should be reminded of the wonders of their Yah in the very food they eat.

In Biblical times the followers of the true Yah were to be different from the heathens around them. By following the dietary laws given by Moses, Israel would be distinguished from the rest of the nations. The reason for such a distinction was to show that Yah of Israel was utterly different from the gods of the nations. If He was different, then His people would also be distinct. In addition, His people would have the privilege and

responsibility of outwardly demonstrating this crucial distinction between that which is of Yah and that which is not. Thus, it appears that like keeping the sabbath and feasts, recognizing the significance of the mezuzah, and other similar items, food is an outward symbol of such separation. This concept has never changed. As Believers of Adonai, we are to be different from the secular world around us! We should not fit in! If we do fit in with this world, we are not followers of Yeshua Hamashiach (Yeshua the Messiah)!

The foods we eat are important in regards to the strength we need in the spiritual battle taking place all around us. It is a well documented fact that in battle conditions warriors (soldiers) eat a lot of meat to keep their energy, protein levels up. It is no coincidence that the Levite Priests of old ate a lot of meat. They were the spiritual warriors in Biblical times and needed the protein clean meat provides.

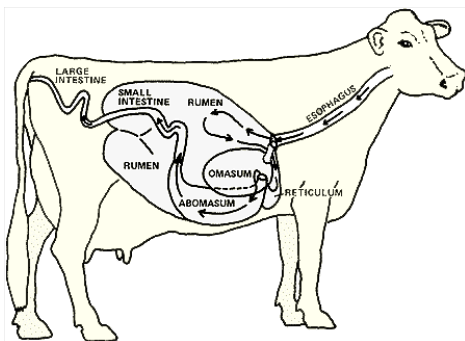
The truth is, though we often hear otherwise, there are no good studies done in the medical field that show red meat harmful. Adonai's messenger (an angel), received red meat when he ate with Moses. Moses would have no doubt prepared the best food available for Yahveh's angel to eat (Gen. 18:1-7). Another example of a warrior eating red meat (twice) daily, is Elijah (1Kgs. 17:2-6). I'm sure it was again no coincidence that Elohim told Noah to eat meat after the flood was over. Adonai knew that Moses would be fighting spiritual battles from that time forth.

Red meat contains the protein needed to give our bodies strength, and to keep our minds clear. Satan may be the one influencing the "vegetarian" movement. Satan would like to keep all the warriors weak in body and mind, and so far, he has obviously succeeded. If he can keep them weak and docile, the saints are quite harmless.

The fact is, Satan has kept such control over the medical field that few physicians pay attention to the merits of eating red kosher meat for its incredible protein value. Our physical body deteriorates rapidly, and illness occurs when we lack protein. This is another reason many vegetarians look so sickly, their bodies can't fight off infections. Society as a whole, through poor eating habits, has created many saints that are weak. Most of the false teachings associated with the health food fads talk of abstinence from red meat for a good reason. Satan just may be influencing the movement. Millions of people around the world die needlessly because of the foolishness of not obeying Adonai's word in regards to eating red meat.

RUMINANTS (a mammal with four stomachs)

The animals listed in Lev 11 and Deut 14 that were accepted as clean, had to chew there cud and have split hooves. These ruminants, (cattle, deer, moose, sheep, goats, etc.), Yah told us were clean food. Ruminants are mammals that are able to acquire



nutrients from plant based food by fermenting it in a specialized stomach prior to digestion principally through microbial actions. The process typically requires the fermented ingesta (known as cud) to be regurgitated and chewed again. The process of re-chewing the cud to further break down plant matter and stimulate digestion is called rumination. Ruminants have either one large stomach divided into four sections, or four separate section. The four sections are described as: the rumen, reticulum, omasum, and the abomasum. There

are about 150 species of ruminants including both domestic and wild species. Goats, sheep, beef, have four stomachs, (one large stomach divided in four sections):The “split” is symbolic of DIVIDING. Because these animals have at least two stomachs, their body can cleanse the food that enters their system. They are able to rid their intake of bad substances, diseases, etc., and keep the toxins from entering the flesh. If you’ve ever watched a deer gracefully reach into the bush and eat the tips of branches, you would realize how fussy they are about what they eat. Under normal circumstances most animals that chew their cud only eat clean uncontaminated food. They are in fact quite fussy. Ruminants are cloven hoofed animals that have a multi-compartmented stomach (four stomachs), and chew their cud like, sheep, cattle, deer, and buffalo.

FOWL

The bible doesn't say much about what fowl is clean to eat, it lists what fowl is not clean. By simple deduction and common sense, it is therefore obviously acceptable to eat

fowl such as chicken, ducks, turkey, geese, quail, pheasant, grouse, etc. whether it is domesticated or wild. The wild would obviously be more toxic free and nutritious. These birds have crops and gullets to filter and store their food prior to processing, which is similar to having multiple

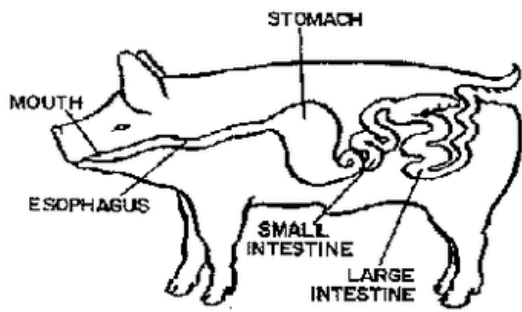


stomachs like ruminants. It's obvious that no-one desires to eat birds of prey: vultures, magpies, hawks, etc. simple by looking at them.

PIG

The reason Yahveh told us not to eat pork was simple. The pig is a scavenger, a vacuum cleaner, it will eat almost anything, including flesh. The pig does not chew its cud. Swine have only one stomach, so the diseases, toxins, etc., can not be fully removed from their meat. **Isa. 66:15-17** *“For behold, Adonai will come in fire And His chariots like the whirlwind, To render His anger with fury, And His rebuke with flames of fire. For Adonai will execute judgment by fire And by His sword on all flesh, And those slain by Adonai will be many. “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 Adonai.**”* The original pig was not domestic, it was a wild boar, a scavenger like the eagle. It makes sense that these animals should not be eaten. Can you imagine eating a Crow, Magpie or Hawk; of course not, they are scavengers. These are all Yah’s earthly vacuum cleaners.

The Torah tells us (and zoologists concur), that the pig is the only animal in the world possessing the outward symbol of kosher (split hooves), but not the inward symbol (chewing cud). The pig is symbolic of hypocrisy in scripture. The pig is known world-wide as a source for the disease known as **“trichinosis”**. The pig therefore represents that which is kosher in outward appearance, but is in fact unclean on the inside. A counterfeit of a kosher animal on the outside. The pig, as a food, is to be viewed clearly as reprehensible to all Believers. The pig, like satan, is a counterfeit of something clean. It appears to be clean on the outside, (angel of light), but closer inspection reveals the filth.



The tissue (flesh) of the pig is the closest tissue of all animals to that of humans. That is the reason they use pig hearts (valves, etc) for surgery in humans. Anything that has to do with medicine and the promoting of life is instantly kosher. Using a swines tissue for saving a life (not eating it), would be an appropriate thing to do. The whole idea of the (torah) is so that we might live, it's all about preservation of life and being

blessed in that life. Think about it for a second, people who eat swine are eating tissue (meat), that is as close as one can get to cannibalism. Food for thought?

The body has to work much harder when eating unclean food because the pig does not clean its food by chewing the cud after it enters its one stomach. The pig eats garbage food and that becomes a part of itself, so that when we eat it, our bodies must go through the initial purifying process that wasn't achieved in the pig. Clean animals eat clean and then their digestive system purges the clean food accordingly.

Consequently, when we eat unclean food our immune systems must work harder, and afterward they are compromised for other matters that it must attack. Also, our filtering system of kidneys and liver can be overloaded, causing problems in those areas

The pig is one of a few rare animals that biologists say will turn completely back to their wild nature after only two generations. Animals with split hooves are protected from diseases and foreign substances from flowing into their body system through their feet. Those animals like a bear can be infected with diseases and parasites coming through their feet into their body system. They are much more susceptible to receiving infections and diseases.

- 1) A pig will eat almost anything including its own urine and excrement, dirt, decaying animal flesh, maggots, or decaying vegetables. They will even eat the cancerous growths off other pigs or animals.
- 2) The meat and fat of a pig absorbs toxins like a sponge. Their meat is 30 times more toxic than beef or venison.
- 3) When eating beef or venison, it takes 8 to 9 hours to digest the meat so what little toxins are in the meat are slowly put into our system and can be filtered by the liver. But when pork is eaten, it takes only 4 hours to digest the meat. We thus get a much higher level of toxins within a shorter time.
- 4) Unlike other mammals, a pig does not sweat or perspire. Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat.
- 5) Pigs are so poisonous that they are hard to kill with strychnine or other poisons.
- 6) Farmers will often pen up pigs within a rattlesnake nest because the pigs will eat the snakes, and if bitten they will not be harmed by the venom.
- 7) When a pig is butchered, worms and insects take to its flesh sooner and faster than to other animal's flesh. In a few days the swine flesh is full of worms.
- 8) Swine have over a dozen parasites within them, such as tapeworms, flukes, worms,

and trichinae. There is no safe temperature at which pork can be cooked to ensure that all these parasites, their cysts, and eggs will be killed.

9) Pig meat has twice as much fat as beef. A 3 oz T bone steak contains 8.5 grams of fat; a 3 oz pork chop contains 18 grams of fat. A 3 oz beef rib has 11.1 grams of fat; a 3 oz pork spare rib has 23.2 grams of fat.

10) Cows have a complex digestive system, having four stomachs. It thus takes over 24 hours to digest their vegetarian diet causing its food to be purified of toxins. In contrast, the swine's one stomach takes only about 4 hours to digest its foul diet, turning its toxic food into flesh.

11) The swine carries about 30 diseases which can be easily passed to humans. This is why God commanded that we are not even to touch their carcass (Lev. 11:8).

12) The trichinae worm of the swine is microscopically small, and once ingested can lodge itself in our intestines, muscles, spinal cord or the brain. This results in the disease trichinosis. The symptoms are sometimes lacking, but when present they are mistaken for other diseases, such as typhoid, arthritis, rheumatism, gastritis, MS, meningitis, gall bladder trouble, or acute alcoholism.

13) The pig is so poisonous and filthy, that nature had to prepare him a sewer line or canal running down each leg with an outlet in the bottom of the foot. Out of this hole oozes pus and filth his body cannot pass into its system fast enough. Some of this pus gets into the meat of the pig also.

These same principals apply to other scavenger animals such as rats, cats, spiders, snakes, bats, mice, cockroaches, and birds of the ground and sea. Also, the animals, other than most fish, which Yah presented to us as clean, do not instinctively kill other animals for the meat of their flesh.

Scales and fins on fish prevent most fish from having parasites cling to them. Scales are part of their defence system to keep parasites off. Fish pass on toxic waste through their scales, this is why we are not to eat fish without scales.

Biologists will tell you that lobsters (unclean food), are the largest member of the roach family. Shrimp have the highest cholesterol of any food that exists for our consumption. Therefore the meat is not good. Even the fish must have scales and fins to be clean, otherwise you end up with scavenger filthy fish like catfish, crab, and ling. These types of animals pick up and live on the garbage, feces (manure), of other animals of the land and sea, and are obviously unclean. This food, and the others listed, are unclean, and simply not good for the human body. It may taste good, but it is not good for us.

EARTH'S VACUUM CLEANERS

In a nutshell, all the things listed in Lev. 11 that are considered unclean are earth's vacuum cleaners. Even looking at food from a logical point of view no one in their right mind would eat anything that comes out of a vacuum cleaner. Pigs, bears, dogs, etc. are vacuum cleaners that roam upon the ground. Eagles, vultures, magpies, etc. are vacuum cleaners in the air. Lobster's are members of the arthropod family, the same as cock-coaches. Before people started eating lobster's they used to call them "cockroaches of the sea", and "ocean bound beetles". All shell fish, (shrimp, mussels, oysters, etc) are vacuum cleaners of the oceans. These species eat the feces/dung/dead remains of other



animals, fish, birds of prey, etc. Common sense is all that's really required to see the simple logic Yah told us not to eat these things.

SUBSTITUTIONARY SACRIFICE

The fact is; when we kill and eat the clean animals Yah told us to eat, we are using them as a kind of substitutionary sacrifice to Yah. When we do this dividing of food, we are showing to the secular world that certain foods are unclean, and that only the clean foods of this world are

acceptable to Yah, as per **Lev. 20:23-26** *‘Moreover, **you shall not follow the customs of the nation** which I shall drive out before you, for they did all these things, and therefore I have abhorred them. ‘Hence I have said to you, “You are to possess their land, and I Myself will give it to you to possess it, a land flowing with milk and honey.” I am Adonai Yahveh, who has separated you from the peoples. ‘You are therefore to make a distinction between the clean animal and the unclean, and between the unclean bird and the clean; and you shall not make yourselves detestable by animal or by bird or by anything that creeps on the ground, which I have separated for you as unclean. ‘Thus you are to be holy to Me, for I Adonai am holy; and I have set you apart from the peoples to be Mine.’*

Lev 11 explains things that we are to eat and not to eat. In **Deut 14:1-21** it explains again about these unclean foods.

In the original Hebrew, the word to describe unclean, as in ritual uncleanness was “tamei”. There are no English words that properly represent the Hebrew words “tamei” (unclean) and “tahor” (clean) so we must keep this in mind while reading the scriptures. Something else that jumps out about reference to food in this chapter is in the King James version use of the most dreadful word in Hebrew, “abomination”, used in regards to unclean food. Abomination is, you might say, the worst swear word there is in Hebrew. Notice how many times it is used, that says a lot in itself. Lev. 11:1-47

Lev. 11:1-12 *And the LORD spake unto Moses and to Aaron, saying unto them, 2 Speak unto the children of Israel, saying, **These are the beasts which ye shall eat among all the beasts that are on the earth.** 3 Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat. 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. 5 And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 6 And the **hare**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 7 And **the swine**, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. 8 Of their flesh shall ye not eat, and their carcase shall ye not*

touch; **they are unclean to you.**” The split hoof talked about here is a type of set apart people. Some animals have what appears to be separate hooves but when you look close they are joined (connected) at the back, they are not set apart. We are to be set apart (split) from the unclean.

‘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. 10 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: 11 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.’

Lev. 11:13-25 ‘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, 14 And the vulture, and the kite after his kind; 15 Every raven after his kind; 16 And the owl, and the night hawk, and the cuckow, and the hawk after his kind, 17 And the little owl, and the cormorant, and the great owl, 18 And the swan, and the pelican, and the gier eagle, 19 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.** 21 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; 22 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. 23 **But all other flying creeping things, which have four feet, shall be an abomination unto you.** 24 And for these ye shall be unclean: whosoever toucheth the carcass of them shall be unclean until the even. 25 And whosoever beareth ought of the carcass of them shall wash his clothes, and be unclean until the even.’

Lev. 11:26-38 “**The carcasses 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. 27 And **whosoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you:** whoso toucheth their carcass shall be unclean until the even. 28 And he that beareth the carcass of them shall wash his clothes, and be unclean until the even: they are unclean unto you. 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, 30 And the ferret, and the chameleon, and the lizard, and the snail, and the mole. 31 These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even. 32 And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it must be put into water, and it shall be unclean until the even; so it shall be cleansed. 33 And every earthen vessel, whereinto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it. 34 Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean. 35 And every thing whereupon any part of their carcass falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean, and shall be unclean unto you. 36 Nevertheless a

fountain or pit, wherein there is plenty of water, shall be clean: but that which toucheth their carcase shall be unclean. 37 And if any part of their carcase fall upon any sowing seed which is to be sown, it shall be clean. 38 But if any water be put upon the seed, and any part of their carcase fall thereon, it shall be unclean unto you.

Lev. 11:39-47 *'And if any beast, of which ye may eat, die; he that toucheth the carcase thereof shall be unclean until the even. 40 And he that eateth of the carcase of it shall wash his clothes, and be unclean until the even: he also that beareth the carcase of it shall wash his clothes, and be unclean until the even. 41 And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten. 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. Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be defiled thereby. 44 For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. 45 For I am the LORD that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy. 46 This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: 47 To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.***

All those vegetarians out there must seriously consider their motives for eating nothing but greens, and shoots, after all, if we are truly following Yeshua, then what did He eat. We know that He ate meat, so if we are truly following Him we should do likewise. The following is one of many passages that talks about eating meat. **Luke 22:27** *"For whether is greater, he that sitteth at **meat**, or he that serveth? is not he that sitteth at meat? but I am among you as he that serveth."* If you look closely at your teeth you will see that they are designed to grip and tare, not like those of an animal that chews its cud.

1Cor. 10:25-28 *"**Eat anything that is sold in the meat market, without asking questions for conscience' sake; FOR THE EARTH IS ADONAI'S, and ALL it contains. If one of the unbelievers invites you, and you wish to go, eat anything that is set before you, without asking questions for conscience' sake. But if anyone should say to you, "This is meat sacrificed to idols," do not eat {it,} for the sake of the one who informed {you,} and for conscience' sake;"*** In these verses Paul was explaining about meat offered up to idols and then sold in meat markets. It was normal in those days for the heathens to offer clean animals as sacrifices in the pagan temples. The pagan priests would take out specific parts of the animals, (heart, blood, intestines, etc.) for their rituals, and the rest of the animal would be sent to the local meat market for sale. Most of the meat in these markets was from animals offered up to idols. Paul was saying that because everything on earth was created by Yah for various purposes, even the clean meat offered up to idols was OK to eat because idols in reality could not defile clean meat.

There is another very commonly referred to verse that people use in reference to Yah's people *"be holy for I am holy"* that can be found in: **1Pet. 1:15-16** *"but like the Holy One who called you, be holy yourselves also in all {your} behavior; because it is written, **"YOU SHALL BE HOLY, FOR I AM HOLY."*** When Peter is talking here he is repeating

what is written in the torah, found in Lev. 11:45 and Lev. 19:1-2. **Lev. 11:45** *For I am the Lord who brought you up from the land of Egypt to be your God; thus you shall be holy, for I am holy.*” He is simply saying that holy people are set apart because of many things they do and one of the many things that sets them apart from the heathens is eating clean food. **Lev. 19:1-2** *Then the Lord spoke to Moses, saying: 2 “Speak to all the congregation of the sons of Israel and say to them, ‘You shall be holy, for I the Lord your God am holy.’* (Also Lev. 20:7)

Here's another one Christians try to use to show that everything Adonai created is good for us to eat. **Gen. 9:3-4** *“Every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant. 4 “Only you shall not eat flesh with its life, that is, its blood.”* This is the command given to Noah after the flood. Food referred to here is of course as per Adonai's dietary instructions which would be written down at a later date. Mankind was once again given dominion over the animal kingdom and was able to use animals for food (protein). Before the flood man only ate vegetation. Noah must have known the difference between a clean and unclean animal because he brought more pairs of clean animals into the ark than unclean. He was very familiar with what was clean and unclean.

It was a common practice in those days in most pagan (Gentile) homes to offer up the meat to be consumed, to whatever idol god they served. If a Believer came to the house during the day and ate of this meat it was no problem unless it was a problem with the individual himself, because the food was always prayed over before being eaten by the Believer (1Tim. 4:4). The person eating the meat was not participating in any way with the ritual, so it meant nothing to him. He was saying that if one felt personally defiled by eating such meat or specific others thought it was offending, they were better off not to eat it. In some cases non-Believers would think the Believer was a bad example because he was defiling his own temple of Adonai (his own body), even though it wasn't correct. **1Cor. 8:13** *“Therefore, if food causes my brother to stumble, I will never eat meat again, that I might not cause my brother to stumble.”* Food talked about here is clean food and the meat talked about here is meat offered up to idols. **2Cor. 6:17** *“Therefore, COME OUT FROM THEIR MIDST AND BE SEPARATE,”* says Adonai. **AND DO NOT TOUCH WHAT IS UNCLEAN;** And I will welcome you.”

Mankind should be reminded that during the time of the “Black Death/Plague”, of years gone by, millions of Christians died while very few Jewish people died, because they kept a kosher camp. The Jews were very careful about the unclean meats they ate and purification and quarantine instructions were followed as per the Torah.

NOTE:

Most medical doctors will tell you that most diseases are caused by the unclean foods we are eating. Those who eat clean food are not as sick as others.

Salt of the earth

In the Middle East it was an insult (slap in the face if you will), to add salt to one's food that was offered up by someone. It meant that you did not accept the food as is, that their way of preparing the food was not good enough. It meant that the food did not qualify as food the way it was presented. In other words it meant “I'm not going to conform to your ways”, “I'm going to change your ways”. It was a serious insult if someone dared put salt on any food given to them. This is still found in some homes today. If one puts

catsup, mustard, salt, pepper, etc. on ones food, to many it's saying it was not cooked correctly. In fancy restaurants the chef would be insulted if you added anything to the food. Salt is seen to enhance the flavor of the food by many. It is also a preserving element. Anything the salt is added to will take on the salt flavor but the salt will not take on any of the food flavor. Salt enhances what's there in the food, but if you remove the salt from the food and put it in your mouth it will not contain the flavor of the food it was removed from.

We are to be the light of the world and the salt of the earth. This idea is based on the covenant of salt. If you go out unto the nations you are to change the people you are with, you are not to be changed by them.

AND LAST BUT NOT LEAST

Did you realize how biblically clean food is a shadow type of the Word of Yah?

Two main categories of clean food are:

- 1) Split hooves (Lev. 11:3)
- 2) Chews the cud (Deut. 14:6)

Scriptural application:

- 1) Rightly dividing the word of truth (2Tim. 2:15)
- 2) Meditating on the word both day and night (Ps. 1:2)

Have you ever noticed the connections between what clean food looks like and its healing ability?

Let's have a look at a few interesting thematic ideas that are not coincidence.

- 1) What is a carrot known for? It is known for health for your eyes. When you cup a carrot in slices, what do the slices look like? Does it look like an eye?
- 2) What is a tomato known for? Well known to be healthy for your heart. Take a tomato and cut it in half, what do you see? It looks like a heart.
- 3) Celery is known to be good for the bones. Cut a celery in half and it looks like a bone with marrow. The minerals in celery are great for bone structure.
- 4) What does an avocado cut open look like? A womb because it is good for the womb.
- 5) What does a walnut look like? Walnuts are good for the brain because they look like the brain.
- 6) What does a placenta look like when it is laid out on a table? The placenta looks exactly like a tree in a circle. It has roots, a trunk, and branches, just like the tree of life in the garden of Eden and the tree of life in the New Jerusalem. If you ever look closely at a placenta you will realize that it represents the tree in the beginning of time in the garden from which everything begins. This is exactly like the womb of a woman where life begins. All symbolic of the tree in the river in the New Jerusalem from which all healing takes place (Ezek. 47:).

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