

Getting Started

Lifestyle Pattern 3: Scriptural Dietary Laws (Kosher)

Let us start out by first addressing the issue of Kosher. We are not promoting or endorsing the Rabbinic or Talmudic Kosher customs, but rather a Scriptural doctrine of Kosher which is taken directly from the Torah as given to Mosheh by Yahuah/Yahweh.

These dietary laws are taken directly from Wayyiqra (Leviticus) and Debarim (Deuteronomy).

Please see the Scriptures below:

Lev 11:1-47

And יהוה spoke to Mosheh and to Aharon, saying to them,

“Speak to the children of Yisra’el, saying, ‘These are the living creatures which you do eat among all the beasts that are on the earth:

‘Whatever has a split hoof completely divided, chewing the cud, among the beasts, that you do eat.

‘Only, these you do not eat among those that chew the cud or those that have a split hoof: the camel, because it chews the cud but does not have a split hoof, it is unclean to you;

and the rabbit, because it chews the cud but does not have a split hoof, it is unclean to you;

and the hare, because it chews the cud but does not have a split hoof, it is unclean to you;

and the pig, though it has a split hoof, completely divided, yet does not chew the cud, it is unclean to you.

‘Their flesh you do not eat, and their carcasses you do not touch. They are unclean to you.

‘These you do eat of all that are in the waters: any one that has fins and scales in the waters, in the seas or in the rivers, that you do eat.

‘But all that have not fins and scales in the seas and in the rivers, all that move in the waters or any living creature which is in the waters, they are an abomination to you.

‘They are an abomination to you – of their flesh you do not eat, and their carcasses you abominate.

‘All that have not fins or scales in the waters is an abomination to you.

‘And these you do abominate among the birds, they are not eaten, they are an abomination: the eagle, and the vulture, and the black vulture,

and the hawk, and the falcon after its kind,

every raven after its kind,

and the ostrich, and the nighthawk, and the seagull, and the hawk after its kind,

and the little owl, and the fisher owl, and the great owl,

and the white owl, and the pelican, and the carrion vulture,

and the stork, the heron after its kind, and the hoopoe, and the bat.

'All flying insects that creep on all fours is an abomination to you.

'Only, these you do eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth.

'These of them you do eat: the locust after its kind, and the destroying locust after its kind, and the cricket after its kind, and the grasshopper after its kind.

'But all other flying insects which have four feet is an abomination to you.

'And by these you are made unclean, anyone touching the carcass of any of them is unclean until evening,

and anyone picking up part of the carcass of any of them has to wash his garments, and shall be unclean until evening.

'Every beast that has a split hoof not completely divided, or does not chew the cud, is unclean to you. Anyone who touches their carcass is unclean.

'And whatever goes on its paws, among all the creatures that go on all fours, those are unclean to you. Anyone who touches their carcass is unclean until evening,

and he who picks up their carcass has to wash his garments, and shall be unclean until evening. They are unclean to you.

'And these are unclean to you among the creeping creatures that creep on the earth: the mole, and the mouse, and the tortoise after its kind,

and the gecko, and the land crocodile, and the sand reptile, and the sand lizard, and the chameleon.

'These are unclean to you among all that creep. Anyone who touches them when they are dead becomes unclean until evening.

'And whatever any of them in its dead state falls upon, becomes unclean, whether it is any wooden object or garment or skin or sack, any object in which work is done, it is put in water. And it shall be unclean until evening, then it shall be clean.

'Any earthen vessel into which any of them falls, whatever is in it becomes unclean, and you break it.

'Any of the food which might be eaten, on which water comes, becomes unclean, and any drink which might be drunk from it becomes unclean.

'And on whatever *any* of their carcass falls becomes unclean – an oven or cooking range – it is broken down. They are unclean, and are unclean to you.

'But a fountain or a well, a collection of water, is clean, but whatever touches their carcass is unclean.

'And when *any* of their carcass falls on any planting seed which is to be sown, it is clean.

'But when any water is put on the seed and any part of any such carcass falls on it, it is unclean to you.

'And when any of the beasts which are yours for food dies, he who touches its carcass becomes unclean until evening.

'And he who eats of its carcass has to wash his garments, and shall be unclean until evening. And he who picks up its carcass has to wash his garments, and shall be unclean until evening.

'And every creeping creature that creeps on the earth is an abomination, it is not eaten.

'Whatever crawls on its stomach, and whatever goes on all fours, and whatever has many feet among all creeping creatures that creep on the earth, these you do not eat, for they are an abomination.

'Do not make yourselves abominable with any creeping creature that creeps, and do not make yourselves unclean with them, lest you be defiled by them.

'For I am יהוה your Elohim, and you shall set yourselves apart. And you shall be set-apart, for I am set-apart. And do not defile yourselves with any creeping creature that creeps on the earth.

'For I am יהוה who is bringing you up out of the land of Mitsrayim, to be your Elohim. And you shall be set-apart, for I am set-apart.

'This is the Torah of the beasts and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth, to make a distinction between the unclean and the clean, and between the living creature that is eaten and the living creature that is not eaten.' ”

Deu 14:1-21

“You are the children of יהוה your Elohim. Do not cut yourselves nor shave the front of your head for the dead,

for you are a set-apart people to יהוה your Elohim, and יהוה has chosen you to be a people for Himself, a treasured possession above all the peoples who are on the face of the earth.

“Do not eat whatever is abominable.

“These are the living creatures which you do eat: ox, sheep, and goat, deer, and gazelle, and roebuck, and wild goat, and mountain goat, and antelope, and mountain sheep.

“And every beast that has a split hoof divided in two, chewing the cud, among the beasts, you do eat.

“But of those chewing the cud or those having a split hoof completely divided, you do not eat, such as these: the camel, and the hare, and the rabbit, for they chew the cud but do not have a split hoof, they are unclean for you.

“And the pig is unclean for you, because it has a split hoof, but does not chew the cud. You do not eat their flesh or touch their dead carcasses.

“These you do eat of all that are in the waters: all that have fins and scales you do eat.

“And whatever does not have fins and scales you do not eat, it is unclean for you.

“Any clean bird you do eat,

but these you do not eat: the eagle, and the vulture, and the black vulture, and the red kite, and the falcon, and the buzzard after their kinds, and every raven after its kind,

and the ostrich, and the nighthawk, and the seagull, and the hawk after their kinds,

the little owl, and the great owl, and the white owl,

and the pelican, and the carrion vulture, and the fisher owl,

and the stork, and the heron after its kind, and the hoopoe and the bat.

“And every creeping *insect* that flies is unclean for you, they are not eaten.

“**Any clean bird you do eat.**

“**Do not eat whatever dies of itself. Give it to the stranger who is within your gates, to eat it, or sell it to a foreigner. For you are a set-apart people to יהוה your Elohim. Do not cook a young goat in its mother’s milk.**

As you can observe from the Scriptures above, Father Yahuah/Yahweh defines what is and is not food. So, when people say that we can eat whatever food we desire they are absolutely correct with regard to this statement. The only problem with their assessment is that they are trying to call items which are not food, food.

All kinds of teachers and preachers are trying to state that christians are allowed to eat whatever they choose to eat and once again this is a correct statement, because christians in the classic terminology are not Set-Apart Ones. You need to realize that our Blessed Redeemer Yahshuah/Yehoshua was a Torah Observant Hebrew, and as such He never ate any item which was Scripturally unclean. If we are to walk as He walked and be conformed to His Image, then we must also be Torah Observant and observe all of the dietary requirements of Yahuah/Yahweh.

Please understand that in the Scriptures in the Brit HaDashah (New Covenant) there are Scriptures that individuals use in order to justify the eating and consumption of nonfood products. Please understand that all the Scriptures that we possess today were written to Hebrew congregations and those who were non-Hebrew were associated with these congregations, so these groups would have understood what was being specified when they were talking about the eating and consumption of various types of food and would have never considered non-food items as a part of the writings which were written to them.

Also one needs to consider that Scripture forbids the eating of the blood of meat or flesh and the consumption of items such as the organs which were a part of the sacrifice which were to be burnt or disposed of outside of the camp are Scripturally incorrect.

Lev 17:12-14

“Therefore I said to the children of Yisra’ël, ‘No being among you eats blood, nor does any stranger who sojourns among you eat blood.’

“And any man from the children of Yisra’ël, or from the strangers who sojourn among you, who hunts and catches any beast or bird, which is eaten, shall pour out its blood and cover it with dust,

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for it is the life of all flesh. Its blood is for its life. And I said to the children of Yisra’ël, ‘Do not eat the blood of any flesh, for the life of all flesh is its blood. Anyone eating it is cut off.’

For those of you who want to make sure your meat has the blood removed from it, you can use hot salt water to soak your meat in and continue this process for 2 or more times to make sure that the meat has little blood residue as possible.

In addition, one should inspect the labels on the food products they purchase and make sure they contain no ingredients or additives which are non-Kosher.

There are two books that might be of help to you if you able to locate them:

**What the Bible Says about Healthy Living
by Dr. Rex Russell**

**The Maker's Diet
by Jordan S. Rubin, N.M.D., Ph.D.**

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