

Eating wisely by lcl

This is not about diets for good health or weight loss although there can be better health and physical gain in those topics. The closest item to helping physical gain does not even concern eating, but drinking.

1Ti 5:23 Drink water no longer, but use a little wine for your stomach's sake, and for your frequent infirmities.

Paul was not saying to overdo drinking to the point of drunkenness. That would have been a poor witness to others. He had two reasons in mind. The water was not always good and could cause health problems. The wine helped purify and condition the stomach and bowels. Similarly, you will find that a little apple cider vinegar taken several times a week can help condition the body and possibly help in weight loss.

The Old Testament had a lot to say about food that was unacceptable to Jews. Pork is one thing that comes to mind. Many foods were noted to help identify and set apart the Jews that they and others might remember the God of the Jews was always foremost in their thoughts. But, when gentiles became included as partakers of salvation through Christ, the rules were relaxed. (Communion was very important though as a food and drink ritual to remember what Jesus had done for them and us.) Paul wrote to those at Corinth of that which god had revealed to him.

1Co 10:25 Eat whatever is sold in the meat market, asking no question for conscience' sake;

1Co 10:26 "for the earth is the Lord's, and the fullness of it."

1Co 10:27 If any of those who do not believe invite you to a feast, and if you are disposed to go, eat whatever is set before you, asking no questions for conscience' sake.

1Co 10:28 But if anyone says to you, This is slain in sacrifice to idols, do not eat for the sake of him who showed it, and for conscience' sake; "for the earth is the Lord's, and the fullness of it";

1Co 10:29 conscience, I say, not your own, but the other's. For why is my liberty judged by another's conscience?

1Co 10:30 For if I by grace am a partaker, why am I evil spoken of for that *for* which I give thanks?

1Co 10:31 Therefore whether you eat or drink, or whatever you do, do all to the glory of God.

1Co 10:32 Give no offense, either to the Jews, or to the Greeks or to the church of God;

1Co 10:33 even as I please all men in all things, not seeking my own profit, but the profit of the many, so that they may be saved.

Here, the primary concern was not to offend those with different customs unless they made a point of offering something that had been slain for another idol or God. The host could have used this as a test to see how serious the Christians were about honoring only their God. Paul's goal was to convert those of different backgrounds to following a man out of the Jewish culture who had sacrificed himself for the gain of all who would accept Him. All was done to profit god and those being witnessed to.

So, in conclusion, rejoice, do all in moderation and be at peace with god in thanksgiving.

Php 4:4 Rejoice in *the* Lord always. Again I say, Rejoice!

Php 4:5 Let your moderation be known to all men. The Lord *is* at hand.

Php 4:6 Do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.

Php 4:7 And the peace of God which passes all understanding shall keep your hearts and minds through Christ Jesus.