

God's Fuel for the Human Body



As believers in The Creator God of the whole universe, we believe that He is a Loving God and that our bodies are very complex machines which He created to live forever. God is like a manufacturer, let us say, of a car. We buy a new car and, even when we buy a used car we might still, get the owner's manual! I believe that God did give us an owner's manual in the Holy Scriptures. He has given us instructions regarding the Human Body's fuel. Some of the fuel that Man has chosen to use for this wonderful machine, the Human Body, is not what God recommended!

Yes, when we do not use fuel recommended by God, it is like mixing sugar with gas! Or instead of using gasoline, we use diesel, or a different octane, and sometimes it is even like putting sand with the engine oil. So not following the dietary instructions in Holy Scriptures is one of the main reasons why some people think the Bible has been changed!

Let us take a look at what God intended for Man to eat when He created him. For that we turn to Holy Scriptures. All Biblical texts quoted below are from the New International Version "NIV".

In the Torah/the Old Testament we read in the book of Beginnings/**Genesis chapter 1 verses 29 and 30**:



"²⁹ Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food." And it was so."

So the first diet that God gave Man was not only vegetarian but even vegan. Notice that even the animals were herbivorous.

We are not here to advocate any kind of diet; we are here to discuss what happened after sin entered the World. Our Father Adam and our Mother Eve disobeyed God and then were fruitful and multiplied. We do not know when Man started to eat meat but we know that some of the things Man ate, God had designated as clean and unclean, when it came to meat (animals, fish, and birds). It was not with the Jewish people, as some claim, that it started. We hear from some people sometimes that eating good healthy food, healthy living, and doing the right thing started with certain teachings or certain revelations. But God gave His instructions even before any of these so called religions existed, before the flood. I hope that you believe in the flood! Let us see what is mentioned in the Old Testament, The Torah, about that. In the Book of Beginnings, **Genesis chapter 7 verses 1 through 3**, here God is speaking to Noah, who built the ark:

¹ The LORD then said to Noah, "Go into the ark, you and your whole family, because I have found you righteous in this generation. ² Take with you seven of every kind of clean animal, a male and its mate, and two of every kind of unclean animal, a male and its mate, ³ and also seven of every kind of bird, male and female, to keep their various kinds alive throughout the earth."

Did you notice that God said the "clean" and "unclean", even before the flood? Seven of the clean animals, two of the unclean! Why was that? If we go to **verse 20 of Genesis chapter 8** we will find the answer:

"²⁰ Then Noah built an altar to the LORD and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it."

So it was not only for eating but also for sacrificing that they needed to keep more of the clean animals and birds than the unclean. But they needed some of every species to preserve it through the period of the flood.

Now, after that, we see that things progressed and Abraham was called out of Mesopotamia and went to the land of Canaan. His descendants went to Egypt and after four hundred thirty years were delivered by Moses. During that time many of them forgot God's teachings; now they were becoming a nation and were led by God. God was their King, their Ruler. He wanted them to be healthy, not because they were better than anybody, but because He wanted to use them as messengers to give His Word to other peoples. So to remind them of His original plan for the Human Race, He gave specific instructions in the book of **Leviticus chapter 11 verses 1 through 30**. We will concentrate on verses 1 through 19:

¹ *The LORD said to Moses and Aaron,* ² *"Say to the Israelites: 'Of all the animals that live on land, these are the ones you may eat: ³ You may eat any animal that has a split hoof completely divided and that chews the cud.*



⁴ *'There are some that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it chews the cud, does not have a split hoof; it is ceremonially unclean for you. ⁵ The coney, though it chews the cud, does not have a split hoof; it is unclean for you. ⁶ The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. ⁷ And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. ⁸ You must not eat their meat or touch their carcasses; they are unclean for you.*

⁹ *Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. ¹⁰ But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to detest. ¹¹ And since you are to detest them, you must not eat their meat and you must detest their carcasses. ¹² Anything living in the water that does not have fins and scales is to be detestable to you.*



¹³ *These are the birds you are to detest and not eat because they are detestable: the eagle, the vulture, the black vulture, ¹⁴the red kite, any kind of black kite, ¹⁵any kind of raven, ¹⁶the horned owl, the screech owl, the gull, any kind of hawk, ¹⁷the little owl, the cormorant, the great owl, ¹⁸the white owl, the desert owl, the osprey, ¹⁹the stork, any kind of heron, the hoopoe and the bat."*

So the clean animals that were to be eaten were to have a split or **cloven hoof and chew cud** (regurgitate), like a cow, a deer, a lamb ... etc. They had to have both things. But then there are the ones that God specifically mentioned as unclean and not to be eaten. He named them: the camel, the coney, the rabbit, and **the pig**. What is our response to God's orders?

Most Christians eat pork and pork products. Is it any wonder that Muslims, of whom some disobey God just the same, look upon Christians, and even some Jews who eat pork, and say that the Bible has been changed? Has the Qur'an been changed? There is a difference between what God instructs and what Man chooses to do!

Even fish fit for human consumption need to fit specific instructions, **verse 9 of the same chapter**:

⁹ *"Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales."*

Other things like the octopus, crab, lobsters, shrimp, and all muscles ... etc. these are all scavengers, and are not supposed to be eaten! Only fish that have **fins and scales!**

Starting in verse 13 is the instruction concerning birds. It excludes things like the eagle, the vulture ... etc. All carnivorous birds are not to be eaten!

It is that simple, those who eat meat should apply these standards: Split the hoof and chew cud, you are for human consumption. Have fins and scales, you are for human consumption. Do not be a carnivorous bird, you are for human consumption. That is straight from God's instructions.

The same instruction is repeated in Deuteronomy, which literally means repetition or saying it for the second time. You can find it in **Deuteronomy Chapter 14 verses 3 through 20.**

Now, let us see what the Qur'an has to say about this issue. All Qur'anic quotations below are from "The Meanings of the Holy Qur'an" by Abdullah Yusuf Ali.

In the **second Surah, Al-bakarah, verse 173** we read:

173. He hath only forbidden you dead meat, and blood, and the flesh of swine, and that on which any other name hath been invoked besides that of Allah. But if one is forced by necessity, without wilful disobedience, nor transgressing due limits, then is he guiltless. For Allah is Oft-forgiving Most Merciful.

The question about animals slain and given as sacrifices to other gods or idols is also discussed in the Bible. In the Gospel/New Testament/Injil, we read that if someone is offered meat and does not know what it is, nor for what purpose it was slain, that he should accept the hospitality, return thanks to God, and eat.

If we find ourselves in a situation where there is nothing to eat other than unclean meat, are we going to starve and die? God does not make rules, just to make rules! If it is a choice between starving or eating something unclean, surely, we do not want to die. But when we have the choice we are to obey God's instructions. **Surah 5, verse 3 and Surah 16, verse 115**, say basically the same thing. Let us now read one more verse from **Surah 6, verse 145**:

145. Say: "I find not in the message received by me by inspiration any (meat) forbidden to be eaten by one who wishes to eat it, unless it be dead meat, or blood poured forth, or the flesh of swine,- for it is an abomination - or, what is impious, (meat) on which a name has been invoked, other than Allah's". But (even so), if a person is forced by necessity, without wilful disobedience, nor transgressing due limits, thy Lord is Oft-forgiving, Most Merciful.

So, we have the teaching in the Scriptures about what we should eat and not eat.

YES, yes... I can hear some of you say: "In the Gospel/New Testament/Injil, God has liberated us. Jesus made everything lawful for us to eat. Do you not remember that He ordered Peter in a vision to kill and eat the meat of all kinds of unclean animals?" Do you believe so? Let us go there:

The book of **Acts chapter 10**, the whole chapter is dealing with this issue. It begins with a Roman centurion named Cornelius, who was a pious man studying and seeking help from God. God gave him a vision about Peter, who was visiting a nearby city. God, said to send messengers to Peter so he would come and teach Cornelius and his household. Do not forget that Cornelius was a Roman, a gentile - unclean. Why? One of the main reasons he was unclean is that he was uncircumcised and Jews were not supposed to mingle with uncircumcised people.

At noon, Peter goes up to the roof to pray, he is tired, he is hungry, and he falls into a trance and receives this vision. It is a vision of a sheet which comes down from heaven with all kinds of unclean animals and three times God orders him to take, kill and eat but he refuses and says no! Then he wakes up disturbed from the vision. Let us read from **Acts chapter 10 verse 17**:

"¹⁷While Peter was wondering about the meaning of the vision, the men sent by Cornelius found out where Simon's house was and stopped at the gate."

Now let us keep this in context. **Chapter 10 of Acts** is all about this vision and Cornelius and his encounter with Peter. Why did Peter see the vision? Was it because God was permitting Man to eat unclean meats? Let us see what Peter himself says in **verse 23**:

"²⁸He said to them: "You are well aware that it is against our law for a Jew to associate with a Gentile or visit him. But God has shown me that I should not call any man impure or unclean."

What was the vision? It was not relating to what to eat or not to eat, it was relating to human beings!

Peter said "But God has shown me". Anybody who studies the New Testament knows how stubborn Peter was! But he accepted to go there. Now, the most interesting thing is what happened as Peter was speaking and explaining to them from Scripture about God's Gift, the Lamb from Heaven, God's Word made Flesh, Isa Al-Masih, Jesus, the Anointed One. In **verses 44 through 46** we find that:

"⁴⁴While Peter was still speaking these words, the Holy Spirit came on all who heard the message. ⁴⁵The circumcised believers who had come with Peter were astonished that the gift of the Holy Spirit had been poured out even on the Gentiles. ⁴⁶For they heard them speaking in tongues and praising God."

I would like to address the issue of circumcision from the medical point of view. Do you know that not only Jews but also Muslims practice circumcision? And that Muslims, just like Jews, consider those uncircumcised as being unclean?

Medical science has proven that women married to circumcised men suffer much less, if any, from cervical cancer and other diseases connected with the conjugal relationship. Circumcision renders a man physically clean. It is something else that the Maker of our bodies has given us in the Owner's Manual not haphazardly but for better health.

I would like to move on to something else which Muslims hold against Christians namely drinking wine. Yes, even using fermented wine for "Holy Communion"! In the Torah/the Old Testament we find that fermentation or yeast is the symbol of sin. All Scriptures declare that Jesus was sinless. How can we use fermented wine to represent Him?

What does the Qur'an say about drinking wine? **Surah 2, verse 219** and the **first part of verse 220**:

"219. They ask thee concerning wine and gambling. Say: "In them is great sin, and some profit, for men; but the sin is greater than the profit." They ask thee how much they are to spend; Say: "What is beyond your needs." Thus doth Allah Make clear to you His Signs: In order that ye may consider- 220. (Their bearings) on this life and the Hereafter."

This is very interesting because in "Celebrating Recovery" meetings many of the people are recovering from alcohol, smoking, all kinds of other drugs, and gambling. It is a well established fact that alcohol is a drug!

I do not think that there is anybody who has not had cough syrup. Cough syrup has alcohol as a main ingredient, right? Yes, alcohol could be used for medicinal purposes but it is not to be abused!

Now let us go to **Surah 5 verse 90** in the Qur'an:

"90. O ye who believe! Intoxicants and gambling, (dedication of) stones, and (divination by) arrows, are an abomination, of Satan's handwork: eschew such (abomination), that ye may prosper."

Once again our Creator God is giving instructions. How can we worship God if we are intoxicated?

The question now is: since there are many Muslims who eat pork, drink wine and gamble, smoke, and abuse drugs, does this mean the Qur'an has been changed?

The same principle applies to the Bible! Nobody can say that it has been changed because of many Christians' behavior!

Let us see what the Bible says in the Torah, the book of **Proverbs chapter 20, verse 1**:



"¹ Wine is a mocker and beer a brawler; whoever is led astray by them is not wise"

In **chapter 23 verses 20 and 21 then 29 through 35** of the same book we read:

"²⁰ Do not join those who drink too much wine or gorge themselves on meat, ²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags ...²⁹ Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? ³⁰ Those who linger over wine, who go to sample bowls of mixed wine. ³¹ Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! ³² In the end it bites like a snake and poisons like a viper. ³³ Your eyes will see strange sights and your mind imagine confusing things. ³⁴ You will be like one sleeping on the high seas, lying on top of the rigging. ³⁵ "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?"

Is this not a sorry picture? But you say: "This is the Old Testament. Things changed in the New Testament"! Did they? If we go to the letter to the **Ephesians chapter 5 verse 18** we find the following:

"¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

Staying in the Gospel/Injil, we read in a letter Paul sent to Titus: **Titus chapter 1, verse 7**:

"⁷ Since an overseer is entrusted with God's work, he must be blameless—not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain."

If we are overseers, if we are supposed to be ambassadors representing our God in and to the world, when people look at us and see the label we bear, do we live up to it? Or are we bringing shame to that Name? We often tell our children when they go out: "Remember the family name! Do not dishonor the family name!". What is more important, the family name or the religious label we bear? The God we serve?

Did you know that drinking just one glass of wine kills about 5,000 brain cells! This is really shocking, especially when we know that dead brain cells are not replaced! How many of our brain cells do we want to kill?

We worship God with our brains! Yes, we do worship with our emotions too, but everything in us is controlled by our brains. So, we have to take good care of, and protect our brains so that the Spirit of God can touch us and dwell in us to guide us as we submit to God.

We have the privilege and the honor of worshiping with more than one group of believers on different days, and lately we have been hearing that we do not own anything. We are entrusted with everything we have! We were given gifts. We are given a responsibility. The Earth is given to us as a responsibility and

we have to guard it. Our bodies are given to us as a responsibility and we have to guard them. We do not own our houses, our cars, or whatever else we might have. It is all entrusted to us by God and we have to take good care of it. This message is resonating within all the different Houses of Worship we attend.

There is another thing I would like to refer to that might be shocking to some. It is found in **Leviticus (Torah) chapter 19 verse 28**:

"²⁸ " Do not cut your bodies for the dead or put tattoo marks on yourselves. I am the LORD."

What this text tells us is that we are not only responsible for the inside of our bodies, but that we have to protect the outside also!

In **first Corinthians chapter 3, verses 16 and 17** there is a very serious warning:

¹⁶Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple."

As we can see, that is what our lives are supposed to be, a testimony to our God. But because many of us choose not to follow the instructions given us by the Creator, the Manufacturer, in the Owner's Manual, some people think that the Owner's Manual has been changed!

God is the same yesterday, today, and forever! He does not change neither does His Word!

May we be willing, through His help, to submit all aspects of our lives to Him. May His peace, mercy, and blessings be accepted by all of us, Amen.

