

Study Companion

Can We Really Eat Whatever We Want?

Clean & Unclean, Mark 7, Acts 10, Romans 14, Colossians 2, and 1 Timothy 4

A printable companion for working through the Bible study with your Bible open.

Use this packet to record verses, compare passages, test common claims, and write down your own conclusions.

Don't take my word for it—Open your Bible.

openyourbible.org

Start With Honesty

Write down what you currently believe before you begin comparing passages.

What do I currently believe Scripture teaches about clean and unclean animals?

Which passage has shaped my current belief the most?

What questions am I bringing to this study?

A short prayer before I begin:

Before Sinai

Read Genesis 7–9 slowly before writing your observations.

Genesis 7:2 – What two categories of animals are distinguished before Noah enters the ark?

Genesis 8:20 – What kind of animals does Noah use for the burnt offering?

Genesis 9:3–4 – What does Yehovah now give humanity for food? How broad does the wording sound?

How should Genesis 7:2, Genesis 8:20, and Genesis 9:3–4 fit together?

Finish the sentence: The distinction between clean and unclean animals appears in Scripture _____ Sinai.

What Does Torah Actually Call Food?

Work through Leviticus 11 and Deuteronomy 14.

Leviticus 11:1-8 – What two characteristics identify permitted land animals?

What does Scripture specifically call the pig?

Leviticus 11:9-12 – What two characteristics identify permitted water creatures?

Use the table below to record how Scripture categorizes these creatures.

Creature	Scripture calls clean?	Scripture calls unclean?	Where?
Cow			
Sheep			
Deer			
Pig			
Camel			

Hare			
Salmon			
Catfish			
Shrimp			

Holiness, Distinction, and the Prophets

Read Leviticus 11:44–47; Leviticus 20:22–26; Isaiah 65; Isaiah 66.

What reasons does Yehovah give in Leviticus for distinguishing between clean and unclean animals?

How are holiness and distinction connected in Leviticus 20:22–26?

What behaviors are grouped together with eating swine's flesh in Isaiah 65:1–7?

What is the setting of Isaiah 66:15–24, and how does verse 17 contribute to the discussion?

Mark 7 and Matthew 15

Identify the actual controversy before deciding what the passages prove.

What is the dispute in Mark 7:1–5? What are the disciples accused of doing?

What does Yeshua say actually defiles a person?

Compare several translations of Mark 7:19. What wording differences do you notice?

What does Matthew 15:20 specifically say does not defile a person?

Which reading best accounts for both Mark 7 and Matthew 15?

Peter's Vision: Let Peter Explain Peter

Read Acts 10 and Acts 11 together.

What command does Peter hear in Acts 10:13? How does he respond?

Peter says he has never eaten what kinds of things?

According to Acts 10:17, what is Peter doing immediately after the vision?

Acts 10:28 — What does Peter say God showed him?

Acts 11 — What is the actual controversy? What conclusion do the believers reach?

What About Gentile Believers? Acts 15

This chapter matters. Do not skip it.

What issue is being debated in Acts 15:1–5?

List the four abstentions in Acts 15:19–20.

Is that four-item list likely exhaustive of every moral obligation? Why or why not?

What does James add in Acts 15:21, and why might that matter?

What conclusion do I currently draw from Acts 15 about Gentile believers and Torah instruction?

Romans 14 and 1 Corinthians 8–10

Keep food, conscience, idolatry, and fellowship in their contexts.

Romans 14:2 – What does the weak person eat?

What is Paul's main pastoral concern in Romans 14?

Romans 14:14 – What wording does my translation use? What do I notice about the word *koinos*/common/unclean?

What is the major subject of 1 Corinthians 8 and 10:14–33?

When Paul says “eat whatever is sold in the meat market,” what category of dispute is he addressing?

Colossians 2 and 1 Timothy 4

These are not throwaway passages. Work them carefully.

Colossians 2:16-17 – Who is judging whom? What things are named?

How do the surrounding warnings about philosophy, asceticism, and human commands shape my reading of Colossians 2?

1 Timothy 4:1-5 – What kind of teaching is Paul warning against?

How does Paul describe the foods under discussion in verse 3?

Verse 5 – What does Paul say sets these foods apart?

Does “everything God created is good” automatically mean “everything created is food”? Explain.

Build the Whole Evidence Map

Use your notes. Do not skip the interpretation column.

WHAT SCRIPTURE CLEARLY SAYS	WHAT SCRIPTURE DOES NOT EXPLICITLY SAY	WHAT STILL REQUIRES INTERPRETATION

Based on the whole evidence set, which passage feels most difficult for my current position?

Let Scripture Pressure the Slogans

Do the claims survive when you read the full passages in context?

Claim	Passages to Test	What did I conclude?
"Clean and unclean began at Sinai."	Genesis 7:2; Genesis 8:20	
"Yeshua declared pork clean."	Mark 7; Matthew 15	
"Peter's vision made all animals food."	Acts 10–11	
"Romans 14 says pork is clean."	Romans 14	
"Colossians 2 abolished food laws."	Colossians 2	
"1 Timothy 4 says everything created is food."	1 Timothy 4:1–5	

Now Answer the Original Question

Use Scripture. Show your work.

Did Scripture recognize clean and unclean animals before Sinai? Give the references.

What does Genesis 9:3 contribute to the conversation?

What was the dispute in Mark 7 and Matthew 15?

What does Peter say God showed him in Acts 10?

Can I identify a passage that explicitly says animals previously called unclean are now clean food?

Based on the passages I studied, what do I currently believe Scripture teaches about clean and unclean animals?

Reflect and Keep Going

A little honesty now will help you later.

Did anything I believed change during this study? If so, what?

Which passage affected me the most, and why?

What question do I still need to study more carefully?

What should I study next?

NOTES

Notes Page 1

Use these pages for extra verses, word-study notes, or observations.

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Notes Page 2

Use these pages for extra verses, word-study notes, or observations.

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