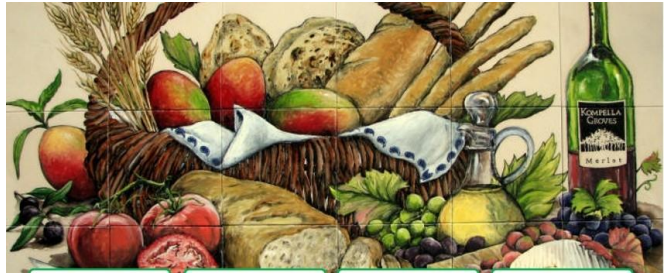


# Food Convenient

## Introduction<sup>1</sup>

**“Remove far from me vanity and lies: give me neither poverty nor riches; *feed me with food convenient for me*”** Proverbs 30:8. The Lord answers King Solomon’s prayer for **“food convenient”** in the following selected scriptures, many according to Isaiah 65:24 **“And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.”**



This study focuses on the Biblical revelation of **“food convenient”** for today’s believer to apply, that revelation being both literal and figurative e.g. Genesis 1:29, Song of Solomon 2:3, supplemented by sites that describe the nutritional value of those foods, see **Appendices 1, 2**, and address related FAQs. The Old Testament provides the most Biblical nutritional revelation though it is the New Testament that is pre-eminently authoritative for today’s believer according to 2 Thessalonians 2:15 **“Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle.”** However, the New Testament is essentially in harmony with the Old Testament nutritional revelation. The few possible exceptions are addressed below.

## Present Day Downside

Nearing the End Times as today’s believer is, whereby Paul warns **“This know also, that in the last days perilous times shall come”** 2 Timothy 3:1, it is well to note certain scriptures with respect to both plant and animal foods. Much food-growing ground and waters hosting fish may be contaminated and therefore with respect to what is available via the usual outlets i.e. today’s supermarkets, today’s believer must trust in Paul’s reassurance about today’s food as these scriptures show.

**“The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant”** Isaiah 24:5. The defilement is land, sea and air pollution. The remainder of Isaiah 24:5 explains why the defilement has come about but that is beyond the scope of this work, though Dr Peter S. Ruckman’s commentary on the Book of Revelation<sup>2</sup> is most helpful in that respect. Paul’s reassurance follows.

**“For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer”** 1 Timothy 4:4-5 so that health-wise today’s believer may fulfil John’s expectation. **“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”** 3 John 2.

In addition, it is useful to check for organic food labels in supermarkets and/or consider local organic food outlets e.g. see this site<sup>3</sup>.

## Selected Scriptures

**“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat”** Genesis 1:29.

**“And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth...And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat”** Genesis 18:6, 8.

**“Moreover ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings”** Leviticus 7:26 with Genesis 9:4, Leviticus 17:12, 14, 19:26, Deuteronomy 12:16, 23, 15:23.

**“Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat...These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat...these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth”** Leviticus 11:2-3, 9, 21 and context. Notably forbidden are the camel, the coney\*, the hare and the swine, Leviticus 11:4-7. \*Pronounced *cunny*, like *bunny*, which is what a coney is<sup>4</sup>.

**“For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills; A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey”** Deuteronomy 8:8.

**“These are the beasts which ye shall eat: the ox, the sheep, and the goat, The hart, and the roe-buck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois. And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat...These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat...Of all clean birds ye shall eat”** Deuteronomy 14:4-6, 9, 11 and context. Again, as in Leviticus 11:4-7, notably forbidden are the camel, the coney, the hare and the swine, Deuteronomy 14:7-8.

**“He made him ride on the high places of the earth, that he might eat the increase of the fields; and he made him to suck honey out of the rock, and oil out of the flinty rock; Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape”** Deuteronomy 32:13-14.

**“And it came to pass, when David was come to Mahanaim, that Shobi the son of Nahash of Rabbah of the children of Ammon, and Machir the son of Ammiel of Lodebar, and Barzillai the Gileadite of Rogelim, Brought beds, and basons, and earthen vessels, and wheat, and barley, and flour, and parched corn, and beans, and lentiles, and parched pulse, And honey, and butter, and sheep, and cheese of kine, for David, and for the people that were with him, to eat: for they said, The people is hungry, and weary, and thirsty, in the wilderness”** 2 Samuel 17:27-29.

**“So built we the wall; and all the wall was joined together unto the half thereof: for the people had a mind to work...So we laboured in the work: and half of them held the spears from the rising of the morning till the stars appeared...Moreover there were at my table an hundred and fifty of the Jews and rulers, beside those that came unto us from among the heathen that are about us. Now that which was prepared for me daily was one ox and six choice sheep; also fowls were prepared for me, and once in ten days store of all sorts of wine: yet for all this required not I the**

bread of the governor, because the bondage was heavy upon this people" Nehemiah 4:6, 21, 5:17-18.

"And they took strong cities, and a fat land, and possessed houses full of all goods, wells digged, vineyards, and oliveyards, and fruit trees in abundance: so they did eat, and were filled, and became fat, and delighted themselves in thy great goodness" Nehemiah 9:25.

"And we cast the lots among the priests, the Levites, and the people... to bring the firstfruits of our ground, and the firstfruits of all fruit of all trees, year by year, unto the house of the LORD... as it is written in the law, and the firstlings of our herds and of our flocks, to bring to the house of our God... And that we should bring the firstfruits of our dough, and our offerings, and the fruit of all manner of trees, of wine and of oil, unto the priests, to the chambers of the house of our God..." Nehemiah 10:34-37.

"As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste" Song of Solomon 2:3.

"Thus saith the LORD, As the new wine is found in the cluster, and one saith, Destroy it not; for a blessing is in it: so will I do for my servants' sakes, that I may not destroy them all" Isaiah 65:8.

"Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof. And thy meat which thou shalt eat shall be by weight, twenty shekels a day: from time to time shalt thou eat it. Thou shalt drink also water by measure, the sixth part of an hin: from time to time shalt thou drink" Ezekiel 4:9-11.

20 shekels is approximately 0.25 kg or 9 oz, a sixth of a hin is approximately one litre<sup>5</sup>.

"But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom" Matthew 26:29.

"Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of God" Mark 14:25.

"If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent? Or if he shall ask an egg, will he offer him a scorpion?" Luke 11:11-12. Luke 11:12 is the only New Testament reference to the egg.

"As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread... Jesus then cometh, and taketh bread, and giveth them, and fish likewise" John 21:9, 13.

"Wherefore my sentence is, that we trouble not them, which from among the Gentiles are turned to God: But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood" Acts 15:19-20.

"I have fed you with milk, and not with meat: for hitherto ye were not able to bear it, neither yet now are ye able" 1 Corinthians 3:2.

"Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities" 1 Timothy 5:23.

"For every one that useth milk is unskilful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil" Hebrews 5:13-14.

"As newborn babes, desire the sincere milk of the word, that ye may grow thereby" 1 Peter 2:2.

## Observations

1. Genesis 1:29 reveals man's priority, God-given diet.

This site<sup>6</sup> explains "***herb bearing seed***" and "***the fruit of a tree yielding seed.***" See this extract.

To man, "God said, Behold, I have given you every herb bearing seed, which [is] upon the face of all the earth, and every tree, in the which [is] the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein [there is] life, [I have given] every green herb for meat: and it was so." Genesis 1:29, 30.

This constituted our original diet, which God gave us when we were in a perfect environment. Let us understand what it was. "Behold, I have given you every herb [a plant without a strong woody stem or trunk] bearing seed" is generally understood to mean grains (wheat, oats, corn, rice, rye, barley, millet, etc.), seeds (sunflower seeds, pumpkin seeds, sesame, flax, etc.), legumes (soybeans, kidney beans, lentils, split peas, peanuts, etc.), and other foods containing seed, some of which we today call vegetables (eggplants, bell peppers, pumpkins, cucumbers, tomatoes, okra, squashes, melons, etc.). "...and every tree [plant with a strong woody stem such as a shrub, bush, or tree], in the which is the fruit of a tree yielding seed." This is generally understood to mean fruits (oranges, lemons, cranberries, apples, pears, mangos, strawberries, dates, cherries, blueberries, bananas, coconuts, avocados, olives, etc.), and nuts (almonds, pecans, cashews, walnuts, chestnuts, pine nuts, brazil, etc.). The green plants of the field were the food for the animals and birds...

Today's imperfect environment notwithstanding, see remarks under **Present Day Downside**, Deuteronomy 8:8, 32:14, 2 Samuel 17:27-29, Nehemiah 9:25, 10:34-37, Song of Solomon 2:3, Ezekiel 4:9-11 show that "***herb bearing seed***" and "***the fruit of a tree yielding seed***" of Genesis 1:29 remain as staple foods.

2. Genesis 18:8, Deuteronomy 32:14 show that grown-ups consume milk in "***the old testament***" 2 Corinthians 3:14 but "***the new testament***" 2 Corinthians 3:6 which as indicated is pre-eminently authoritative for today's believer, restricts it to infants and young children, 1 Corinthians 3:2, Hebrews 5:13, 1 Peter 2:2. 1 Corinthians 9:7 "***Who goeth a warfare any time at his own charges? who planteth a vineyard, and eateth not of the fruit thereof? or who feedeth a flock, and eateth not of the milk of the flock?***" would refer to butter, consumed in the Old Testament by grown-ups and children, Genesis 18:8, Isaiah 7:15 and not restricted for either group in the New Testament.

Unlike the Old Testament, Job 6:6, the New Testament, Luke 11:11, 12, John 21:9, 13, indicates that eggs, like milk, may be preferred food for youngsters, bread and fish though remaining as staple foods for both children and grown-ups.

3. Leviticus 7:26 with Genesis 9:4, Leviticus 17:12, 14, 19:26, Deuteronomy 12:16, 23, 15:23, Acts 15:20 show that blood is forbidden in both Testaments i.e. no blood puddings.
4. Leviticus 11, Deuteronomy 14 are the Old Testament main scriptures on what God allows and forbids with respect to animals, birds, fish and even insects as food, that last most likely a rarity for today. Leviticus 11, 14, Nehemiah 4:6, 21, 5:17-18 indicate a diet with a high proportion of killed meats but the contexts of these passages are a nomadic people and a people engaged in major construction work surrounded by and having to guard against hostiles i.e. with minimal chance of cultivating crops in either case. Deuteronomy 8:8, 32:13-14, 2 Samuel 17:27-29, Nehemiah 9:25, 10:37 describe a more stable environment with respect to food production where the mention of "***herb bearing seed***" and "***the fruit of a tree yielding seed***" of Genesis 1:29 outweighs that of killed flesh, even for a people who would still be engaged in greater physical activity than is usual today, though killed flesh is still listed there in appreciable quantity.

Note by contrast that a long-term immobilised individual, Ezekiel 4:9 and context, is given a wide variety of **“herb bearing seed”** but he is allowed *no* killed flesh. Today’s believer must therefore look to God for wisdom for the proportion of killed flesh in his diet between the Biblical extremes outlined above according to James 1:5 **“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”**

5. Leviticus 11:4-7, Deuteronomy 14:7-8 expressly forbid consumption of certain killed flesh, notably swine flesh. The New Testament does not explicitly lift that restriction. The most appropriate scriptural guidelines are therefore as indicated on p 1 of this work Paul’s reassurance together with John’s exhortation.

**“For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer”** 1 Timothy 4:4-5 so that health-wise today’s believer may fulfil John’s expectation. **“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”** 3 John 2.

In addition, insofar as **“the saints of the most High”** Daniel 7:18, 22, 25, 27 for the Church Age **“are members one of another”** Ephesians 5:25 Paul’s exhortation applies from Romans 14:21 **“It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak.”**

6. Genesis 40:9-11, Matthew 26:29, Mark 14:25, Luke 22:18, 20\* show that today’s believer should drink **“the pure blood of the grape”** Deuteronomy 32:14 **“the new wine...found in the cluster”** Isaiah 65:8, the only exception being alcohol taken in *small* quantities, *diluted with water* for health reasons as Paul exhorts Timothy in 1 Timothy 5:23 **“Drink no longer water, but use a little wine for thy stomach’s sake and thine often infirmities.”** \***“the fruit of the vine...This cup is the new testament in my blood...”**

## Conclusion

Application of points 1-6 with the associated scriptures and with Paul’s reassurance, 1 Timothy 4:4-5, see **Present Day Downside**, will ensure that today’s believer is fed **“with food convenient for me”** Proverbs 30:8 and in turn fulfils John’s expectation. **“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”** 3 John 2.

## Appendix 1 – God’s Super Foods of the Bible<sup>7</sup>

**Caution:** The site referenced is multi-faith but the Biblical guidance is sound.

### Ancient Prescient Advice on Healthy Eating

Trying to eat healthy? Start by opening your Bible to Deuteronomy 8:8, where the Israelites are promised “a good land...a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey.” Writer’s note: Possibly a free quotation but it does not conflict with the AV1611. ***“For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills; A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey”*** Deuteronomy 8:8 with Song of Solomon 2:3 ***“the apple...sweet to my taste.”***



The ancients might not have known the word “antioxidant,” but they were onto something with this list of biblical “super-foods.” Explore this gallery to find out exactly how on-target they were...

### Wheat

This grain, which is found in everything from bread to pasta to cakes, is healthier when it is refined as little as possible. Whole-wheat products (those that are certified 100% whole wheat) contain 30 percent of your recommended daily fiber intake, as well as high levels of manganese and magnesium. A diet rich in whole grains is also thought to increase your energy level and lower your risk of type-2 diabetes, gallstones, and other health issues.



### Barley

Another whole grain, barley can be found in breads and cereals, as well as in hearty winter soups. High in fiber, barley is good for intestinal health and can lower cholesterol and reduce your risk of colon cancer and type-2 diabetes if eaten regularly. Barley also contains trace amounts of copper, which have been shown to help reduce the symptoms of arthritis.



### Grapes

Everyone knows that grape juice and red wine\* are tasty - but healthy? Grapes contain nutritional compounds called flavonoids, which are believed to reduce your risk of blood clots and protect your body from damage by the “free radicals” found in LDL [low-density lipoprotein], or “bad” cholesterol. Rich in antioxidants, grapes may provide protection against cardiovascular disease, particularly in women.



\*See **Observations**, point 6. ***“the pure blood of the grape”*** Deuteronomy 32:14 should be consumed as such, *unfermented*.

## Figs

These sweet fruits, eaten either dried or fresh, are high in potassium, a mineral that helps control blood pressure. They are also high in dietary fiber, which may help you lose weight, and they are a fruit source of calcium, which can help preserve bone density. Fig leaves, which are not typically eaten but can be made into an extract, are thought to help lower insulin levels in diabetics.



## Pomegranate

These strange-looking seed fruits are back in vogue as health-giving super-foods, particularly in juice form. The fruits are rich in antioxidants, which prevent LDL cholesterol from doing its damage, and [the pomegranate] helps prevent blood clots by keeping blood platelets from clumping together. Pomegranates may also help reduce the risk of breast cancer and lessen the symptoms of arthritis.



## Olive Oil

Olives, and the extra-virgin oil that is made from a single pressing of the fruit, contain many of the antioxidants that are thought to protect against the oxidation of LDL cholesterol compounds. They also are high in monounsaturated fatty acids, which are called “the healing fats” because they lower the effects of “bad” cholesterol while raising “good” cholesterol levels. High in vitamin E, olive oil also is thought to protect against colon cancer, and it is helpful in fighting gastritis and other stomach ailments.



## Honey

Raw honey, in addition to being a natural sweetener, is replete with antioxidants and is considered to be an anti-viral, anti-bacterial, anti-fungal substance. It is thought to have tumor-fighting properties, and may help prevent colon cancer. The daily consumption of a spoonful of honey is said to increase antioxidant levels in the blood, and is the healthiest sweetener for type-2 diabetics. Honey also may have wound-healing and muscle-regenerating properties.



***“How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!”***

Psalm 119:103

***“we have treasures in the field, of wheat, and of barley, and of oil, and of honey”***

Jeremiah 41:8

***“But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall”***

Malachi 4:2

Appendix 2 – God’s Pharmacy<sup>8,9</sup>

GOD’S PHARMACY IS AMAZING

**WALNUT**

A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

GOD’S PHARMACY IS AMAZING

**SWEET POTATOES**

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

GOD’S PHARMACY IS AMAZING

**CARROT**

A sliced Carrot looks like a Human Eye and it generally enhances blood flow to the eye.

GOD’S PHARMACY IS AMAZING

**CELERY**

Celery, Bok Choy and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don’t have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

GOD’S PHARMACY IS AMAZING

**AVOCADOS**

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today’s research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.

GOD’S PHARMACY IS AMAZING

**GRAPES**

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

GOD’S PHARMACY IS AMAZING

**TOMATO**

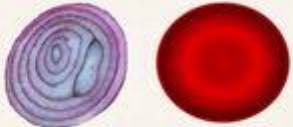

A Tomato has chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

GOD’S PHARMACY IS AMAZING

**KIDNEY BEANS**

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



<p><b>GOD'S PHARMACY IS AMAZING</b></p> <p><b>ONIONS</b></p>  <p>Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.</p>	<p><b>GOD'S PHARMACY IS AMAZING</b></p> <p><b>OLIVES</b></p>  <p>Olives assist the health and function of the ovaries.</p>
---	--

**Verse Of The Day**

~Psalm 139:13-14 (KJV)~

*For thou hast possessed my reins:  
thou hast covered me in my  
mother's womb. I will praise thee;  
for I am fearfully and wonderfully  
made: marvellous are thy works;  
and that my soul knoweth right  
well.*

CL

## References

All web references were current at the time of writing.

See [shop.timefortruth.co.uk/ruckman.html](http://shop.timefortruth.co.uk/ruckman.html) for Dr Ruckman's books.

<sup>1</sup> [ecc-bochum.de/category/bible-studies/](http://ecc-bochum.de/category/bible-studies/) *English Speaking Christian Congregation Bible Studies*

<sup>2</sup> [store.kjv1611.org/](http://store.kjv1611.org/) *The Book of Revelation* by Dr Peter S. Ruckman

<sup>3</sup> [www.organic-store.co.uk/north-yorkshire.html](http://www.organic-store.co.uk/north-yorkshire.html) *Organic Food Directory*

<sup>4</sup> [www.avpublications.com/avnew/home.html](http://www.avpublications.com/avnew/home.html) *The Language of the King James Bible* by Gail Riplinger, p 23

<sup>5</sup> [www.tbsbibles.org/store/viewproduct.aspx?ID=11712507](http://www.tbsbibles.org/store/viewproduct.aspx?ID=11712507) Westminster Reference Bible Appendix 1 pp 1493-1494

<sup>6</sup> [www.stepstolife.org/article/restoring-the-temple-gods-original-diet/](http://www.stepstolife.org/article/restoring-the-temple-gods-original-diet/) *Restoring the Temple – God's Original Diet* by Diane Herbert

<sup>7</sup> [www.beliefnet.com/wellness/health/2009/05/super-foods-of-the-bible.aspx](http://www.beliefnet.com/wellness/health/2009/05/super-foods-of-the-bible.aspx) *The 7 Super Foods of the Bible*

<sup>8</sup> [www.pinterest.ca/vlruateenema/gods-pharmacy-is-amazing/](http://www.pinterest.ca/vlruateenema/gods-pharmacy-is-amazing/) *God's Pharmacy is Amazing!!!*

<sup>9</sup> [kristiann1.com/2017/05/22/for-thou-hast-possessed-my-reins/](http://kristiann1.com/2017/05/22/for-thou-hast-possessed-my-reins/)