

# GOD'S PHYSICAL FITNESS ORDINANCES

## SUBJECT: THE FOOD LAWS

TEXT: *Leviticus 11:1-2:*

**1 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.**

## INTRODUCTION



The food laws are remarkable. No restrictions were placed on the eating of FRUITS or VEGETABLES. Only “meats” were to have restrictions placed upon them. Two tests were placed on the animal's fitness for human consumption:

**Animal's that parted the hoof and chewed the cud were considered clean. Only those animals liable to parasitic infections due to their being unclean feeders were forbidden.**

The PIG is an unclean feeder and harbors two types of worms, namely:

### The Trichina

This is a small, slender worm that lives in the intestines and muscles of some animals, particularly the PIG and HOG and is passed on by the pigs to humans.



### The Tapeworm

This is a long, flat worm that lives during its adult stage as a parasite in the intestine of mankind and some animals, the largest tapeworm being  $\frac{3}{4}$  inch wide and up to 20 inches in length. (Ref. Webster's and Barnhart Dictionaries)



These may be passed on to mankind by eating the pig's flesh which has not been well cooked. We are conditioned by Scientific Research and the Laboratory technician to find for us an

explanation for these food laws. But the people of ancient times had none of these resources available. Some may have thought such regulations were ridiculous and absurd, and that they were more religious in nature than sanitary.

We can also identify one stage of the TAPEWORM in man and another in the pig, and conclude that the source of the infection came from that particular animal. We can find TRICHINAE with the microscope and trace them back to the pork eaten.

**DIETARY LAWS PROHIBITED THE EATING OF SCAVENGERS** which would be likely vectors of infectious diseases. These laws are recorded in **Leviticus 11:4-47** and in **Deuteronomy 14:3-21**.

**LAWS FORBIDDING THE EATING OF ANY ANIMAL which has died from disease or killed by another attacking animal:**

***Leviticus 11:30: And the ferret, and the chameleon, and the lizard, and the snail, and the mole.***



***Leviticus 22:8: That which dieth of itself, or is torn with beasts, he shall not eat to defile himself therewith; I am the LORD.***

***Deuteronomy 14:21: Ye shall not eat of anything that dieth of itself: thou shalt give it unto the stranger that is in thy gates, that he may eat it; or thou mayest sell it unto an alien: for thou art an holy people unto the LORD thy God. Thou shalt not see the a kid in his mother's milk.***

**FATS WERE FORBIDDEN for the prevention of heart attacks and strokes.**

***Leviticus 3:17: It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.***

***Leviticus 7:23-25:***

***<sup>23</sup> Speak unto the Children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat.***

***<sup>24</sup> And 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.***

***<sup>25</sup> For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto the LORD, even the soul that eateth it shall be cut off from his people.***

**QUESTION:** The obvious question is - WHY?

**ANSWER: Simple**

## **CHOLESTEROL**

CHOLESTEROL is an enemy to the blood flow and is one of the risk factors in developing coronary heart disease. We need to reduce the SATURATED FATS intake which are in abundance in the fat of meats.

**Lunch meats, sausage, kielbasa, frankfurters, pork, bacon, salt pork, and caviar** all need to be avoided. (Reference: Department of Nutritional Services)

This is just a newly discovered cause of blood clots within the last five years. Yet, The Bible declared this fact 3,500 years ago in a simple "THOU SHALT NOT" commandment.

God knew this and told Moses to write it into His Physical Fitness Program. Our Lord places a great deal of value on the human body and its well-being. It is the TEMPLE OF THE HOLY SPIRIT.

***1 Corinthians 3:17: If any man defile the temple*** [the physical body of believing Christians where Christ abides] ***of God, him shall God destroy; for the temple of God is Holy, which temple ye are.***

***1 Corinthians 6:19-20:***

***19 What? know ye not that your body is the temple of the Holy Spirit which is in you, which ye have of God, and ye are not your own?***

***20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.***

Animal FAT is hard to digest because it takes a high degree of temperature to melt it down to a liquid form. It is called a SATURATED FAT by medical dietitians because it remains solid at room temperature. Butter, palm oil, and cocoa butter (found in chocolate) also contain these saturated fats.

When eating meats, always guard against eating the fatty portions. When cooking for good health, whoever does the buying needs to stay away from fatty meats even though they are the more tender cuts.



## **LAWS FORBIDDING THE EATING OF BLOOD**

***Leviticus 17:10-11:***

***10 And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I***

***will even set my face against that soul that eateth blood, and will cut him off from among his people.***

***<sup>11</sup> For the life of the flesh is in the blood: and I have given it to you upon the Altar to make an Atonement for your souls: for it is the blood that maketh an Atonement for the soul.***

***Leviticus 4:6: And the Priest shall dip his finger in the blood, and sprinkle of the blood seven times before the LORD, before the Veil of the Sanctuary.***

In specified cases, a part of the blood was put on the offerer, or it was sprinkled before the veil of the Sanctuary or carried into the Holy Place as in:

***Leviticus 4:30: And the Priest shall take of the blood thereof with his finger, and put it upon the horns of the Altar of Burnt Offering, and shall pour out all the blood thereof at the bottom of the Altar.***

Or even in the Holy of Holies as in:

***Leviticus 16:14: And he shall take of the blood of the bullock, and sprinkle it with his finger upon the Mercy Seat eastward; and before the Mercy Seat shall he sprinkle of the blood with his finger seven times.***



The High Priest had to witness the burning of the sacrifice, the whole of the animal or its fat (only) on the altar of Burnt Offerings, whereby its essence and savor ascended up to God.

God's plan in the whole system of Offerings was to provide a means by which sinful man might be enabled to approach a Holy God. This was to be done by means of a sacrificial system. Through various sacrifices by this principle, mankind was learning the proper way to approach God, and also found an atonement or covering for his sins, for man was doomed because he was a sinner. Yet God provided a way to save him.

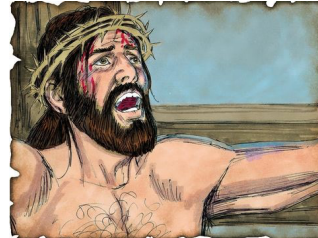
According to God's Law, sin brings death. Yet, God has provided a way to escape the death penalty. Only the blood makes the atonement for the soul.

The life of the flesh is in the blood, and that is why it plays a very important place in all these offerings. The Hebrew word "kaphar" is translated "ATONEMENT" and means literally *to cover*.

- **Although the animal sacrifices of the Old Testament covered sin, they could not take away sin. An animal — begin on a lower level than a human being — is not a perfect sacrifice for mankind. Furthermore,**

the work of atonement in which the animal was involved was not a voluntary or personal act of the animal.

- The value of the animal sacrifices was in the fact that they pointed forward to the Coming of the PERFECT SACRIFICE, The One Whom God foreordained before the foundation of the world.
- They foreshadowed the Coming of CHRIST Who would give Himself a ransom for all the sins of mankind. That is why the New Testament plan of Redemption, through the Blood of Christ Jesus, does even more than the animal sacrifices; because Christ's Blood cleanses the heart and soul from sin consciousness.

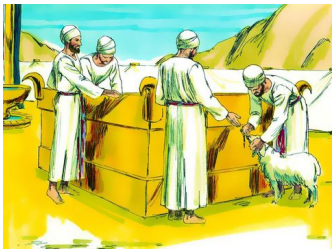


Cross-reference Scriptures:

**Leviticus 1:1-4:**

***1 And the LORD called unto Moses, and spake unto him out of the Tabernacle of the congregation, saying,***

***2 Speak unto the Children of Israel, and say unto them, If any man of you bring an offering unto the LORD, ye shall bring your offering of the cattle, even of the herd, and of the flock.***



***3 If his offering be a burnt sacrifice of the herd, let him offer a male without blemish: he shall offer it of his own voluntary will at the door of the tabernacle of the congregation before the LORD.***

***4 And he shall put his hand upon the head of the burnt offering; and it shall be accepted for him to make Atonement for him.***

**Leviticus 4:1-6:**

***1 And the LORD spake unto Moses, saying,***

***2 Speak unto the Children of Israel, saying, If a soul shall sin through ignorance against any of the Commandments of the LORD concerning things which ought not to be done, and shall do against any of them:***

***3 If the Priest that is anointed do sin according to the sin of the people; then let him bring for his sin, which he hath sinned, a young bullock without blemish unto the LORD for a Sin Offering.***

***4 And he shall bring the bullock unto the door of the Tabernacle of the congregation before the LORD; and shall lay his hand upon the bullock's head, and kill the bullock before the LORD.***

***5 And the Priest that is anointed shall take of the bullock's blood, and bring it to the Tabernacle of the congregation:***

***6 And the Priest shall dip his finger in the blood, and sprinkle of the blood seven times before the LORD, before the Veil of the Sanctuary.***

***Leviticus 7:11: And this is the Law of the Sacrifice of Peace Offerings, which he shall offer unto the LORD.***

***Hebrews 9:22: And almost all things are by the Law purged with blood; and without shedding of blood is no remission [of sin].***

***Hebrews 10:1-12: The covering of sin - animal sacrifice-not removal***

***1 For the Law having a shadow of good things to come, and not the very image of the things, can never with those [animal] sacrifices which they offered year by year continually make the comers thereunto perfect.***

***2 For then would they not have ceased to be offered? because that the worshippers once purged should have had no more conscience of sins.***

***3 But in those [animal] sacrifices there is a remembrance again made of sins every year.***

***4 For it is NOT possible that the blood of bulls and of goats should take away sins.***

***5 Wherefore when He [Jesus] cometh into the world, He saith, "Sacrifice and offering thou wouldest not, but a Body [Jesus' physical body] hast Thou [God the Father] prepared Me:***

***6 In Burnt Offerings and Sacrifices for sin Thou hast had no pleasure.***

***7 Then said I, Lo, I come (in the volume of the book it is written of Me,) to do Thy Will, O God.***

***8 Above when He said, Sacrifice and Offering and Burnt Offerings and offering for sin Thou wouldest not, neither hadst pleasure therein; which are offered by the Law;***

***9 Then said He, Lo, I come to do Thy Will, O God. HE taketh away the First [Old Covenant], that HE may establish the second [New Covenant].***

***10 By the which will we are Sanctified through the Offering of the body of Jesus Christ once for all.***

***11 And every priest standeth daily ministering and offering oftentimes the same sacrifices, which can never take away sins:***

***12 But this Man [this High Priest, Jesus Christ], after He had offered one sacrifice for sins forever, sat down on the Right Hand of God.***