

THE BIBLE MUST BE UNDERSTOOD DISPENSATIONALLY OR EATING BECOMES UTTERLY CONFUSING

- Is pork acceptable? Is meat offered to idols acceptable? Is eating meat at all acceptable? Is eating meat that is not killed in a kosher manner acceptable?
- Those who do not make dispensational distinctions end up with doubt and confusion.

FROM CREATION TO THE REVELATION OF THE AGE OF GRACE, GOD HAD FOOD REQUIREMENTS

- Genesis 7:2, 8:20 show that God had dietary laws long before the Law was given.
- Leviticus 11, Deuteronomy 14 – passages which explain kosher foods under Mosaic law.
- There are passages which *appear* to release a person from kosher laws:
 - Acts 10
 - Colossians 2:16
 - 1 Timothy 4:1-5
 - 1 Corinthians 10:27
- These passages are not needed to be free from kosher laws, and strict readers of the Word will not accept them.
- There are passages which *do* free us from kosher laws:
 - Romans 7:1-6
 - Ephesians 2:15
 - Colossians 2:14
- The believer today is free not only from the kosher laws, but from all the laws of the old dispensation.
- Note to the one who wants to keep kosher laws: *you better keep all of them, not just your meat selection!*
 - Leviticus 11:33-34
 - No kosher Jew would consider a meal prepared in a non-kosher kitchen to be kosher!

THE PRINCIPLE DOCTRINE OF EATING FOR OUR DISPENSATION IS GOD'S GLORY

- 1 Corinthians 10:31-31
- Romans 12:1 should be our goal in physical condition.

WHAT ABOUT FASTING?

- It is assumed in the Christian world that fasting is expected (even required?) of the believer.
- Passages which appear to give instruction on fasting:
 - Matthew 6:16
 - Acts 13:2-3, 14:23
 - 1 Corinthians 7:5
- In the Bible, fasting was done by David, Daniel, Esther, Nehemiah, the Pharisees, Jesus, Anna, and early believers. The only one who didn't fast were the disciples (though we are told they would fast later - Matt. 9:15-16).
- Fasting is never commanded in the Bible.
 - Rabbinical tradition included a fast on the Day of Atonement, based on Leviticus 16:29, which says, **ye shall afflict your souls** on that day.
 - Certain fasts were called (such as in Esther's day), but they were never called by God.
- The *teaching* about fasting is far more in depth than the *Biblical instruction* on fasting.
 - From *Desiring God* ministries (John Piper), "If we are to learn the lost art of fasting and enjoy its fruit, it will not come with our ear to the ground of society, but with Bibles open. Then, the concern will not be whether we fast, but when."
<https://www.desiringgod.org/articles/fasting-for-beginners>
 - The article goes on to give six non-Biblical instructions on how to begin fasting. Number 1: Start Small (like having juice instead of a meal).
 - Such examples are found in every circle of modern Christian life.
 - Warning: *when Christianity teaches more about a subject than the Bible teaches about a subject, you can know that the majority of the teaching is man-made.*
- In the Bible (in all dispensations) fasting is neither required nor prohibited. It is rather a natural way to renew one's focus on spiritual matters.
- In most cases, fasting should be done privately and without mention. Any other manner of fasting would simply draw attention to yourself.
- It should be noted that fasting does not make you more *sanctified*. If it makes you more *focused*, then do it!

CONCLUSION

- Our eating habits do not come from Torah regulations.
- Our fasting habits are private and self-ordained.
- Our bodies are instruments for God's glory.