

Mirror, Mirror on the wall - Doesn't the New Testament change these laws?



I realize that we who love meats (cheeseburgers, hot dogs and fi lets – yummy!) are always quick to believe the New Testament changes these health laws. Let's consider some thoughts on why that may or may not be the case.

Many use Acts 0:28, 29 “...*don't call any man common or unclean,*” to give permission for eating outside the Jewish dietary laws. However, we should consider the possibility of symbolism in this passage. Another verse frequently used is 1 Timothy 4:4 “*For every creature of God is good...*” which is perhaps speaking of clean animals, not unclean animals.

After the flood, God added meats and life span was reduced to 120 years. Why then did God add meats to the diet? This is a great question, and one that is not clearly explained in scripture, but some suggestions include: Numbers 11:31-34 where the Israelites begged Him for meat, and He gave them what they desired. In Matthew 19 we discover that this action was a result of the hardness of their hearts.

Let's look at the Corinthian question. “*Is it allowable to eat food (i.e. clean animals) which has been offered to idols?*” Of course, we know that Paul's answer is that it is acceptable as long as we don't cause a fellow Christian to stumble (i.e. a Christian brother who is not sure if it is proper to eat food – clean meat – which has been offered to idols).

1 Corinthians 10:23 says that “*all things are lawful for me,*” but that does not mean that Paul can now go out and commit adultery. He means that even though the Old Testament law would allow him to eat clean meats offered to idols, he will not do it if it causes someone else to stumble. Some may ask, “Does this mean you believe eating meats or some unclean meats will send you to hell?” No. However (this is the same as that dreaded “but”), statistics indicate quite convincingly that doing so will get you to heaven sooner. This is a look at dietary laws, but you choose the level of health and vitality you want to operate in your life. As stated in last week's lesson, God desires that we choose life.

Is it God's will for us to go through pain and suffering, perhaps even surgery to change our physical appearance? We'll look at that next week.

Take a look in the mirror...

1. Discuss the Genesis Diet. Do you believe God gave it for all people? Is it the healthiest diet for everyone?
2. Do you agree that cutting down fat and cholesterol intake and increasing fiber would be a healthier lifestyle for you?
3. Are you willing to reduce your intake of meats and dairy products to improve your health?
4. How can you incorporate these healthy changes into your lifestyle?
5. When will you begin? (Hint for correct answer: RIGHT NOW!)