

What Should I Eat? 我該吃甚麼?

聖經上也講我們不可貪食。

The Bible also says that we can't be gluttonous.

【箴 Prov 23:21】

【加 Gal 5:19~21】

I. 最早的時候/At the Beginning

【創 Gen 1:29~30】

所以最早的人類是_____

So the earliest human beings are _____.

II. 神允許我們吃肉./ God allowed us to eat meat.

【創 Gen 9:1~6】

摩西的時代, 神對以色列人這樣子說:

In the days of Moses, God said to the Israelites:

【利 Lev 17:10~11】

我們現在可以吃血嗎? Are we allowed to eat blood now?

【徒 Acts 15:19~20】

III. Jewish Diet/猶太人的飲食

Kosher

Illustration:

IV. 回教大底承受猶太教的教導

Muslim inherited much Jewish teaching.

halal

V. 印度教, 佛教 /Hinduism, Buddhism

VI. 基督教/Christians

基督徒是甚麼都吃. 只是不能吃血.

Christians eat everything. Just can't eat blood.

【可 Mark 7:14~19】

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聖靈對彼得所說的話:

What the Holy Spirit said to Peter:

【徒 Acts 10:11~16】

VII. 以_____為原則的吃. Eat with_____.

【林前 1Cor 10:25~29】

Conclusion 結論

吃東西的原則/The principle of eating:

1. 健康的原則—有節制.

The principle of health – eating in moderation

2. 敬虔的原則—可以接近神.

The principle of godliness - approaching God

3. 不吃血. Do not eat blood.

4. 自由的原則—甚麼都可吃.

The principle of liberty - everything can be eaten

5. 愛心的原則—為了 BEST 的良心.

The principle of love - for the conscience of BESTs

Reflection:

1. Of the important principles mentioned in this sermon, what are the principles reflecting your philosophy of food consumption? What are the good points that you are already applying in your life? What are the ones that you need to improve on? 這個信息所提到的諸多原則中, 哪些原則反映出你吃的哲學? 有甚麼你已經在做的是很得到鼓勵的? 甚麼是你覺得希望改進的?

2. Any peculiar eating habit that you observed your BEST, or your friends do? What should your response to them be? 你的 BEST 或是朋友, 有甚麼奇怪的吃飯習慣? 你對他們的反應應該如何?

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