

Title: Gods Definition of Food

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Chapter One: Explanation of Biblical Food

Gods Definition of Food.

Have Optimal Health God's Way. In order to achieve optimal health we must consider food as the main ingredient in which we are to obtain the nutrition and health that God has designed for our bodies. First of all what is food? What does God consider as being food for mankind?

God's definition of food is given in: Gen 1:29 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 food. Hebrew word for herb: eseb meaning herbs grass and plants that are green. The meaning of food according to God is what He created (1 Tim 4:3) in its original form or natural state and to be eaten in the state in which God created it.

The herbs mentioned in Genesis are green plants that have seeds to reproduce other plants and these plants have vegetables on them as the fruit in which we eat. God meant us to eat these vegetables raw and unaltered in any way with chemicals, pesticides or cooking. When man alters these vegetables in any way they cease to be food according to God. If we eat organic vegetables raw they we are eating food according to God's definition. The nation of Israel did little cooking of vegetables, they did cook beans because they were meant to cook to some degree because of the hardness of the bean.

In: 1 Tim 4:3 Forbidding to marry, and commanding to abstain from foods, which God hath created to be received with thanksgiving of them which believe and know the truth. We can see from this verse that in the latter times people will abstain from food which

God created. This is an important statement because God is telling us how important it is for us to eat His food which is His creation in the state in which it is created. The fruits on the tree are to be natural without any alterations from man in order to be considered food created by God. All processed sugars contaminate and alter foods and they are in most foods that the grocery stores sell. God gave us fruit on trees for sweet taste.

Whenever the Bible uses the word food it is talking about God's definition of food not man's. Greek word for Foods: brōma which means: literally food in the natural form in which God created not to be altered with chemicals or cooking but raw.

God created potatoes and man created potato chips. Deep fry cooking is an alteration from man and one of the most damaging ways to cook because of the high heat and the oil is excessive and goes rancid because of the heat. We really should not eat any dairy sold because of the process that man has done to it makes it not fit for food and is not considered a food according to God. homogenization and pasteurization alters the milk and destroys the body. The only milk we should consume is that which comes straight from the cow. The cow itself cannot have been altered by man in any way or the milk ceases to be food. Even organic dairy has been processed so it is not food any more. Animals can be given growth hormones which alters the milk and the cow must be grass feed so that it can become food according to God. No one really has lactose intolerance. Commercial dairy is not food but a toxin.

Not everything that grows is considered a seed yielding plant that God would want us to eat and coffee is one of them. Even any all natural coffee that has not been altered by man is considered a food. Coffee is extremely high in acid which upsets the digestive system, it affects our nervous system and alters our brain. The caffeine in it is also hard on the body. The most damaging thing that coffee does is to the thyroid gland. The thyroid controls your other organs and when it is weak it can cause all kinds of disease.

God says that we as Christians are people who love Him and ourselves by taking care of the bodies that He created. See: Eph 5:29 For no man ever yet hated his own flesh; but nourish and cherish it, even as the Lord the church. The Greek word for nourish is:

thalpō which means: to bring up or raise as a nurse cares for a child to bring back to health by giving the child the best nutrition so that the child grows up healthy.

God tells us what are bodies are for and that is Food in which He created. 1 Cor. 6:13 Food for the body and the body for food. The Bible speaks of many foods that God created for us to eat like whole grains, nuts, meats and olive oil. No one really has an intolerance towards shellfish, lobster and so forth, these kinds of fish are just not what God created for man to eat. God gives us wisdom on what is best for our bodies, we are to study His Word in order to know.

God gives us a great promise in His Word of Blessing but it is our responsibility to live His way. Read: Proverbs 3:1-8 My son, do not forget my law, But let your heart keep my commands; 2 For length of days and long life And peace they will add to you. 3 Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, 4 And so find favor and high esteem In the sight of God and man. 5 Trust in the LORD with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths. 7 Do not be wise in your own eyes; Fear the LORD and depart from evil. 8 It will be health to your flesh, And strength to your bones.

Our spiritual walk with God can affect our health as well as our taking care of our bodies with food. If we live in sin or disobedient toward God we can come under His discipline. We will reap what we have sown. Remember we can do all things thru Christ who gives us His strength. There is much more to be said on this topic. Foods God Created for man to eat.

The Idol mention in Phil 3:19 Whose end is destruction, whose god is their stomach. This Idol is taste, people are worshiping taste that just satisfies the flesh which is the stomach being their God. Putting junk in the body just for taste sake is the Idol. Food is meant primary for nutrition. See: Chapter 5:29 For no man ever yet hated his own flesh; but nourishes and cherishes it, even as the Lord the church. The spiritual man puts only good nutrients in the body. When you don't put good nutrition in the body then you are hating yourself.

What is Food according to the Bible?

Gen 1:29 And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

According to this verse Food is what grows on Trees and plants that grow from the ground where the fruits of them produce seeds in them so you can continue to produce a crop. Like a tomato has seeds in them in order to reproduce after their kind.

What other knowledge can we obtain from this verse? Food according to God is What He created in its natural form to be eaten and our main food is what grows from the ground or soil. Example: Potatoes are created by God and are good for food in their natural state. Potato chips are created by man and are not to be considered food because they have lost their natural state and can harm the body.

Vegetables and fruit are to be eaten for the most part RAW. Most of your diet should consist of Raw vegetables and fruit, some cooking of vegetables are good for the body if cooked according to God's Word.

Boiled and baked are the most mentioned in God's Word as acceptable ways of cooking. Deep frying is not an acceptable way of cooking.

Ex 16:23 Then he said to them, "This is what the LORD has said:

Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning. Grains in their natural form are very good for the body as we will see in God's Word. Grains are a seed bearing plant. God wants only Food in your body and not junk. See: 1Co 6:13 Foods for the stomach and the stomach for foods. This is God's original design in order for our bodies to have optimal health.

The sad thing is that most people consider everything in the grocery stores as being food when in actuality most of it is junk and not fit for our bodies. What we need is a thorough study of the scriptures in order to know the truth about what real food is.

Anywhere in the Bible where we see the word Food mentioned we need to understand the word food according to God's definition and not the world's. The world classifies anything that you can put in your mouth as food and this is not so according to God. Much of what the world and the church is eating now is junk. All processed food ceases to be food once processed. Processed food becomes poison to the body. The scriptures say a little leaven contaminates the whole food. Food is only food in its original form. 2Ti 3:16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 2Ti 3:17 that the man of God may be complete, thoroughly equipped for every good work.

The Bible is designed to give us the necessary adjustment on how we are to live our lives so that we will be complete in Christ Jesus, so let God's Word line you up with the truth about Food. Heb 5:14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil. This verse is referring to Spiritual Food which is God's Word so let it have its say in our lives.

Look at these verses and we will discuss them: 1Ti 4:3 forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. 1Ti 4:4 For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; We are to eat food that God created and not what man

creates.

Baking of Bread is good. Milk is good in its natural state and that is the way God meant it to be. Milk is to be consumed right from the goat or cow without being homogenized or pasteurized. This is why it would be very difficult in today's culture to eat milk because it is very hard to buy milk straight from the cow. This would mean that all ice cream is out not just because of the dairy but also because of the high sugar content which is not natural. Fruits from trees are natural sweeteners'.

These verse help us understand what real food is. See: Num 11:5 We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic;

Isa 1:8 So the daughter of Zion is left as a booth in a vineyard, As a hut in a garden of cucumbers, As a besieged city. You can see that fish is probably one of the best meats you can eat. Foods are also raw fruits and vegetables. These were all consumed in their natural state.

Meat is best if it is roasted over a fire and vegetables can be eaten boiled in small amounts. See: Ex 12:8 Then they shall eat the flesh on that night; roasted in fire, with unleavened bread and with bitter herbs they shall eat it. Ex 12:9 Do not eat it raw, nor boiled at all with water, but roasted in fire—its head with its legs and its entrails.

The land flowing with Milk and Honey was food in its natural state. Honey is good if eaten in small quantities. Pro 25:27 It is not good to eat much honey; So to seek one's own glory is not glory. Bread is good if it is made God's way. 1Ki 17:11 And as she was going to get it, he called to her and said, "Please bring me a morsel of bread in your hand."

1Ki 17:12 So she said, "As the LORD your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am

gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die.”

1Ki 17:13 And Elijah said to her, “Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son.

1Ki 17:14 For thus says the LORD God of Israel: The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the LORD sends rain on the earth.

See: Ps 104:15 And wine that makes glad the heart of man, Oil to make his face shine, And bread which strengthens man's heart. The flour was 100% whole grain without any preservatives with a small amount of oil, yeast and water. Sometimes no yeast.

The Bible has warnings about eating junk. See: Pro 23:2 And put a knife to your throat, if you be a man given to appetite. Pro 23:3 Do not desire his delicacies, For they are deceptive food. Ps 141:4 Do not incline my heart to any evil thing, To practice wicked works With men who work iniquity; And do not let me eat of their delicacies. These delicacies would be the equivalent of cookies, donuts and cakes in today's culture.

Also see: Pro 23:6 Do not eat the bread of a miser, Nor desire his delicacies;

Pro 23:7 For as he thinks in his heart, so is he. Eat and drink! he says to you, But his heart is not with you.

Pro 23:8 The morsel you have eaten, you will vomit up, And waste your pleasant words.

Sickness can be God's way of disciplining us. See: Jas 5:13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

Jas 5:14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

Jas 5:15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Jas 5:16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

Also See: 1Co 11:26 For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.

1Co 11:27 Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood [fn] of the Lord.

1Co 11:28 But let a man examine himself, and so let him eat of the bread and drink of the cup.

1Co 11:29 For he who eats and drinks in an unworthy manner [fn] eats and drinks judgment to himself, not discerning the Lord's body.

1Co 11:30 For this reason many are weak and sick among you, and many sleep.

1Co 11:31 For if we would judge ourselves, we would not be judged.

1Co 11:32 But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.

1Co 11:33 Therefore, my brethren, when you come together to eat, wait for one another.

1Co 11:34 But if anyone is hungry, let him eat at home, lest you come together for judgment. And the rest I will set in order when I come.

Everything we do is to be for God's Glory. See: 1Co 10:31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.



Let us not be deceived by the devil, because he has perverted every area of life with his poison, lies and ungodliness. See: 2Co 2:11 lest Satan should take advantage of us; for we are not ignorant of his devices. The food industry has been polluted with junk that we may think is food when we live out of the natural. God grant us discernment! Heb 5:14 But solid food [Spiritual] belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil. Eighty percent of all hospitalizations have to do with digest problems, teenagers are having heart attacks, young mothers are having complications with birthing and sick babies, much of our mental conditions like stress and disorders are due to poor diet. The Christian can avoid these by eating Food instead of junk.

Lev Chapter 11 gives us a list of meats that are ceremonially clean and unclean foods to eat under the Law but we are under Grace so why consider this list anymore? What is good about this list of meats is that it shows us also the meats that are good to eat in the natural. The Bible states that the things written in the Old Testament were written for our learning and we can learn from this list of meat. In the natural Pork and Shell fish are contaminated meats with toxins and are not really meant for human consumption; these meats are for other animals to eat.

Col 2:16 So let no one judge you in food or in drink, or regarding a festival or a new moon or Sabbaths,

1Co 6:19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

1Co 6:20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Let me bring some light about these verses. I do not judge you about food

but remember the definition of food it is according to God's definition and that would be in its original form and comes from the ground primarily. God's Word is your judge when it comes to eating junk and junk is not considered food at all. Junk destroys your body which is sin against God. Remember we are to judge ourselves so that God's judgment does not come upon us.

Eating Organic would be the best way to eat because of the quality but it does cost more and you are worth it.

In Acts chapter 10 does God give us permission to eat pork? With a careful study of the passage you can clearly see that God did not say to Peter to eat pork. The interpretation of the vision is similar to that of Joseph's when he saw sheaves bowing down to him. The sheaves represented people bowing before him and with Peter's vision of eating pork which represented fellowship with the Gentiles one can know the truth. Visions and dreams are never exact in the way we are to respond to them. Peter gives us the interpretation of the vision.

See: Act 10:28 Then he said to them, "You know how unlawful it is for a Jewish man to keep company with or go to one of another nation. But God has shown me that I should not call any man common or unclean". God was showing Peter that the pork was a picture of the Gentiles and God has cleansed the Gentiles thru the Cross.

Jesus did NOT consider the swine a loss when He cast out the demons. They had no value as food for humans. Jesus did say to gather up the leftovers when He multiplied the fish and bread because that was considered food and of great value.

God wants things in their original form because God is perfect and everything that He created was good just the way He made it. Do not look

at the ceremonial aspects of the Old Testament verse but the intent of God's heart. See: Lev 19:19 You shall keep My statutes. You shall not let your livestock breed with another kind. You shall not sow your field with mixed seed. Nor shall a garment of mixed linen and wool come upon you. This is why we should eat food in its original form like salad that contains raw vegetables does not need any dressing on it. The ingredients in the dressing are junk and will ruin the raw vegetables.

Everything we do is to be for God's Glory. See: 1Co 10:31 Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. Our hearts need to be in the right place with God. We eat the way He wants Not to earn His favor or because of the Law but because we love Him. 1Jo 4:19 We love Him because He first loved us.

The following is a list of foods that Scripture guarantees are designed for health and that may be enjoyed. They were created for food; however: If these foods are altered, they may lose many of their benefits.

almonds—Genesis 43:11

barley—Judges 7:13

beans—Ezekiel 4:9

beef—1 Kings 4:22-23

bread—1 Samuel 17:17

broth—Judges 6:19

cakes—2 Samuel 13:8 (KJV)

cheese—Job 10:10

cucumbers, onions, leeks, melons, garlic—Numbers 11:5

curds of cow's milk—Deuteronomy 32:14

figs—Numbers 13:23

fish—Matthew 7:10  
fowl—1 Kings 4:23  
fruit—2 Samuel 16:2  
game—Genesis 25:28  
goat's milk—Proverbs 27:27  
grain—Ruth 2:14  
veal—Genesis 18:7-8  
vegetables—Proverbs 15:17  
grapes—Deuteronomy 23:24  
grasshoppers, locusts, crickets—Leviticus 11:22  
herbs—Exodus 12:8  
honey—Isaiah 7:15  
lentils—Genesis 25:34  
meal—Matthew 13:33 (KJV)  
nuts—Genesis 43:11  
oil—Proverbs 21:17  
olives—Deuteronomy 28:40  
pomegranates—Numbers 13:23  
quail—Numbers 11:32  
raisins—2 Samuel 16:1  
salt—Job 6:6  
sheep—Deuteronomy 14:4  
sheep's milk—Deuteronomy 32:14  
spices—Genesis 43:11  
vinegar—Numbers 6:3  
wild honey—Psalm 19:10  
Here are some Warnings Against Some Foods:

In the Old Testament, God commanded the Israelites not to eat some items. Even today, though not on a spiritual level, these commands are still relevant for our health.

Do not eat any of the fat of cattle, sheep, or goats (Lev. 7:23).

You must not eat the blood; pour it out on the ground like water (Deut. 12:16).

Do not eat the meat of an animal torn by wild beasts [do not eat road kill] (Exod. 22:31).

You must distinguish between the unclean and the clean, between living creatures that may be eaten and those that may not be eaten (Lev. 11:47).

Puffer fish or file fish have poisonous flesh that will make you sick or kill you if eaten.

Matt. 3:4 And the same John had his raiment of camel's hair, and a leather girdle about his loins; and his meat was locusts and wild honey.

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