

Spring Series: September 2025 to November 2025

Seeing God Around Us – Food and Health

Spring Series

“Food Laws in the Bible”

Windsor, 9th November, 2025

Welcome to Church

“² For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth. ³ Thou shalt not eat any abominable thing.”

Deuteronomy 14:2&3



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September

God is Light

October

Numbers in the Bible

YOU
ARE
HERE

November

Food and Health

BLESSED BE YOUR NAME

Blessed Be Your Name
In the land that is plentiful
Where Your streams of
abundance flow
Blessed be Your name

Blessed Be Your name
When I'm found in the desert
place
Though I walk through the
wilderness
Blessed Be Your name

Chorus

Every blessing You pour out
I'll turn back to praise
When the darkness closes in,
Lord
Still I will say

Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

Blessed be Your name
When the sun's shining down on
me
When the world's 'all as it should
be'
Blessed be Your name

Blessed be Your name
On the road marked with suffering
Though there's pain in the offering
Blessed be Your name

[Chorus]

Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

You give and take away
You give and take away
My heart will choose to say
Lord, blessed be Your name

How Great Is Our God

The splendor of a King, clothed in
majesty

Let all the earth rejoice

All the earth rejoice

He wraps himself in Light, and
darkness tries to hide

And trembles at His voice

Trembles at His voice

Chorus

How great is our God, sing with
me

How great is our God, and all will
see

How great, how great is our God

Age to age He stands

And time is in His hands

Beginning and the end

Beginning and the end

The Godhead Three in One
Father Spirit Son

The Lion and the Lamb

The Lion and the Lamb

(Chorus)

Name above all names

Worthy of our praise

My heart will sing

How great is our God

(Chorus)

How great, how great is our God

Forever

The moon and stars they wept
The morning sun was dead
The Saviour of the world was
fallen
His body on the cross
His blood poured out for us
The weight of every curse upon
him

One final breath He gave
As Heaven looked away
The Son of God was laid in
darkness
A battle in the grave
The war on death was waged
The power of hell forever broken

Pre Chorus

The ground began to shake
The stone was rolled away
His perfect love could not be
overcome
Now death where is your sting
Our resurrected King has
rendered you defeated

Chorus

Forever, He is glorified
Forever, He is lifted high
Forever, He is risen
He is alive
He is alive

Pre Chorus

Chorus

Forever, forever
You have overcome
Your resurrected King
You have overcome the grave
You have overcome

Bridge

We sing Hallelujah
We sing Hallelujah
We sing Hallelujah
The Lamb has overcome *x6*

Chorus x2

Forever, He is glorified
Forever, He is lifted high
Forever, He is risen
He is alive
He is alive

Songwriters: Brian Johnson / Christa Black Gifford / Gabriel
Wilson / Jenn Johnson / Joel Taylor / Kari Jobe
Forever lyrics © Capitol Christian Music Group



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Seeing God Around Us – Food and Health

Food Laws in the Bible

“² For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth. ³ Thou shalt not eat any abominable thing.”
Deuteronomy 14:2&3

2nd
November

Daily Bread -

Temporal and spiritual food – giving everlasting life

9th
November

Food Laws in the Bible -

Explain Laws and give some relevance in today's world.

16th
November

Eating His Flesh & Drinking His Blood-

Believing, and doing the works Jesus taught.

23rd
November

Physical Immortality Why do our bodies die? -

What has God promised about overcoming physical death.

30th
November

Pure Water – the Water of Life -

Well of water – the Spirit within – springing up into everlasting life

The Lord's Prayer

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.

Give us day by day our daily bread.

And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

Luke 11: 2-4

Last week – Blood and the ‘Bread of Life’

Shirley spoke about blood, how it came to be the source of life, and death, in our physical body.

Key Points

- 01 Blood came through the fall**
- 02 Blood defiles**
- 03 Blood in Exchange for the Soul**
- 04 The Blood of Jesus Christ**
- 05 No Blood in the New Kingdom**

Our life of blood must be replaced by the life of God's Spirit so we can live eternally.

This is our daily (spiritual) bread which we pray for.

1 Corinthians 15:50 – Change is Required

... flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.

Romans 8:11 – Indwelling Spirit Changes Us

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

The Law Against Eating Blood or Fat

- **Leviticus 3:17** and **Leviticus 17:10–14** forbid eating blood or certain fats.

Blood symbolized **life**, which belonged to God.

...Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof... Leviticus 17:14

Chemistry of Blood: Life in Molecular Form

Biologically, blood is the literal carrier of life:

- **Oxygen Transport:** Red blood cells contain *hemoglobin*, a protein that binds oxygen and delivers it to tissues.
- **Nutrient Delivery:** Blood plasma carries glucose, amino acids, hormones, and electrolytes to nourish cells.
- **Immune Defense:** White blood cells patrol the bloodstream, fighting infections and repairing tissue.
- **Waste Removal:** Blood transports carbon dioxide and metabolic waste to organs for excretion.
- **Clotting and Healing:** Platelets and clotting factors prevent bleeding and initiate healing.

In essence, *every function that sustains life is mediated through blood*. The biblical statement “the life is in the blood” is not just poetic—it’s biochemically accurate.

Food Laws in the Bible

The Bible contains a variety of **food laws**, mainly found in the **Old Testament**, particularly in **Leviticus**, **Deuteronomy**, and **Genesis**.

These laws cover what can be eaten, how food should be prepared, and the spiritual meaning behind dietary purity.

God said,

² For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth. ³ Thou shalt not eat any abominable thing.

Deuteronomy 14:2&3

Today we will look at what can be eaten

The Original Diet (Genesis)

- God gives humans a **plant-based diet** for food.

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29

After the Flood

- God allows Noah and his descendants to eat animals but forbids eating **blood**:

³ Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. ⁴ But flesh with the life thereof, which is the blood thereof, shall ye not eat. Genesis 9:3–4

The Food Laws Given to Moses

- These are the core of **biblical dietary law**, often called **kashrut** in Judaism.

The Law - Clean and Unclean Animals (Leviticus 11, Deuteronomy 14)

Land Animals:

- Clean: those that **chew the cud** *and* **have split hooves** (e.g., cattle, sheep, goats, deer).
- Unclean: animals missing one of these traits (e.g., pigs, camels, rabbits).

Sea Creatures:

- Clean: those with **fins and scales** (e.g., most fish).
- Unclean: all others (shellfish, eels, catfish, etc.).

Birds:

- Forbidden: birds of prey and scavengers (e.g., eagles, hawks, vultures, owls, ravens).
- Permitted: typically grain-eating or non-predatory birds (e.g., doves, pigeons, chickens).

Insects:

- Allowed: certain **locusts, crickets, and grasshoppers**.
- Forbidden: all other creeping insects.

The Purpose Behind the Dietary Laws

The distinction between clean and unclean animals serves several purposes.

- It emphasizes the concept of ritual purity and
- the separation of the sacred from the profane.
- Additionally, it may reflect health and hygiene considerations, as many unclean animals are known carriers of diseases.

This law also influenced later Christian and Islamic dietary traditions.

New Testament Perspectives

- **Mark 7, Jesus** taught that what defiles a man comes from within more than without shifting focus from ritual purity to inner morality.
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., Mark 7:15
- **Acts 10**, records **Peter's vision** where a sheet of unclean animals symbolizes that the old dietary laws and the separation of Israel from the Gentile nations. Many take from this that the old food laws were no longer binding for Gentile believers.
- **Romans 14**, Paul says each person should eat according to conscience but not judge others
¹Him that is weak in the faith receive ye, but not to doubtful disputations. ²For one believeth that he may eat all things: another, who is weak, eateth herbs. Romans 14:1&2

The Jerusalem Council

The Jerusalem Council, convened to consider what matters of the law new Gentile converts should keep, still recommended avoiding:

- Food sacrificed to idols
- Sexual Immorality
- Strangled animals
- Blood

¹⁹ Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: ²⁰ But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.

Acts 15:20&21

This still preserved the moral essence of the old laws without the full ritual code. The old rules were about **holiness and separation**, not just hygiene, where food mirrored moral and spiritual boundaries.

A Few Health Reasons to Avoid Unclean Meats

Pigs

In his book *The Genesis Diet*, Dr. Gordon Tessler writes that “the indiscriminate eating patterns of omnivores like pigs make them disease carriers. Pigs are known to carry up to 200 diseases and 18 different parasites and worms, including the deadly [round] worm called *trichinella spiralis*.... Trichinosis [the disease caused by this particular worm] can mimic other diseases such as arthritis, rheumatism, or typhoid fever.... Perhaps many other diseases are misdiagnosed [when] their real cause is ... [the] many parasites found in the flesh of the unclean swine. A person may be committing slow suicide when he or she eats bacon, ham, sausage, or pork chops.” Tessler adds that pork “should be considered a homo-toxin (human poison) and the probable cause of many common sicknesses and degenerative diseases.” 4

<https://www.cbcbg.org/booklets/what-the-bible-teaches-about-clean-and-unclean-meats/chapter-three-the-dangers-of-unclean-meats-a-medical-perspective.html>

Pigs (ctd.)

Genetic Similarity Between Humans and Pigs (98 perc match)

Research has shown that pigs have similar immune systems, metabolic processes, and organ systems to humans, making them suitable for studying diseases such as cardiovascular disorders, diabetes, and organ transplantation. By analyzing the genetic similarity between humans and pigs, scientists can gain insights into the underlying mechanisms of diseases and develop new therapies.

Rabbits

The rabbit is coprophagic—an animal that consumes its own excrement. Consequently, the toxicity levels of rabbits are significantly higher than in other herbivores. Bile salts, fatty acids, gases, and ammonia levels are all at unacceptable levels for human consumption. Many other rodents have similar digestive issues. Source as above

Other Unclean Animals

The common denominator seems to be the fact that unclean animals habitually eat flesh that would normally sicken or kill humans. By contrast, clean animals almost exclusively consume “primary” materials—various forms of plant life. Moreover, clean animals never eat dead animals or animal byproducts.

It is apparent that God created numerous unclean animals for the express purpose of cleaning up after other animals. Calling them the “sanitation workers of our ecology,” nutritionist David Mainz writes: “Could it be that God, in His wisdom, created certain creatures whose sole purpose is to clean up after the others?”²⁶ Source as above

Shellfish

Shellfish are bivalve filter feeders and thus rapidly accumulate toxins produced by microscopic algae such as dinoflagellates, diatoms, and cyanobacteria. The toxicity levels of marine bed algae are often seasonal: when the algae of a given area are in “bloom,” the toxicity is high; shellfish that feed on such algae become highly toxic.²⁰ However, it is important to understand that such toxins are a normal byproduct of their existence. In other words, shellfish are always toxic, and have the potential to become dangerously toxic at any time. **Source as above**

Birds

As a rule, unclean birds are predatory—those that kill and eat other animals—or are scavengers, such as the vulture, that eat carrion. Most of them are listed by name or genus in Leviticus 11 as unclean. Generally, clean birds are herbivores; however, farm birds such as chickens do eat a certain amount of small bugs and worms— and ducks eat small fish. (On most commercial poultry farms today, chickens are fed fishmeal or carcass meal—processed dead animals—which raises questions as to their suitability for human consumption.) **Source as above**

Moderato. MISSIONARY HYMN—8 lines 7s. & 6s.

THE light of life is flowing

The darkness to dispel,

And is in truth revealing

The myst'ries of the fall ;

All Isr'el it is bringing

From ev'ry distant shore,

No more will they be mourning,

Their blindness to deplore.

The laws from Zion coming

All Isr'el will obey,

The gospel light all shining

Will lead to perfect day :

On th' earth they will be reigning,

The Bridegroom and the Bride,

And in their light, all shining,

The nations shall reside.

That tree of life, once guarded

By swords of flaming fire,

Is now to Isr'el offer'd,—

Its fruit they do desire.

The nations will be healed

Throughout this earthly ball,

The man of sin revealed,

And truth receiv'd by all.

Leviticus 20:22-26

²² Ye shall therefore keep all my statutes, and all my judgments, and do them: that the land, whither I bring you to dwell therein, spue you not out.

²³ And ye shall not walk in the manners of the nation, which I cast out before you: for they committed all these things, and therefore I abhorred them.

²⁴ But I have said unto you, Ye shall inherit their land, and I will give it unto you to possess it, a land that floweth with milk and honey: I am the LORD your God, which have separated you from other people.

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

²⁶ And ye shall be holy unto me: for I the LORD am holy, and have severed you from other people, that ye should be mine.

Exodus 22:31 & Deuteronomy 14:21

... neither shall ye eat any flesh that is torn of beast in the field.

Ye shall not eat of anything that dieth of itself. ... Thou shalt not see the a kid in his mother's milk.

Leviticus 3:14&15

The fat that covereth the inwards, and all the fat that is upon the inwards, and the two kidneys, and the fat that is upon them, which is by the flanks, and the caul above the liver, with the kidneys, it shall he take away.

Leviticus 7:24

And of 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 17:13

And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust.

Acts 15:4-21

⁴ And when [Paul and Barnabas] were come to Jerusalem, they were received of the church, and of the apostles and elders, and they declared all things that God had done with them. ⁵ But there rose up certain of the sect of the Pharisees which believed, saying, That it was needful to circumcise them, and to command them to keep the law of Moses.

⁶ And the apostles and elders came together for to consider of this matter. ⁷ And when there had been much disputing, Peter rose up, and said unto them, Men and brethren, ye know how that a good while ago God made choice among us, that the Gentiles by my mouth should hear the word of the gospel, and believe. ⁸ And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as he did unto us; ⁹ And put no difference between us and them, purifying their hearts by faith.

¹⁰ Now therefore why tempt ye God, to put a yoke upon the neck of the disciples, which neither our fathers nor we were able to bear? ¹¹ But we believe that through the grace of the LORD Jesus Christ we shall be saved, even as they.

¹² Then all the multitude kept silence, and gave audience to Barnabas and Paul, declaring what miracles and wonders God had wrought among the Gentiles by them.

¹³ And after they had held their peace, James answered, saying, Men and brethren, hearken unto me: ¹⁴ Simeon hath declared how God at the first did visit the Gentiles, to take out of them a people for his name.

¹⁵ And to this agree the words of the prophets; as it is written, ¹⁶ After this I will return, and will build again the tabernacle of David, which is fallen down; and I will build again the ruins thereof, and I will set it up: ¹⁷ That the residue of men might seek after the Lord, and all the Gentiles, upon whom my name is called, saith the Lord, who doeth all these things.

¹⁸ Known unto God are all his works from the beginning of the world.

¹⁹ Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: ²⁰ But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood.

²¹ For Moses of old time hath in every city them that preach him, being read in the synagogues every sabbath day.

Message;

“² For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth. ³ Thou shalt not eat any abominable thing.”

Deuteronomy 14:2&3

Firm.

SILVER STREET—S.M.

Smith.

WHEN Zion's mount did burn,
 When God did give the law,
 The people trembl'd—yea, they fear'd
 When they His glory saw.

Then Moses they did press
 To hear the sacred lay,
 And they from man would hear the sa
 And all the words obey.

But the first tables fell
 In pieces on the ground,
 So all the words of Moses' God
 Were ne'er in Isr'el found.

Until the Lamb of God
 Did show His Father's power,
 That man on earth should keep that la
 Which evil did devour.

And then the healing balm
 Should from Jerus'lem run,
 To bring the pure gold from the dross
 And make them as God's Son.