Questions For Reflection

- 1. What is the ideal diet given by God at Creation for humankind?
- 2. What will be the diet of the "world to come" according to the Hebrew prophets?
- 3. Were there other occasions in the ancient history of Israel when God tried to put His people on an exclusive vegetarian regime?
- 4. Is vegetarianism in line with Jewish tradition?
- 5. How can we reconcile the vegetarian statement of Genesis 1 with God's permission to eat animal flesh after the flood?

Eating and Drinking

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6. What kinds of animals were humans allowed or forbidden to eat?

- 7. What reasons have been given to justify the dietary laws?
- 8. What additional restriction is required when eating clean meat?
- 9. Why was it forbidden to eat blood?
- 10. What is the Biblical position regarding the use of alcoholic beverages?

Eating and Drinking

- 11. What is the lesson contained in the first stories of the consumption of wine recorded in the Hebrew Scriptures?
- 12. What class of Israelites had to abstain from drinking alcohol?
- 13. Is it consistent to keep kosher and indulge oneself in habits that are dangerous to one's health?
- 14. What halakha (traditional rule) has been referred to against the usage of tobacco?
- 15. What divine promises are associated with the observance of those Biblical principles?

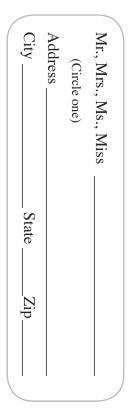


Regarding eating and drinking, the Bible gives a number of guidelines designed to preserve health and strength. Out of love for God who created you, is it your desire to follow these guidelines?

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