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?
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?
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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