

# A HOLY DIET

## FOOD LAWS, LIFE AND DEATH, AND CHRIST OUR FOOD

### Sermon Questions

1. The Canaanites would cut themselves in rituals of mourning to appease the gods. (Yes/No)
2. Christianity effects hair styles, clothing, tattoos, and piercings. (Yes/No/Not Sure)
3. The dietary laws list land creatures, water creatures, and \_\_\_\_\_ creatures.
4. List the different explanations commonly given to explain the food laws:
  - i. Association with \_\_\_\_\_ worship.
  - ii. Association with \_\_\_\_\_ worship.
  - iii. Physical \_\_\_\_\_.
  - iv. Association with \_\_\_\_\_.

Which one is the best explanation? \_\_\_\_\_

5. List at least two passages from the New Testament that speak about the food laws:

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6. How do the food laws point to Christ?
  - i. Christ, more than food, is the symbol of \_\_\_\_\_ in contrast to death.
  - ii. Christ, as sacrifice, now becomes our "\_\_\_\_\_." When we eat, we remember him.
7. List the six principles for a Christian diet:
  - i. Eat with \_\_\_\_\_
  - ii. Be mindful of food offered to \_\_\_\_\_
  - iii. Love your \_\_\_\_\_
  - iv. Be \_\_\_\_\_ to animals.
  - v. Eat mindful of your \_\_\_\_\_ and practice self-\_\_\_\_\_
  - vi. Love set apart for \_\_\_\_\_.

## Discussion Questions

1. The sermon argues that the food laws (and related commands about mourning, tattoos, etc.) were fundamentally about distinguishing God's people as those who belong to life rather than death. How does this "life vs. death" framework help you better understand these laws? In what ways does it challenge common explanations like "just for health" or "just to be different from pagans"?
2. Jesus declared all foods clean and is presented as the true food that sustains his people (the substance to which the Old Testament shadows pointed). How does seeing Christ as our "holy diet" change the way you think about your identity as a Christian? Share a specific way this truth has (or could) deepen your gratitude for the Lord's Supper or daily meals.
3. The sermon discusses halal meat and food offered to idols, drawing from 1 Corinthians 10. In our context, what are some contemporary equivalents where food choices might involve idolatry, stumbling others, or compromising our witness? How can we navigate these situations with wisdom, love for neighbor, and a clear conscience?
4. Of the six principles for a Christian diet outlined (thanksgiving, avoiding idolatry, love for neighbor, humane treatment of animals, health/self-control, and living set apart), which one do you find most challenging personally right now? What is one practical step you can take this week to apply it more faithfully for God's glory?
5. What was your most significant take-away from this passage and sermon?

## Discussion Questions for Children

1. In the Old Testament, God gave his people special rules about what to eat and how to treat their bodies to show they belonged to him and chose life instead of death. What are some ways we can show today that we belong to Jesus and want to live for him? (Examples: being thankful before meals, treating our bodies well, or choosing kindness instead of mean words.)
2. The Bible says Jesus makes all food clean and that he is like the best food for our hearts. Why is it more important to "feed" on Jesus (by reading the Bible, praying, and trusting him) than to worry about eating exactly like the Israelites did? How can we remember to thank God for our food and for sending Jesus?