

Step by Step - Section 28B

“And concerning food, bear what you are able; but against that which is sacrificed to idols be exceedingly careful; for it is the service of dead deities.”

This sentence actually has 2 points:

- * **Concerning food, bear what you are able**
- * **Against that which is sacrificed to idols be exceedingly careful**

Many people in the Christian world who have read the book of Acts and seen the description “Do not eat food that has been strangled or offered to Idols” and thought this was all that was required of a believer but this short overview is not the whole story.

The full story is here in the Didache, the first section “Concerning food, bear what you are able”

This instruction is about eating by the guidelines of Kosher Dietary laws. There are many guidelines, one of which is do not eat meat that has been strangled but this is not the only one. So when we read this instruction, we should read this as “Concerning food, observe as much of Kosher Law as you are able”.

Some of the other observances:

- Do not eat Pork
- Do not eat Shellfish
- Do not mix Meat and Cheese (Dairy)
- Do not serve Kosher and unkosher food on the same plate

This is only a snapshot of Kosher observance and individuals can examine the Books of Moses for instructions or find any number of resources that give a general overview of Kosher observances.

Did You Know: That when a Christian fast calls for the abstaining from the consumption of meat that:

1. The fast is observed by Jewish standards, being sundown to sundown as opposed to observing a full 24 hour interval on the secular calendar.
2. That by Kosher law the definition “Meat” only applies to the meat of animals that both chew their own cud and have cloven hooves (Bovine, Sheep etc.), and does not apply to Poultry or Fish.

This instruction is not telling every believer to run out and study and live rigidly by Kosher Law automatically. Like the ruling about observing as much of Torah as you are able, Kosher laws, for the gentile believer, should be a gradual process. They are not to think that if they eat unkosher food that this makes them in breach of Torah. Living in a

Kosher way, is a long term goal, not a frantic change in dietary habits.

The prohibition about not eating food offered to idols is pretty clear. In some cultures, during a service food is offered before a pagan god or goddess. Once the food has been offered up, the food can be distributed among the devotees of that respective pagan god.

The Didache is specifically warning about eating food that has been part of pagan worship. It is also saying that the follower of Yeshua has no place in being at a Pagan worship service in the first place. If your receiving food that has been offered in a pagan ritual, then you were either in attendance or you have associates who are bringing pagan beliefs and practices (and food) into your life, and you would want to avoid this food by all means.

What to take from this: I will learn what Kosher Food is. I will try to gradually adopt a Kosher lifestyle over time. I will not partake of food offered in pagan worship.

Practice: Start reading up on Kosher law. Pick one item that you are currently not observing and begin to gradually adopt this observance over time. Do not give yourself grief over forgetting or falling away from this observance from time to time. You want to slowly adopt this in such a fashion that it becomes an automatic response as opposed to a mental "Checklist". When this observance is 2nd nature to you, then move on to the next Kosher observance and so on.