

Texts for Christian-Muslim Reading Food

Centre for Muslim-Christian Studies

God's provision: use and abuse

Genesis 2-3

⁵ וְכָל־שִׁיחַ הַשָּׂדֶה טָרֵם יִהְיֶה בְּאֶרֶץ וְכָל־עֵשֶׂב הַשָּׂדֶה טָרֵם יִצְמַח כִּי לֹא הִמְטִיר יְהוָה אֱלֹהִים עַל־הָאָרֶץ וְאָדָם אֵין לְעַבֵּד אֶת־הָאֲדָמָה:

⁶ וְאֵד יַעֲלֶה מִן־הָאָרֶץ וְהִשְׁקָה אֶת־כָּל־פְּנֵי־הָאֲדָמָה:

⁷ וַיִּיצֶר יְהוָה אֱלֹהִים אֶת־הָאָדָם עָפָר מִן־הָאֲדָמָה וַיִּפַּח בְּאַפָּיו נִשְׁמַת חַיִּים וַיְהִי הָאָדָם לְנֶפֶשׁ חַיָּה:

⁸ וַיִּטֵּעַ יְהוָה אֱלֹהִים גֶּן־בְּעֵדֶן מִקְדָּם וַיִּשֶׂם שֵׁם אֶת־הָאָדָם אֲשֶׁר יָצַר:

⁹ וַיִּצְמַח יְהוָה אֱלֹהִים מִן־הָאֲדָמָה כָּל־עֵץ נְחֹמֵד לְמִרְאֵה וְטוֹב לְמֵאֲכָל וְעֵץ הַחַיִּים בְּתוֹךְ הָגֶן וְעֵץ הַדַּעַת טוֹב וְרָע: וַנְהַר יֵצֵא מֵעֵדֶן לְהִשְׁקוֹת אֶת־הָגֶן וּמִשָּׁם יִפְרֹד וְהָיָה לְאַרְבָּעָה רְאשִׁים:

¹¹ שֵׁם הָאֵחָד פִּישׁוֹן הוּא הַסֹּבֵב אֶת כָּל־אֶרֶץ הַחַוִּילָה אֲשֶׁר־שָׁם הַזֶּהָב:

¹² וְזֶהָב הָאָרֶץ הִוא טוֹב שֵׁם הַבְּדֹלַח וְאֶבֶן הַשֹּׁהַם:

¹³ וְשֵׁם־הַנְּהַר הַשֵּׁנִי גִיחוֹן הוּא הַסּוֹבֵב אֶת כָּל־אֶרֶץ כּוּשׁ:

¹⁴ וְשֵׁם הַנְּהַר הַשְּׁלִישִׁי חִדְקֵל הוּא הַהֹלֵךְ קִדְמַת אַשּׁוּר וְהַנְּהַר הָרְבִיעִי הוּא פָּרַת:

¹⁵ וַיִּקַּח יְהוָה אֱלֹהִים אֶת־הָאָדָם וַיַּנְתְּהוּ בְּגֶן־עֵדֶן לְעַבְדָּהּ וּלְשִׁמְרָהּ:

¹⁶ וַיִּצְוֵה יְהוָה אֱלֹהִים עַל־הָאָדָם לֵאמֹר מִכָּל־עֵץ־הָגֶן אָכַל תֹּאכַל:

¹⁷ וּמֵעֵץ הַדַּעַת טוֹב וְרָע לֹא תֹאכַל מִמֶּנּוּ כִּי בְיוֹם אֲכַלְךָ מִמֶּנּוּ מוֹת תָּמוּת:

5 When no bush of the field [\[1\]](#) was yet in the land [\[2\]](#) and no small plant of the field had yet sprung up—for the LORD God had not caused it to rain on the land, and there was no man to work the ground, **6** and a mist [\[3\]](#) was going up from the land and was watering the whole face of the ground— **7** then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man

became a living creature. **8** And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. **9 And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food.** The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil. **10** A river flowed out of Eden to water the garden, and there it divided and became four rivers. **11** The name of the first is the Pishon. It is the one that flowed around the whole land of Havilah, where there is gold. **12** And the gold of that land is good; bdellium and onyx stone are there. **13** The name of the second river is the Gihon. It is the one that flowed around the whole land of Cush. **14** And the name of the third river is the Tigris, which flows east of Assyria. And the fourth river is the Euphrates.

15 The LORD God took the man and put him in the garden of Eden to work it and keep it. 16 And the LORD God commanded the man, saying, “You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat [4] of it you shall surely die.”

¹ וְהַנְחֵשׁ הָיָה עָרוֹם מִכָּל חַיַּת הַשָּׂדֶה אֲשֶׁר עָשָׂה יְהוָה אֱלֹהִים וַיֹּאמֶר אֶל-הָאִשָּׁה אַף כִּי-אָמַר אֱלֹהִים לֹא תֹאכְלוּ מִכָּל עֵץ הַגֶּן:

² וַתֹּאמֶר הָאִשָּׁה אֶל-הַנְּחֵשׁ מִפְּרִי עֵץ-הַגֶּן נֹאכַל:

³ וּמִפְּרִי הָעֵץ אֲשֶׁר בְּתוֹךְ-הַגֶּן אָמַר אֱלֹהִים לֹא תֹאכְלוּ מִמֶּנּוּ וְלֹא תִגְעוּ בּוֹ פֶן-תִּמְתּוּן:

⁴ וַיֹּאמֶר הַנְּחֵשׁ אֶל-הָאִשָּׁה לֹא-מוֹת תִּמְתּוּן:

⁵ כִּי יָדַע אֱלֹהִים כִּי בַיּוֹם אֲכַלְכֶם מִמֶּנּוּ וְנִפְקַחוּ עֵינֵיכֶם וְהָיִיתֶם כְּאֱלֹהִים יֹדְעֵי טוֹב וָרָע:

⁶ וַתֵּרָא הָאִשָּׁה כִּי טוֹב הָעֵץ לְמֹאכַל וְכִי תֹאוֹה-הוּא לְעֵינָיִם וְנִחְמַד הָעֵץ לְהִשְׁכִּיל וַתִּקַּח מִפְּרִיָּו וַתֹּאכַל וַתֵּתֵן גַּם-לְאִישָׁהּ עִמָּהּ וַיֹּאכְלוּ:

⁷ וַתִּפְקַחְנָה עֵינֵי שְׁנֵיהֶם וַיֵּדְעוּ כִּי עִרְמוֹם הֵם וַיִּתְפָּרוּ עֲלֵהּ תֹאנָה וַיַּעֲשׂוּ לָהֶם חֲגֹרֹת:

⁸ וַיִּשְׁמְעוּ אֶת-קוֹל יְהוָה אֱלֹהִים מִתְּהַלֵּךְ בְּגֵן לְרוּחַ הַיּוֹם וַיִּתְחַבֵּא הָאָדָם וְאִשְׁתּוֹ מִפְּנֵי יְהוָה אֱלֹהִים בְּתוֹךְ עֵץ הַגֶּן:

⁹ וַיִּקְרָא יְהוָה אֱלֹהִים אֶל-הָאָדָם וַיֹּאמֶר לוֹ אַיֶּכָּה:

¹⁰ וַיֹּאמֶר אֶת-קִלְעֵךְ שָׁמַעְתִּי בְּגֵן וְאִירָא כִּי-עִירָם אָנֹכִי

וַאֲחֵבָא:
¹¹ וַיֹּאמֶר מִי הַגִּיד לְךָ כִּי עִירַם אֶתָּה הַמִּן־הָעֵץ אֲשֶׁר
צִוִּיתִיךָ לִבְלֹתִי אֲכַל־מִמֶּנּוּ אֲכַלְתָּ:
¹² וַיֹּאמֶר הָאָדָם הָאִשָּׁה אֲשֶׁר נָתַתָּה עִמָּדִי הִוא נִתְּנָה־לִּי
מִן־הָעֵץ וָאֲכַל:
¹³ וַיֹּאמֶר יְהוָה אֱלֹהִים לָאִשָּׁה מַה־זֹּאת עָשִׂית וַתֹּאמֶר
הָאִשָּׁה הִנַּחֲשׁ הִשְׁיֵאֲנִי וָאֲכַל:
¹⁴ וַיֹּאמֶר יְהוָה אֱלֹהִים אֶל־הַנָּחָשׁ כִּי עָשִׂיתָ זֹאת אֲרוּר
אַתָּה מִכָּל־הַבְּהֵמָה וּמִכָּל־חַיַּת הַשָּׂדֶה עַל־גִּחְוֹנֶךָ תֵּלֵךְ וְעִפְּר
תֹאכַל כָּל־יְמֵי חַיֶּיךָ:
¹⁵ וַאֲיִבָּהּ אִשִּׁית בֵּינֶךָ וּבֵין הָאִשָּׁה וּבֵין זֶרְעֶךָ וּבֵין זֶרְעָהּ
הִוא יִשׁוּפְךָ רֹאשׁ וְאַתָּה תִּשׁוּפְנָהּ עֵקֶב: ס
¹⁶ אֶל־הָאִשָּׁה אָמַר הַרְבֵּה אֲרֵבָה עֲצָבוֹנְךָ וְהִרְנֶךָ בְּעֵצָב
תֵּלְדֵי בָנִים וְאֶל־אִישׁךָ תִּשְׁקָתְךָ וְהִוא יִמְשַׁל־בְּךָ: ס
¹⁷ וּלְאָדָם אָמַר כִּי־שָׁמַעְתָּ לְקוֹל אִשְׁתְּךָ וַתֹּאכַל מִן־הָעֵץ
אֲשֶׁר צִוִּיתִיךָ לֵאמֹר לֹא תֹאכַל מִמֶּנּוּ אֲרוּרָה הָאָדָמָה
בְּעִבּוּרְךָ בְּעֲצָבוֹן תֹּאכְלֶנָּה כָּל יְמֵי חַיֶּיךָ:
¹⁸ וְקוֹץ וְדַרְדַּר תִּצְמִיחַ לְךָ וְאָכַלְתָּ אֶת־עֵשֶׂב הַשָּׂדֶה:
¹⁹ בְּזַעַת אִפְיֶךָ תֹאכַל לֶחֶם עַד שׁוּבְךָ אֶל־הָאָדָמָה כִּי
מִמֶּנָּה לִקְחָתָּ כִּי־עִפְּר אַתָּה וְאֶל־עִפְּר תָּשׁוּב:

2:1 Now the serpent was more crafty than any other beast of the field that the LORD God had made.

He said to the woman, “Did God actually say, ‘You [10](#) shall not eat of any tree in the garden?’” 2 And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, 3 but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” 4 But the serpent said to the woman, “You will not surely die. 5 For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” 6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, [11](#) she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. 7 Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. 8 And they heard the sound

of the LORD God walking in the garden in the cool [\[12\]](#) of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. **9** But the LORD God called to the man and said to him, “Where are you?” [\[13\]](#) **10** And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” **11** He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” **12** The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” **13** Then the LORD God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.”

14 The LORD God said to the serpent,

“Because you have done this,
cursed are you above all livestock
and above all beasts of the field;
on your belly you shall go,
and dust you shall eat
all the days of your life.

15 I will put enmity between you and the woman,
and between your offspring [\[14\]](#) and her offspring;
he shall bruise your head,
and you shall bruise his heel.”

16 To the woman he said,

“I will surely multiply your pain in childbearing;
in pain you shall bring forth children.
Your desire shall be for [\[15\]](#) your husband,
and he shall rule over you.”

17 And to Adam he said,

**“Because you have listened to the voice of your wife
and have eaten of the tree
of which I commanded you,
‘You shall not eat of it,’**

**cursed is the ground because of you;
in pain you shall eat of it all the days of your life;
18 thorns and thistles it shall bring forth for you;
and you shall eat the plants of the field.**

**19 By the sweat of your face
you shall eat bread,
till you return to the ground,
for out of it you were taken;
for you are dust,
and to dust you shall return.”**

Deuteronomy 8

¹ כָּל־הַמְצוּחַ אֲשֶׁר אָנֹכִי מְצוּחַ הַיּוֹם
תִּשְׁמְרוּן לַעֲשׂוֹת לְמַעַן תַּחֲיוּן וּרְבִיתֶם וּבֵאתֶם וִירִשְׁתֶּם
אֶת־הָאָרֶץ אֲשֶׁר־נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם:
² וְזָכַרְתָּ אֶת־כָּל־הַדֶּרֶךְ אֲשֶׁר הִלַּכְךָ יְהוָה אֱלֹהֶיךָ זֶה
אַרְבָּעִים שָׁנָה בְּמִדְבָּר לְמַעַן עֲנִתְךָ לְנִסְתֶּךָ לְדַעַת אֶת־אֲשֶׁר
בְּלִבְבְּךָ הִתְשַׁמַּר (מְצוּחוֹ) [מְצוּחוֹ] אִם־לֹא:
³ וַיַּעֲנֶךָ וַיִּרְעַבְךָ וַיֹּאכַלְךָ אֶת־הַמֶּן אֲשֶׁר לֹא־יָדַעְתָּ וְלֹא
יָדַעוּן אֲבֹתֶיךָ לְמַעַן הוֹדַעְךָ כִּי לֹא עַל־הַלֶּחֶם לָבְדוּ יַחֲיֶה
הָאָדָם כִּי עַל־כָּל־מוֹצֵא פִי־יְהוָה יַחֲיֶה הָאָדָם:
⁴ שְׂמֵלְתְךָ לֹא בִלְתָהּ מִעֲלֶיךָ וְרִגְלֶךָ לֹא בַצֵּקָה זֶה אַרְבָּעִים
שָׁנָה:
⁵ וַיִּדְעַתָּ עַם־לִבְבְּךָ כִּי כַּאֲשֶׁר יִסַּר אִישׁ אֶת־בְּנוֹ יְהוָה
אֱלֹהֶיךָ מִיִּסְרֶךָ:
⁶ וְשָׁמַרְתָּ אֶת־מְצוּחַ יְהוָה אֱלֹהֶיךָ לְלַכֵּת בְּדַרְכָּיו וּלְיִרְאָה
אֹתוֹ:
⁷ כִּי יְהוָה אֱלֹהֶיךָ מִבִּיאֵךְ אֶל־אֶרֶץ טוֹבָה אֶרֶץ נַחֲלֵי מַיִם
עֵינֹת וְתַהֲמוֹת יֵצְאִים בְּבִקְעָה וּבְהָר:
⁸ אֶרֶץ חֹטֵה וְשַׁעֲרָה וּגְפֹן וְחֹאנָה וּרְמוֹן אֶרֶץ־זֵית שֶׁמֶן וּדְבַשׁ:
⁹ אֶרֶץ אֲשֶׁר לֹא בְּמִסְכָּנֹת תֹּאכַל־בָּהּ לֶחֶם לֹא־תִחַסֵּר כֹּל
בָּהּ אֶרֶץ אֲשֶׁר אֲבִנֶיהָ בְּרוֹזַל וּמִהַרְרִיָּה תִחַצֵּב נַחֲשֵׁת:
¹⁰ וְאָכַלְתָּ וְשִׁבַּעְתָּ וּבִרְכַּתְתָּ אֶת־יְהוָה אֱלֹהֶיךָ עַל־הָאָרֶץ
הַטֹּבָה אֲשֶׁר נָתַן־לְךָ:
¹¹ הִשְׁמַר לְךָ פֶּן־תִּשְׁכַּח אֶת־יְהוָה אֱלֹהֶיךָ לְבַלְתִּי שָׁמַר

מִצְוֹתָיו וּמִשְׁפָּטָיו וְחֻקֹּתָיו אֲשֶׁר אָנֹכִי מִצְוֶה הַיּוֹם:
¹² פֶּן־תֹּאכַל וְשָׁבַעְתָּ וּבָתִּים טוֹבִים תִּבְנֶה וְיִשְׁבַּתָּ:
¹³ וּבִקְרָךְ וּצְאֻנָּךְ יִרְבִּין וְכֶסֶף וְזָהָב יִרְבֶּה־לָּךְ וְכֹל אֲשֶׁר־לָּךְ
יִרְבֶּה:
¹⁴ וְרָם לְבַבְךָ וְשָׁכַחְתָּ אֶת־יְהוָה אֱלֹהֶיךָ הַמוֹצִיאֲךָ מֵאֶרֶץ
מִצְרַיִם מִבֵּית עַבְדִּים:
¹⁵ הַמוֹלִיכְךָ בַּמִּדְבָּר הַגָּדֹל וְהַנּוֹרָא נַחֲשׁוּ שָׂרְךָ וְעַקְרָב
וְצִמְאוֹן אֲשֶׁר אֵין־מַיִם הַמוֹצִיא לָּךְ מֵיָם מִצּוֹר הַחֲלָמִישׁ:
¹⁶ הַמֵּאֲכִלֶךָ מִן־בַּמִּדְבָּר אֲשֶׁר לֹא־יָדְעוֹן אֲבֹתֶיךָ לְמַעַן
עֲנִתְךָ וּלְמַעַן נִסְתָּךְ לְהִיטִבְךָ בְּאַחֲרִיתֶךָ:
¹⁷ וְאָמַרְתָּ בְּלִבְבְּךָ כַּחַי וְעִצָּם יָדִי עָשָׂה לִי אֶת־הַחִיל הַזֶּה:
¹⁸ וְזָכַרְתָּ אֶת־יְהוָה אֱלֹהֶיךָ כִּי הוּא הִנְתֵּן לָּךְ כֹּחַ לַעֲשׂוֹת
חִיל לְמַעַן הָקִים אֶת־בְּרִיתוֹ אֲשֶׁר־נִשְׁבַּע לְאַבְרָהָם כַּיּוֹם
הַזֶּה: פ

8:1 “The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the LORD swore to give to your fathers. **2** And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. **3** And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word [\[1\]](#) that comes from the mouth of the LORD. **4** Your clothing did not wear out on you and your foot did not swell these forty years. **5** Know then in your heart that, as a man disciplines his son, the LORD your God disciplines you. **6** So you shall keep the commandments of the LORD your God by walking in his ways and by fearing him. **7** For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, **8** a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, **9** a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. **10** And you shall eat and be full, and you shall bless the LORD your God for the good land he has given you.

11 “Take care lest you forget the LORD your God by not keeping his commandments and his rules and his statutes, which I command you today, **12** lest, when you have eaten and are full and have built good houses and live in them, **13** and when your herds and flocks multiply and your silver and gold is multiplied and all that you have is multiplied, **14** then your heart be lifted up, and you forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, **15** who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, **16** who fed you in the wilderness with manna that your fathers did not know, that he might humble you and test you, to do you good in the end. **17** Beware lest you say in your heart, ‘My power and the might of my hand have gotten me this wealth.’ **18** You shall remember the LORD your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day.

Matthew 6

⁹ ἄτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιασθήτω τὸ ὄνομά σου· ¹⁰ ἐλθέτω ἡ βασιλεία σου· γενηθήτω τὸ θέλημά σου ὡς ἐν οὐρανῷ καὶ ἐπὶ γῆς· ¹¹ Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον ὀδοῦ ἡμῶν σήμερον· ¹² καὶ ἄφες ἡμῶν τὰ ὀφειλήματα ἡμῶν ὡς καὶ ἡμεῖς ἀφήκαμεν τοῖς ὀφειλέταις ἡμῶν· ¹³ καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ

“Our Father in heaven,
hallowed be your name.

10 Your kingdom come,
your will be done,
on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts,
as we also have forgiven our debtors.

13 And lead us not into temptation,
but deliver us from evil.

John 6

¹ Μετὰ ταῦτα ἀπῆλθεν ὁ Ἰησοῦς πέραν τῆς θαλάσσης τῆς Γαλιλαίας τῆς Τιβεριάδος ² ἠκολούθει δὲ αὐτῷ ὄχλος πολὺς ὅτι ἐθεώρουν τὰ σημεῖα ἃ ἐποίει ἐπὶ τῶν ἀσθενούντων ³ ἀνῆλθεν δὲ εἰς τὸ ὄρος Ἰησοῦς καὶ ἐκεῖ ἐκάθητο μετὰ τῶν μαθητῶν αὐτοῦ ⁴ ἦν δὲ ἐγγὺς τὸ πάσχα ἡ ἑορτὴ τῶν Ἰουδαίων ⁵ ἐπάρας οὖν τοὺς ὀφθαλμοὺς ὁ Ἰησοῦς καὶ θεασάμενος ὅτι πολὺς ὄχλος ἔρχεται πρὸς αὐτὸν λέγει πρὸς Φίλιππον Πόθεν ἀγοράσωμεν ἄρτους ἵνα φάγωσιν οὗτοι ⁶ τοῦτο δὲ ἔλεγεν πειράζων αὐτόν· αὐτὸς γὰρ ᾔδει τί ἔμελλεν ποιεῖν ⁷ ἀπεκρίθη αὐτῷ

Φίλιππος Διακοσίων δηναρίων ἄρτοι οὐκ ἄρκοῦσιν αὐτοῖς ἵνα ἕκαστος βραχύ λάβῃ ⁸ λέγει αὐτῷ εἰς ἐκ τῶν μαθητῶν αὐτοῦ Ἀνδρέας ὁ ἀδελφὸς Σίμωνος Πέτρου ⁹ Ἔστιν παιδάριον ὧδε ὃς ἔχει πέντε ἄρτους κριθίνους καὶ δύο ὄψαρια· ἀλλὰ ταῦτα τί ἐστὶν εἰς τοσοῦτους ¹⁰ εἶπεν ὁ Ἰησοῦς Ποιήσατε τοὺς ἀνθρώπους ἀναπεσεῖν ἦν δὲ χόρτος πολὺς ἐν τῷ τόπῳ ἀνέπεσαν οὖν οἱ ἄνδρες τὸν ἀριθμὸν ὡς πεντακισχίλιοι ¹¹ ἔλαβεν οὖν τοὺς ἄρτους ὁ Ἰησοῦς καὶ εὐχαριστήσας διέδωκεν τοῖς ἀνακειμένοις ὁμοίως καὶ ἐκ τῶν ὄψαριων ὅσον ἤθελον ¹² ὡς δὲ ἐνεπλήσθησαν λέγει τοῖς μαθηταῖς αὐτοῦ Συναγάγετε τὰ περισσεύσαντα κλάσματα ἵνα μὴ τι ἀπόληται ¹³ συνήγαγον οὖν καὶ ἐγένισαν δώδεκα κοφίνους κλασμάτων ἐκ τῶν πέντε ἄρτων τῶν κριθίνων ἃ ἐπερίσσευσαν τοῖς βεβρωκόσιν ¹⁴ Οἱ οὖν ἄνθρωποι ἰδόντες α ἐποίησεν σημεῖα ἔλεγον ὅτι Οὗτός ἐστιν ἀληθῶς ὁ προφήτης ὁ ἐρχόμενος εἰς τὸν κόσμον

6:1 After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. **2** And a large crowd was following him, because they saw the signs that he was doing on the sick. **3** Jesus went up on the mountain, and there he sat down with his disciples. **4** Now the Passover, the feast of the Jews, was at hand. **5** Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, “Where are we to buy bread, so that these people may eat?” **6** He said this to test him, for he himself knew what he would do. **7** Philip answered him, “Two hundred denarii [\[1\]](#) would not buy enough bread for each of them to get a little.” **8** One of his disciples, Andrew, Simon Peter's brother, said to him, **9** “There is a boy here who has five barley loaves and two fish, but what are they for so many?” **10** Jesus said, “Have the people sit down.” Now there was much grass in the place. So the men sat down, about five thousand in number. **11** Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted. **12** And when they had eaten their fill, he told his disciples, “Gather up the leftover fragments, that nothing may be lost.” **13** So they gathered them up and filled twelve baskets with fragments from the five barley loaves left by those who had eaten. **14** When the people saw the sign that he had done, they said, “This is indeed the Prophet who is to come into the world!”

²⁵ καὶ εὐρόντες αὐτὸν πέραν τῆς θαλάσσης εἶπον αὐτῷ Ῥαββί πότε ὧδε γέγονας ²⁶ ἀπεκρίθη αὐτοῖς ὁ Ἰησοῦς καὶ εἶπεν Ἀμὴν ἀμὴν λέγω ὑμῖν ζητεῖτέ με οὐχ ὅτι εἶδετε σημεῖα ἀλλ ὅτι ἐφάγετε ἐκ τῶν ἄρτων καὶ ἐχορτάσθητε ²⁷ ἐργάζεσθε μὴ τὴν βρῶσιν τὴν ἀπολλυμένην ἀλλὰ τὴν βρῶσιν τὴν μένουσαν εἰς ζωὴν αἰώνιον ἣν ὁ υἱὸς τοῦ ἀνθρώπου ὑμῖν δώσει· τοῦτον γὰρ ὁ πατὴρ ἐσφράγισεν ὁ θεός ²⁸ εἶπον οὖν πρὸς αὐτόν Τί ποιῶμεν ἵνα ἐργαζώμεθα τὰ ἔργα τοῦ θεοῦ ²⁹ ἀπεκρίθη ὁ Ἰησοῦς καὶ εἶπεν αὐτοῖς Τοῦτό ἐστὶν τὸ ἔργον τοῦ θεοῦ ἵνα πιστεύητε εἰς ὃν ἀπέστειλεν ἐκεῖνος ³⁰ εἶπον οὖν αὐτῷ Τί οὖν ποιεῖς σὺ σημεῖον ἵνα ἴδωμεν καὶ πιστεύσωμέν σοι τί ἐργάζῃ ³¹ οἱ πατέρες ἡμῶν τὸ μάννα ἔφαγον ἐν τῇ ἐρήμῳ καθώς

ἐστιν γεγραμμένον Ἔρτον ἐκ τοῦ οὐρανοῦ ἔδωκεν αὐτοῖς φαγεῖν ³² εἶπεν οὖν αὐτοῖς ὁ Ἰησοῦς Ἀμὴν ἀμὴν λέγω ὑμῖν οὐ Μωϋσῆς ἔδωκεν ὑμῖν τὸν ἄρτον ἐκ τοῦ οὐρανοῦ ἀλλ ὁ πατήρ μου δίδωσιν ὑμῖν τὸν ἄρτον ἐκ τοῦ οὐρανοῦ τὸν ἀληθινόν· ³³ ὁ γὰρ ἄρτος τοῦ θεοῦ ἐστιν ὁ καταβαίνων ἐκ τοῦ οὐρανοῦ καὶ ζωὴν διδοὺς τῷ κόσμῳ ³⁴ Εἶπον οὖν πρὸς αὐτόν Κύριε πάντοτε δὸς ἡμῖν τὸν ἄρτον τοῦτον ³⁵ εἶπεν αὐτοῖς ὁ Ἰησοῦς Ἐγὼ εἰμι ὁ ἄρτος τῆς ζωῆς· ὁ ἐρχόμενος πρὸς ἐμὲ οὐ μὴ πεινάσῃ καὶ ὁ πιστεύων εἰς ἐμὲ οὐ μὴ διψήσῃ πώποτε

25 When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” **26** Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. **27** Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.” **28** Then they said to him, “What must we do, to be doing the works of God?” **29** Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” **30** So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform? **31** Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” **32** Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. **33** For the bread of God is he who comes down from heaven and gives life to the world.” **34** They said to him, “Sir, give us this bread always.”

35 Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

Food laws

Leviticus 11

¹ וַיְדַבֵּר יְהוָה אֶל-מֹשֶׁה וְאֶל-אַהֲרֹן לֵאמֹר
אֱלֹהִים:
² דַּבְּרוּ אֶל-בְּנֵי יִשְׂרָאֵל לֵאמֹר זֹאת הַחֲזִיָּה אֲשֶׁר תֹּאכְלוּ
מִכָּל-הַבְּהֵמָה אֲשֶׁר עַל-הָאָרֶץ:
³ כָּל מִפְרֶסֶת פְּרֶסֶה וְשִׁסְעַת שִׁסְעַת מַעֲלַת גֶּרֶה
בְּבֵהֵמָה אֵתָּה תֹאכְלוּ:
⁴ אֲךָ אֵת-זֶה לֹא תֹאכְלוּ מִמַּעֲלֵי הַגֶּרֶה וּמִמִּפְרִי־סִי הַפְּרֶסֶה
אֵת-הַגִּמְלָה כִּי-מַעֲלָה גֶרֶה הוּא וּפְרֶסֶה אֵינְנָהּ מִפְרִי־סִי טָמֵא
הוּא לָכֶם:

⁵ וְאֶת־הַשֶּׁפֶן כִּי־מַעֲלָה גָרָה הוּא וּפְרָסָה לֹא יִפְרִיס טָמֵא
הוּא לָכֶם:
⁶ וְאֶת־הָאֲרֻנֹּבֶת כִּי־מַעֲלַת גָּרָה הוּא וּפְרָסָה לֹא הִפְרִיסָהּ
טָמֵאָה הוּא לָכֶם:
⁷ וְאֶת־הַחֲזִיר כִּי־מִפְרִיס פְּרָסָה הוּא וְשִׁסַּע שִׁסַּע פְּרָסָה
וְהוּא גָרָה לֹא־יִגַּר טָמֵא הוּא לָכֶם:
⁸ מִבְּשָׂרָם לֹא תֹאכְלוּ וּבְנִבְלָתָם לֹא תִגְעוּ טָמֵאִים הֵם לָכֶם:
⁹ אֶת־זֶה תֹאכְלוּ מִכֹּל אֲשֶׁר בַּיָּם כֹּל אֲשֶׁר־לוֹ סִנְפִיר
וְקִשְׁקֶשֶׁת בַּיָּם בַּיָּמִים וּבְנִחְלָיִם אַתֶּם תֹּאכְלוּ:
¹⁰ וְכֹל אֲשֶׁר אֵין־לוֹ סִנְפִיר וְקִשְׁקֶשֶׁת בַּיָּמִים וּבְנִחְלָיִם מִכֹּל
שָׂרֵץ הַיָּם וּמִכֹּל נֶפֶשׁ הַחַיָּה אֲשֶׁר בַּיָּם שֶׁקֶץ הֵם לָכֶם:
¹¹ וְשֶׁקֶץ יִהְיוּ לָכֶם מִבְּשָׂרָם לֹא תֹאכְלוּ וְאֶת־נִבְלָתָם תִּשְׁקְצוּ:
¹² כֹּל אֲשֶׁר אֵין־לוֹ סִנְפִיר וְקִשְׁקֶשֶׁת בַּיָּם שֶׁקֶץ הוּא לָכֶם:
¹³ וְאֶת־אֵלֶּה תִּשְׁקְצוּ מִן־הָעוֹף לֹא יֹאכְלוּ שֶׁקֶץ הֵם
אֶת־הַנֶּשֶׁר וְאֶת־הַפֶּרֶס וְאֶת־הָעֹזְנִיָּה:
¹⁴ וְאֶת־הַדָּאָה וְאֶת־הָאֵיָּה לְמִינָהּ:
¹⁵ אֶת כָּל־עֶרֶב לְמִינוֹ:
¹⁶ וְאֶת בֵּת הַיַּעֲנָה וְאֶת־הַתַּחֲמֹס וְאֶת־הַשְּׁחָף וְאֶת־הַנֶּזֶן
לְמִינָהּוּ:
¹⁷ וְאֶת־הַכּוֹס וְאֶת־הַשֶּׁלֶף וְאֶת־הַיִּנְשׁוּף:
¹⁸ וְאֶת־הַתְּנַשְׁמַת וְאֶת־הַקָּאֵת וְאֶת־הַרְחֹם:
¹⁹ וְאֶת הַחֲסִידָה הָאֲנָפָה לְמִינָהּ וְאֶת־הַדּוּכִיפַת וְאֶת־הָעֶטְלָף:
²⁰ כֹּל שָׂרֵץ הָעוֹף הַהֶלֶךְ עַל־אַרְבַּע שֶׁקֶץ הוּא לָכֶם: ס
²¹ אֶךְ אֶת־זֶה תֹאכְלוּ מִכֹּל שָׂרֵץ הָעוֹף הַהֶלֶךְ עַל־אַרְבַּע
אֲשֶׁר־לֹא [לֹחַ] כְּרַעִים מִמַּעַל לְרַגְלָיו לְנֹתֵר בָּהֶן עַל־הָאָרֶץ:
²² אֶת־אֵלֶּה מֵהֶם תֹּאכְלוּ אֶת־הָאֲרָבָה לְמִינוֹ וְאֶת־הַסֹּלֶעַם
לְמִינָהּוּ וְאֶת־הַחֲרָגָל לְמִינָהּוּ וְאֶת־הַחֲנָב לְמִינָהּוּ:
²³ וְכֹל שָׂרֵץ הָעוֹף אֲשֶׁר־לוֹ אַרְבַּע רַגְלִים שֶׁקֶץ הוּא לָכֶם:
²⁴ וְלֹאֵלֶּה תִּטְמְאוּ כָּל־הַנֹּגַע בְּנִבְלָתָם יִטְמָא עַד־הָעָרֶב:
²⁵ וְכֹל־הַנֶּשֶׂא מִנִּבְלָתָם יִכָּבֵס בְּגִדּוֹ וְטָמֵא עַד־הָעָרֶב:
²⁶ לְכֹל־הַבְּהֵמָה אֲשֶׁר הוּא מִפְּרֹסֶת פְּרָסָה וְשִׁסַּע אֵינָנָה
שִׁסַּעַת וְגָרָה אֵינָנָה מַעֲלָה טָמֵאִים הֵם לָכֶם כָּל־הַנֹּגַע בָּהֶם
יִטְמָא:
²⁷ וְכֹל הַחֲזִיר עַל־כַּפָּיו בְּכֹל־הַחַיָּה הַהֹלֶכֶת עַל־אַרְבַּע
טָמֵאִים הֵם לָכֶם כָּל־הַנֹּגַע בְּנִבְלָתָם יִטְמָא עַד־הָעָרֶב:

²⁸ וְהַנְּשֵׂא אֶת־נִבְלָתָם יִכְבֹּס בְּגָדָיו וְטָמֵא עַד־הָעָרֶב טָמְאִים
הַמָּזָה לָכֶם: ס
²⁹ וְזֶה לָכֶם הַטָּמֵא בַּשָּׂרֵץ הַשָּׂרֵץ עַל־הָאָרֶץ הַחֲלָד
וְהַעֲכָבֵר וְהַצֵּב לְמִינֵהוּ:
³⁰ וְהָאֲנָקָה וְהַכַּח וְהַלְטָאָה וְהַחֲמִט וְהַתְּנַשְׁמֹת:
³¹ אֵלֶּה הַטָּמְאִים לָכֶם בְּכָל־הַשָּׂרֵץ כָּל־הַנֹּגַע בָּהֶם בְּמַתָּם
יִטְמָא עַד־הָעָרֶב:
³² וְכָל אֲשֶׁר־יִפֹּל־עָלָיו מֵהֶם בְּמַתָּם יִטְמָא מִכָּל־כְּלֵי־עֵץ
אוֹ בְגָד אוֹ־עוֹר אוֹ שֶׁק כָּל־כְּלֵי אֲשֶׁר־יַעֲשֶׂה מְלֹאכָה בָּהֶם
בַּיָּמִים יוֹבֵא וְטָמֵא עַד־הָעָרֶב וְטָהַר:
³³ וְכָל־כְּלֵי־חַרְשׁ אֲשֶׁר־יִפֹּל מֵהֶם אֶל־תּוֹכּוּ כָּל אֲשֶׁר בְּתוֹכּוּ
יִטְמָא וְאֹתוֹ תִּשְׁבְּרוּ:
³⁴ מִכָּל־הָאֹכֵל אֲשֶׁר יֹאכַל אֲשֶׁר יוֹבֵא עָלָיו מַיִם יִטְמָא
וְכָל־מִשְׁקָה אֲשֶׁר יִשְׁתֶּה בְּכָל־כְּלֵי יִטְמָא:
³⁵ וְכָל אֲשֶׁר־יִפֹּל מִנִּבְלָתָם עָלָיו יִטְמָא תַּנּוּר וְכִירִים יִתֵּן
טָמְאִים הֵם וְטָמְאִים יִהְיוּ לָכֶם:
³⁶ אֵד מַעַן וּבוֹר מְקוּה־מַיִם יִהְיֶה טָהוֹר וְנֹגַע בְּנִבְלָתָם
יִטְמָא:
³⁷ וְכִי יִפֹּל מִנִּבְלָתָם עַל־כָּל־זֶרַע זֶרַע אֲשֶׁר יִזְרַע טָהוֹר
הוּא:
³⁸ וְכִי יִתֵּן־מַיִם עַל־זֶרַע וְנִפֹּל מִנִּבְלָתָם עָלָיו טָמֵא הוּא
לָכֶם: ס
³⁹ וְכִי יָמוּת מִן־הַבְּהֵמָה אֲשֶׁר־הִיא לָכֶם לֶאֱכֹלָה הַנֹּגַע
בְּנִבְלָתָהּ יִטְמָא עַד־הָעָרֶב:
⁴⁰ וְהָאֹכֵל מִנִּבְלָתָהּ יִכְבֹּס בְּגָדָיו וְטָמֵא עַד־הָעָרֶב וְהַנְּשֵׂא
אֶת־נִבְלָתָהּ יִכְבֹּס בְּגָדָיו וְטָמֵא עַד־הָעָרֶב:
⁴¹ וְכָל־הַשָּׂרֵץ הַשָּׂרֵץ עַל־הָאָרֶץ שֶׁקֶץ הוּא לֹא יֹאכַל:
⁴² כָּל הַחֹלֶד עַל־גַּחֲזוֹן וְכָל הַחֹלֶד עַל־אַרְבֶּע עַד כָּל־מַרְבֵּה
רְגָלִים לְכָל־הַשָּׂרֵץ הַשָּׂרֵץ עַל־הָאָרֶץ לֹא תֹאכְלוּם כִּי־שֶׁקֶץ
הֵם:
⁴³ אֶל־תִּשְׁקְצוּ אֶת־נַפְשֹׁתֵיכֶם בְּכָל־הַשָּׂרֵץ הַשָּׂרֵץ וְלֹא
תִּטְמְאוּ בָּהֶם וְנִטְמְתֶם בָּם:
⁴⁴ כִּי אֲנִי יְהוָה אֱלֹהֵיכֶם וְהִתְקַדַּשְׁתֶּם וְהִייתֶם קְדוֹשִׁים כִּי
קְדוֹשׁ אֲנִי וְלֹא תִטְמְאוּ אֶת־נַפְשֹׁתֵיכֶם בְּכָל־הַשָּׂרֵץ הָרָמָשׁ
עַל־הָאָרֶץ:

⁴⁵ כִּי־אָנֹכִי יְהוָה הַמַּעֲלֶה אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיֵּת לָכֶם
 לֵאלֹהִים וְהֵייתֶם קְדוֹשִׁים כִּי קָדוֹשׁ אָנֹכִי:
⁴⁶ זֹאת תֹּרַת הַבְּהֵמָה וְהָעוֹף וְכֹל נֶפֶשׁ הַחַיָּה הַרְמוּשָׁת
 בַּמַּיִם וְלִכְל־נֶפֶשׁ הַשְּׂרֻצָּת עַל־הָאָרֶץ:
⁴⁷ לְהַבְדִּיל בֵּין הַטָּמֵא וּבֵין הַטָּהוֹר וּבֵין הַחַיָּה הַנְּאֻכָּלֶת
 וּבֵין הַחַיָּה אֲשֶׁר לֹא תֹאכַל: פ

11:1 And the LORD spoke to Moses and Aaron, saying to them, **2** “Speak to the people of Israel, saying, These are the living things that you may eat among all the animals that are on the earth. **3** Whatever parts the hoof and is cloven-footed and chews the cud, among the animals, you may eat. **4** Nevertheless, among those that chew the cud or part the hoof, you shall not eat these: The camel, because it chews the cud but does not part the hoof, is unclean to you. **5** And the rock badger, because it chews the cud but does not part the hoof, is unclean to you. **6** And the hare, because it chews the cud but does not part the hoof, is unclean to you. **7** And the pig, because it parts the hoof and is cloven-footed but does not chew the cud, is unclean to you. **8** You shall not eat any of their flesh, and you shall not touch their carcasses; they are unclean to you.

9 “These you may eat, of all that are in the waters. Everything in the waters that has fins and scales, whether in the seas or in the rivers, you may eat. **10** But anything in the seas or the rivers that has not fins and scales, of the swarming creatures in the waters and of the living creatures that are in the waters, is detestable to you. **11** You shall regard them as detestable; you shall not eat any of their flesh, and you shall detest their carcasses. **12** Everything in the waters that has not fins and scales is detestable to you.

13 “And these you shall detest among the birds; [\[1\]](#) they shall not be eaten; they are detestable: the eagle, [\[2\]](#) the bearded vulture, the black vulture, **14** the kite, the falcon of any kind, **15** every raven of any kind, **16** the ostrich, the nighthawk, the sea gull, the hawk of any kind, **17** the little owl, the cormorant, the short-eared owl, **18** the barn owl, the tawny owl, the carrion vulture, **19** the stork, the heron of any kind, the hoopoe, and the bat.

20 “All winged insects that go on all fours are detestable to you. **21** Yet among the winged insects that go on all fours you may eat those that have jointed legs above their feet, with which to hop on the ground. **22** Of them you may eat: the locust of any kind,

the bald locust of any kind, the cricket of any kind, and the grasshopper of any kind. **23** But all other winged insects that have four feet are detestable to you.

24 “And by these you shall become unclean. Whoever touches their carcass shall be unclean until the evening, **25** and whoever carries any part of their carcass shall wash his clothes and be unclean until the evening. **26** Every animal that parts the hoof but is not cloven-footed or does not chew the cud is unclean to you. Everyone who touches them shall be unclean. **27** And all that walk on their paws, among the animals that go on all fours, are unclean to you. Whoever touches their carcass shall be unclean until the evening, **28** and he who carries their carcass shall wash his clothes and be unclean until the evening; they are unclean to you.

29 “And these are unclean to you among the swarming things that swarm on the ground: the mole rat, the mouse, the great lizard of any kind, **30** the gecko, the monitor lizard, the lizard, the sand lizard, and the chameleon. **31** These are unclean to you among all that swarm. Whoever touches them when they are dead shall be unclean until the evening. **32** And anything on which any of them falls when they are dead shall be unclean, whether it is an article of wood or a garment or a skin or a sack, any article that is used for any purpose. It must be put into water, and it shall be unclean until the evening; then it shall be clean. **33** And if any of them falls into any earthenware vessel, all that is in it shall be unclean, and you shall break it. **34** Any food in it that could be eaten, on which water comes, shall be unclean. And all drink that could be drunk from every such vessel shall be unclean. **35** And everything on which any part of their carcass falls shall be unclean. Whether oven or stove, it shall be broken in pieces. They are unclean and shall remain unclean for you. **36** Nevertheless, a spring or a cistern holding water shall be clean, but whoever touches a carcass in them shall be unclean. **37** And if any part of their carcass falls upon any seed grain that is to be sown, it is clean, **38** but if water is put on the seed and any part of their carcass falls on it, it is unclean to you.

39 “And if any animal which you may eat dies, whoever touches its carcass shall be unclean until the evening, **40** and whoever eats of its carcass shall wash his clothes and be unclean until the evening. And whoever carries the carcass shall wash his clothes and be unclean until the evening.

41 “Every swarming thing that swarms on the ground is detestable; it shall not be eaten. **42** Whatever goes on its belly, and whatever goes on all fours, or whatever has

many feet, any swarming thing that swarms on the ground, you shall not eat, for they are detestable. **43** You shall not make yourselves detestable with any swarming thing that swarms, and you shall not defile yourselves with them, and become unclean through them. **44** For I am the LORD your God. Consecrate yourselves therefore, and be holy, for I am holy. You shall not defile yourselves with any swarming thing that crawls on the ground. **45** For I am the LORD who brought you up out of the land of Egypt to be your God. You shall therefore be holy, for I am holy.”

46 This is the law about beast and bird and every living creature that moves through the waters and every creature that swarms on the ground, **47** to make a distinction between the unclean and the clean and between the living creature that may be eaten and the living creature that may not be eaten.

Mark 7

¹⁴ Καὶ προσκαλεσάμενος πάλιν τὸν ὄχλον ἔλεγεν αὐτοῖς Ἐκούσατέ μου πάντες καὶ σύνετε ¹⁵ οὐδέν ἐστιν ἕξωθεν τοῦ ἀνθρώπου εἰσπορευόμενον εἰς αὐτὸν ὃ δύναται κοινῶσαι αὐτόν ἀλλὰ τὰ ἐκ τοῦ ἀνθρώπου ἐκπορευόμενά ἐστιν τὰ κοινούντα τὸν ἄνθρωπον ¹⁶ ¹⁷ Καὶ ὅτε εἰσῆλθεν εἰς οἶκον ἀπὸ τοῦ ὄχλου ἐπηρώτων αὐτὸν οἱ μαθηταὶ αὐτοῦ τὴν παραβολήν ¹⁸ καὶ λέγει αὐτοῖς Οὕτως καὶ ὑμεῖς ἀσύνετοί ἐστε οὐ νοεῖτε ὅτι πᾶν τὸ ἕξωθεν εἰσπορευόμενον εἰς τὸν ἄνθρωπον οὐ δύναται αὐτὸν κοινῶσαι ¹⁹ ὅτι οὐκ εἰσπορεύεται αὐτοῦ εἰς τὴν καρδίαν ἀλλ εἰς τὴν κοιλίαν καὶ εἰς τὸν ἀφεδρῶνα ἐκπορεύεται καθαρίζων πάντα τὰ βρώματα ²⁰ ἔλεγεν δὲ ὅτι Τὸ ἐκ τοῦ ἀνθρώπου ἐκπορευόμενον ἐκεῖνο κοινοῖ τὸν ἄνθρωπον ²¹ ἔσωθεν γὰρ ἐκ τῆς καρδίας τῶν ἀνθρώπων οἱ διαλογισμοὶ οἱ κακοὶ ἐκπορεύονται πορνεῖαι κλοπαὶ φόνοι ²² μοιχεῖαι πλεονεξίαι πονηρίαι δόλος ἀσέλγεια ὀφθαλμὸς πονηρὸς βλασφημία ὑπερηφανία ἀφροσύνη ²³ πάντα ταῦτα τὰ πονηρὰ ἔσωθεν ἐκπορεύεται καὶ κοινοῖ τὸν ἄνθρωπον

14 And he called the people to him again and said to them, “Hear me, all of you, and understand: **15** There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him.” [\[5\]](#) **17** And when he had entered the house and left the people, his disciples asked him about the parable. **18** And he said to them, “Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, **19** since it enters not his heart but his stomach, and is expelled?” [\[6\]](#) (Thus he declared all foods clean.) **20** And he said, “What comes out of a person is what defiles him. **21** For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, **22** coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. **23** All these evil things come from within, and they defile a person.”

Acts 11

¹ Ἦκουσαν δὲ οἱ ἀπόστολοι καὶ οἱ ἀδελφοὶ οἱ ὄντες κατὰ τὴν Ἰουδαίαν ὅτι καὶ τὰ ἔθνη ἐδέξαντο τὸν λόγον τοῦ θεοῦ ² ὅτε δὲ ἀνέβη Πέτρος εἰς Ἱερουσαλήμ διεκρίνοντο πρὸς αὐτὸν οἱ ἐκ περιτομῆς ³ λέγοντες ὅτι εἰσήλθεν πρὸς ἄνδρας ἀκροβυστίαν ἔχοντας καὶ συνέφαγεν αὐτοῖς ⁴ ἀρξάμενος δὲ Πέτρος ἐξετίθετο αὐτοῖς καθεζῆς λέγων ⁵ Ἐγὼ ἤμην ἐν πόλει Ἰόππῃ προσευχόμενος καὶ εἶδον ἐν ἑκστάσει ὄραμα καταβαλῖνον σκευὸς τι ὡς ὀθόνην μεγάλην τέσσαρσιν ἀρχαῖς καθιεμένην ἐκ τοῦ οὐρανοῦ καὶ ἦλθεν ἄχρις ἐμοῦ· ⁶ εἰς ἣν ἀτενίσας κατενόουν καὶ εἶδον τὰ τετράποδα τῆς γῆς καὶ τὰ θηρία καὶ τὰ ἑρπετὰ καὶ τὰ πετεινὰ τοῦ οὐρανοῦ ⁷ ἤκουσα δὲ καὶ φωνῆς λεγούσης μοι Ἄναστάς Πέτρε θύσον καὶ φάγε ⁸ εἶπον δὲ Μηδαμῶς κύριε ὅτι κοινὸν ἢ ἀκάθαρτον οὐδέποτε εἰσήλθεν εἰς τὸ στόμα μου ⁹ ἀπεκρίθη δὲ ἐκ δευτέρου φωνὴ ἐκ τοῦ οὐρανοῦ Ἄ ὁ θεὸς ἐκαθάρισεν σὺ μὴ κοίνου ¹⁰ τοῦτο δὲ ἐγένετο ἐπὶ τρίς καὶ ἀνεσπίασθη πάλιν ἅπαντα εἰς τὸν οὐρανόν ¹¹ καὶ ἰδοὺ ἐξαυτῆς τρεῖς ἄνδρες ἐπέστησαν ἐπὶ τὴν οἰκίαν ἐν ἣ ἤμην ἀπεσταλμένοι ἀπὸ Καισαρείας πρὸς με ¹² εἶπεν δὲ τὸ πνεῦμά μοι συνελθεῖν αὐτοῖς μηδὲν διακρίναντα ἦλθον δὲ σὺν ἐμοὶ καὶ οἱ ἕξ ἀδελφοὶ οὗτοι καὶ εἰσήλθομεν εἰς τὸν οἶκον τοῦ ἀνδρός ¹³ ἀπήγγειλεν δὲ ἡμῖν πῶς εἶδεν τὸν ἄγγελον ἐν τῷ οἴκῳ αὐτοῦ σταθέντα καὶ εἰπόντα Ἀπόστειλον εἰς Ἰόππην καὶ μετάπεμψαι Σίμωνα τὸν ἐπικαλούμενον Πέτρον ¹⁴ ὃς λαλήσει ῥήματα πρὸς σέ ἐν οἷς σωθήσῃ σὺ καὶ πᾶς ὁ οἶκός σου ¹⁵ ἐν δὲ τῷ ἄρξασθαί με λαλεῖν ἐπέπεσεν τὸ πνεῦμα τὸ ἅγιον ἐπ' αὐτοὺς ὥσπερ καὶ ἐφ' ἡμᾶς ἐν ἀρχῇ ¹⁶ ἐμνήσθη δὲ τοῦ ῥήματος τοῦ κυρίου ὡς ἔλεγεν Ἰωάννης μὲν ἐβάπτισεν ὕδατι ὑμεῖς δὲ βαπτισθήσεσθε ἐν πνεύματι ἁγίῳ ¹⁷ εἰ οὖν τὴν ἴσῃν δωρεὰν ἔδωκεν αὐτοῖς ὁ θεὸς ὡς καὶ ἡμῖν πιστεύσασιν ἐπὶ τὸν κύριον Ἰησοῦν Χριστόν ἐγὼ τίς ἤμην δυνατὸς κωλῦσαι τὸν θεόν ¹⁸ ἀκούσαντες δὲ ταῦτα ἠσύχασαν καὶ ἐδόξασαν τὸν θεὸν λέγοντες Ἄρα καὶ τοῖς ἔθνεσιν ὁ θεὸς τὴν μετάνοιαν εἰς ζωὴν ἔδωκεν

11:1 Now the apostles and the brothers [\[1\]](#) who were throughout Judea heard that the Gentiles also had received the word of God. **2** So when Peter went up to Jerusalem, the circumcision party criticized him, saying, **3** “You went to uncircumcised men and ate with them.” **4** But Peter began and explained it to them in order: **5** “I was in the city of Joppa praying, and in a trance I saw a vision, something like a great sheet descending, being let down from heaven by its four corners, and it came down to me. **6** Looking at it closely, I observed animals and beasts of prey and reptiles and birds of the air. **7** And I heard a voice saying to me, ‘Rise, Peter; kill and eat.’ **8** But I said, ‘By no means, Lord; for nothing common or unclean has ever entered my mouth.’ **9** But the voice answered a second time from heaven, ‘What God has made clean, do not call common.’ **10** This happened three times, and all was drawn up again into heaven. **11** And behold, at that very moment three men arrived at the house in which we were, sent to me from Caesarea. **12** And the Spirit told me to go with them, making no distinction. These six brothers also accompanied me, and we entered the man's house. **13** And he told us how he had seen the angel stand in his house and say, ‘Send to Joppa and bring Simon who is called Peter; **14** he will declare to you a message by which you will be saved, you and all

your household.' **15** As I began to speak, the Holy Spirit fell on them just as on us at the beginning. **16** And I remembered the word of the Lord, how he said, 'John baptized with water, but you will be baptized with the Holy Spirit.' **17** If then God gave the same gift to them as he gave to us when we believed in the Lord Jesus Christ, who was I that I could stand in God's way?" **18** When they heard these things they fell silent. And they glorified God, saying, "Then to the Gentiles also God has granted repentance that leads to life."

Acts 15

¹ Καί τινες κατελθόντες ἀπὸ τῆς Ἰουδαίας ἐδίδασκον τοὺς ἀδελφοὺς ὅτι Ἐὰν μὴ περιτμηθῆτε τῷ ἔθει τῷ Μωϋσέως οὐ δύνασθε σωθῆναι ² γενομένης δὲ στάσεως καὶ ζητήσεως οὐκ ὀλίγης τῷ Παύλῳ καὶ τῷ Βαρναβᾶ πρὸς αὐτοὺς ἔταξαν ἀναβαίνειν Παῦλον καὶ Βαρναβᾶν καὶ τινὰς ἄλλους ἐξ αὐτῶν πρὸς τοὺς ἀποστόλους καὶ πρεσβυτέρους εἰς Ἱερουσαλὴμ περὶ τοῦ ζητήματος τούτου ³ Οἱ μὲν οὖν προπεμφθέντες ὑπὸ τῆς ἐκκλησίας διήρχοντο τὴν τε Φοινίκην καὶ Σαμάρειαν ἐκδιηγούμενοι τὴν ἐπιστροφὴν τῶν ἐθνῶν καὶ ἐποίουν χαρὰν μεγάλην πᾶσιν τοῖς ἀδελφοῖς ⁴ παραγενόμενοι δὲ εἰς Ἱεροσόλυμα παρεδέχθησαν ἀπὸ τῆς ἐκκλησίας καὶ τῶν ἀποστόλων καὶ τῶν πρεσβυτέρων ἀνήγγειλάν τε ὅσα ὁ θεὸς ἐποίησεν μετ' αὐτῶν ⁵ ἔξανέστησαν δὲ τινες τῶν ἀπὸ τῆς αἰρέσεως τῶν Φαρισαίων πεπιστευκότες λέγοντες ὅτι δεῖ περιτέμνειν αὐτοὺς παραγγέλλειν τε τηρεῖν τὸν νόμον Μωϋσέως ⁶ Συνήχθησάν τε οἱ ἀπόστολοι καὶ οἱ πρεσβύτεροι ἰδεῖν περὶ τοῦ λόγου τούτου ⁷ πολλῆς δὲ ζητήσεως γενομένης ἀναστὰς Πέτρος εἶπεν πρὸς αὐτούς Ἴδου ἀδελφοί ὑμεῖς ἐπίστασθε ὅτι ἀφ' ἡμερῶν ἀρχαίων ἐν ὑμῖν ἐξελέξατο ὁ θεὸς διὰ τοῦ στόματός μου ἀκοῦσαι τὰ ῥήθη τὸν λόγον τοῦ εὐαγγελίου καὶ πιστεῦσαι ⁸ καὶ ὁ καρδιογνώστης θεὸς ἐμαρτύρησεν αὐτοῖς δοὺς τὸ πνεῦμα τὸ ἅγιον καθὼς καὶ ἡμῖν ⁹ καὶ οὐθέν διέκρινεν μεταξὺ ἡμῶν τε καὶ αὐτῶν τῇ πίστει καθάριας τὰς καρδίας αὐτῶν ¹⁰ νῦν οὖν τί πειράζετε τὸν θεόν ἐπιθεῖναι ζυγὸν ἐπὶ τὸν τράχηλον τῶν μαθητῶν ὃν οὔτε οἱ πατέρες ἡμῶν οὔτε ἡμεῖς ἰσχύσαμεν βαστάσαι ¹¹ ἀλλὰ διὰ τῆς χάριτος τοῦ κυρίου Ἰησοῦ πιστεύομεν σωθῆναι καθ' ὃν τρόπον κἀκεῖνοι

15:1 But some men came down from Judea and were teaching the brothers, "Unless you are circumcised according to the custom of Moses, you cannot be saved." **2** And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to the apostles and the elders about this question. **3** So, being sent on their way by the church, they passed through both Phoenicia and Samaria, describing in detail the conversion of the Gentiles, and brought great joy to all the brothers. [\[1\]](#) **4** When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they declared all that God had done with them. **5** But some believers who belonged to the party of the Pharisees rose up and said, "It is necessary to circumcise them and to order them to keep the law of Moses."

6 The apostles and the elders were gathered together to consider this matter. **7** And after there had been much debate, Peter stood up and said to them, “Brothers, you know that in the early days God made a choice among you, that by my mouth the Gentiles should hear the word of the gospel and believe. **8** And God, who knows the heart, bore witness to them, by giving them the Holy Spirit just as he did to us, **9** and he made no distinction between us and them, having cleansed their hearts by faith. **10** Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear? **11** But we believe that we will be saved through the grace of the Lord Jesus, just as they will.”

²² Τότε ἔδοξεν τοῖς ἀποστόλοις καὶ τοῖς πρεσβυτέροις σὺν ὅλῃ τῇ ἐκκλησίᾳ ἐκλεξαμένους ἄνδρας ἐξ αὐτῶν πέμψαι εἰς Ἀντιόχειαν σὺν τῷ Παύλῳ καὶ Βαρναβᾷ Ἰούδαν τὸν καλούμενον Βαρσαββᾶν καὶ Σιλᾶν ἄνδρας ἡγουμένους ἐν τοῖς ἀδελφοῖς ²³ γράψαντες διὰ χειρὸς αὐτῶν Οἱ ἀπόστολοι καὶ οἱ πρεσβύτεροι ἀδελφοὶ τοῖς κατὰ τὴν Ἀντιόχειαν καὶ Συρίαν καὶ Κιλικίαν ἀδελφοῖς τοῖς ἐξ ἔθνῶν χαίρειν ²⁴ Ἐπειδὴ ἠκούσαμεν ὅτι τινὲς ἐξ ἡμῶν ἐτάραξαν ὑμᾶς λόγοις ἀνασκευάζοντες τὰς ψυχὰς ὑμῶν οἷς οὐ διεστειλάμεθα ²⁵ ἔδοξεν ἡμῖν γενομένοις ὁμοθυμαδὸν ἐκλεξαμένοις ἄνδρας πέμψαι πρὸς ὑμᾶς σὺν τοῖς ἀγαπητοῖς ἡμῶν Βαρναβᾷ καὶ Παύλῳ ²⁶ ἀνθρώποις παραδεδωκόσιν τὰς ψυχὰς αὐτῶν ὑπὲρ τοῦ ὀνόματος τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ ²⁷ ἀπεστάλκαμεν οὖν Ἰούδαν καὶ Σιλᾶν καὶ αὐτοὺς διὰ λόγου ἀπαγγέλλοντας τὰ αὐτά ²⁸ ἔδοξεν γὰρ τῷ πνεύματι τῷ ἁγίῳ καὶ ἡμῖν μηδὲν πλέον ἐπιτίθεσθαι ὑμῖν βάρος πλὴν τούτων τῶν ἐπάναγκες ²⁹ ἀπέχεσθαι εἰδωλοθύτων καὶ αἵματος καὶ πνικτῶν καὶ πορνείας ἐξ ὧν διατηροῦντες ἑαυτοὺς εὖ πράξετε Ἐρρωσθε

22 Then it seemed good to the apostles and the elders, with the whole church, to choose men from among them and send them to Antioch with Paul and Barnabas. They sent Judas called Barsabbas, and Silas, leading men among the brothers, **23** with the following letter: “The brothers, both the apostles and the elders, to the brothers [\[3\]](#) who are of the Gentiles in Antioch and Syria and Cilicia, greetings. **24** Since we have heard that some persons have gone out from us and troubled you [\[4\]](#) with words, unsettling your minds, although we gave them no instructions, **25** it has seemed good to us, having come to one accord, to choose men and send them to you with our beloved Barnabas and Paul, **26** men who have risked their lives for the sake of our Lord Jesus Christ. **27** We have therefore sent Judas and Silas, who themselves will tell you the same things by word of mouth. **28** For it has seemed good to the Holy Spirit and to us to lay on you no greater burden than these requirements: **29** that you abstain from what has been

sacrificed to idols, and from blood, and from what has been strangled, and from sexual immorality. If you keep yourselves from these, you will do well. Farewell.”

Galatians 2

¹ Ἐπειτα διὰ δεκατεσσάρων ἐτῶν πάλιν ἀνέβην εἰς Ἱεροσόλυμα μετὰ Βαρναβᾶ συμπαραλαβὼν καὶ Τίτον· ² ἀνέβην δὲ κατὰ ἀποκάλυψιν· καὶ ἀνεθέμην αὐτοῖς τὸ εὐαγγέλιον ὃ κηρύσσω ἐν τοῖς ἔθνεσιν κατ' ἰδίαν δὲ τοῖς δοκοῦσιν μὴ πως εἰς κενὸν τρέχω ἢ ἔδραμον· ³ ἀλλ' οὐδὲ Τίτος ὁ σὺν ἐμοὶ Ἕλληνας ὧν ἠναγκάσθη περιτομηθῆναι· ⁴ διὰ δὲ τοὺς παρεισάκτους ψευδαδέλφους οἵτινες παρεισηλθον κατασκοπεῖσαι τὴν ἐλευθερίαν ἡμῶν ἣν ἔχομεν ἐν Χριστῷ Ἰησοῦ ἵνα ἡμᾶς καταδουλώσουσιν· ⁵ οἷς οὐδὲ πρὸς ὥραν εἴξαμεν τῇ ὑποταγῇ ἵνα ἡ ἀλήθεια τοῦ εὐαγγελίου διαμείνῃ πρὸς ὑμᾶς· ⁶ ἀπὸ δὲ τῶν δοκούντων εἶναί τι ὁποῖοί ποτε ἦσαν οὐδέν μοι διαφέρει· πρόσωπον [ὁ] θεὸς ἀνθρώπου οὐ λαμβάνει ἐμοὶ γὰρ οἱ δοκοῦντες οὐδὲν προσανέθεντο· ⁷ ἀλλὰ τοῦναντίον ἰδόντες ὅτι πεπίστευμαι τὸ εὐαγγέλιον τῆς ἀκροβυστίας καθὼς Πέτρος τῆς περιτομῆς· ⁸ ὁ γὰρ ἐνεργήσας Πέτρῳ εἰς ἀποστολὴν τῆς περιτομῆς ἐνήργησεν καὶ ἐμοὶ εἰς τὰ ἔθνη· ⁹ καὶ γινόντες τὴν χάριν τὴν δοθείσάν μοι Ἰακώβος καὶ Κηφᾶς καὶ Ἰωάννης οἱ δοκοῦντες στῦλοι εἶναι δεξιὰς ἔδωκαν ἐμοὶ καὶ Βαρναβᾶ κοινωνίας ἵνα ἡμεῖς εἰς τὰ ἔθνη αὐτοὶ δὲ εἰς τὴν περιτομὴν· ¹⁰ μόνον τῶν πτωχῶν ἵνα μνημονεύωμεν ὃ καὶ ἐσπούδασα αὐτὸ τοῦτο ποιῆσαι· ¹¹ Ὅτε δὲ ἦλθεν Κηφᾶς εἰς Ἀντιόχειαν κατὰ πρόσωπον αὐτῷ ἀντέστην ὅτι κατεγνωσμένος ἦν· ¹² πρὸ τοῦ γὰρ ἐλθεῖν τινὰς ἀπὸ Ἰακώβου μετὰ τῶν ἐθνῶν συνήσθιεν· ὅτε δὲ ἦλθον ὑπέστειλεν καὶ ἀφώριζεν ἑαυτὸν φοβούμενος τοὺς ἐκ περιτομῆς· ¹³ καὶ συνυπεκρίθησαν αὐτῷ [καὶ] οἱ λοιποὶ Ἰουδαῖοι ὥστε καὶ Βαρναβᾶς συναπήχθη αὐτῶν τῇ ὑποκρίσει· ¹⁴ ἀλλ' ὅτε εἶδον ὅτι οὐκ ὀρθοδοδοῦσιν πρὸς τὴν ἀλήθειαν τοῦ εὐαγγελίου εἶπον τῷ Κηφᾶ ἔμπροσθεν πάντων· Εἰ σὺ Ἰουδαῖος ὑπάρχων ἐθνικῶς καὶ οὐκ Ἰουδαϊκῶς ζῆς πῶς τὰ ἔθνη ἀναγκάζεις Ἰουδαίειν

2:1 Then after fourteen years I went up again to Jerusalem with Barnabas, taking Titus along with me. **2** I went up because of a revelation and set before them (though privately before those who seemed influential) the gospel that I proclaim among the Gentiles, in order to make sure I was not running or had not run in vain. **3** But even Titus, who was with me, was not forced to be circumcised, though he was a Greek. **4** Yet because of false brothers secretly brought in—who slipped in to spy out our freedom that we have in Christ Jesus, so that they might bring us into slavery— **5** to them we did not yield in submission even for a moment, so that the truth of the gospel might be preserved for you. **6** And from those who seemed to be influential (what they were makes no difference to me; God shows no partiality)—those, I say, who seemed influential added nothing to me. **7** On the contrary, when they saw that I had been entrusted with the gospel to the uncircumcised, just as Peter had been entrusted with the gospel to the circumcised **8** (for he who worked through Peter for his apostolic ministry to the circumcised worked also through me for mine to the Gentiles), **9** and

when James and Cephas and John, who seemed to be pillars, perceived the grace that was given to me, they gave the right hand of fellowship to Barnabas and me, that we should go to the Gentiles and they to the circumcised. **10** Only, they asked us to remember the poor, the very thing I was eager to do.

11 But when Cephas came to Antioch, I opposed him to his face, because he stood condemned. **12** For before certain men came from James, he was eating with the Gentiles; but when they came he drew back and separated himself, fearing the circumcision party. **13** And the rest of the Jews acted hypocritically along with him, so that even Barnabas was led astray by their hypocrisy. **14** But when I saw that their conduct was not in step with the truth of the gospel, I said to Cephas before them all, “If you, though a Jew, live like a Gentile and not like a Jew, how can you force the Gentiles to live like Jews?”

1 Cor 10

²³ Πάντα ἔξεστιν ἀλλ οὐ πάντα συμφέρει· πάντα ἔξεστιν ἀλλ οὐ πάντα οἰκοδομεῖ ²⁴ μηδεὶς τὸ ἑαυτοῦ ζητεῖτω ἀλλὰ τὸ τοῦ ἑτέρου ²⁵ Πᾶν τὸ ἐν μακέλλῳ πωλούμενον ἐσθίετε μηδὲν ἀνακρίνοντες διὰ τὴν συνείδησιν ²⁶ τοῦ κυρίου γὰρ ἡ γῆ καὶ τὸ πλήρωμα αὐτῆς ²⁷ εἴ τις καλεῖ ὑμᾶς τῶν ἀπίστων καὶ θέλετε πορεύεσθαι πᾶν τὸ παρατιθέμενον ὑμῖν ἐσθίετε μηδὲν ἀνακρίνοντες διὰ τὴν συνείδησιν ²⁸ ἂν δέ τις ὑμῖν εἴπη Τοῦτο ἱερόθυτόν ἐστιν μὴ ἐσθίετε δι ἐκεῖνον τὸν μηνύσαντα καὶ τὴν συνείδησιν· ²⁹ συνείδησιν δὲ λέγω οὐχὶ τὴν ἑαυτοῦ ἀλλὰ τὴν τοῦ ἑτέρου ἵνα τί γὰρ ἡ ἐλευθερία μου κρίνεται ὑπὸ ἄλλης συνειδήσεως ³⁰ εἰ ἐγὼ χάριτι μετέχω τί βλασφημοῦμαι ὑπὲρ οὗ ἐγὼ εὐχαριστῶ ³¹ εἴτε οὖν ἐσθίετε εἴτε πίνετε εἴτε τι ποιεῖτε πάντα εἰς δόξαν θεοῦ ποιεῖτε ³² ἀπρόσκοποι καὶ Ἰουδαίοις γίνεσθε καὶ Ἑλλήσιν καὶ τῇ ἐκκλησίᾳ τοῦ θεοῦ ³³ καθὼς καὶ γὰρ πάντα πᾶσιν ἀρέσκω μὴ ζητῶν τὸ ἑμαυτοῦ σύμφορον ἀλλὰ τὸ τῶν πολλῶν ἵνα σωθῶσιν

23 “All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. **24** Let no one seek his own good, but the good of his neighbor. **25** Eat whatever is sold in the meat market without raising any question on the ground of conscience. **26** For “the earth is the Lord's, and the fullness thereof.” **27** If one of the unbelievers invites you to dinner and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. **28** But if someone says to you, “This has been offered in sacrifice,” then do not eat it, for the sake of the one who informed you, and for the sake of conscience— **29** I do not mean your conscience, but his. For why should my liberty be determined by someone else's conscience? **30** If I partake with thankfulness, why am I denounced because of that for which I give thanks?

31 So, whether you eat or drink, or whatever you do, do all to the glory of God.
32 Give no offense to Jews or to Greeks or to the church of God, **33** just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved.

Feeding the hungry

Leviticus 19

9 וּבְקַצְרְכֶם אֶת־קְצִיר אֲרֻצְכֶם לֹא תִכְלֶה פֶּאת שָׂדֶךָ
לְקַצֵּר וְלִקְטַת קְצִירְךָ לֹא תִלְקֹט:
10 וְכִרְמֹךָ לֹא תַעֲוִיל וּפְרֹט כִּרְמֹךָ לֹא תִלְקֹט לְעָנִי וְלַגֵּר
תַּעֲזֹב אֹתָם אֲנִי יְהוָה אֱלֹהֵיכֶם:

9 “When you reap the harvest of your land, you shall not reap your field right up to its edge, neither shall you gather the gleanings after your harvest. **10** And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner: I am the LORD your God.

Psalms 146

5 אֲשֶׁר־י שָׂאֵל יַעֲקֹב בְּעֶזְרוֹ שִׁבְרוּ עַל־יְהוָה אֱלֹהָיו:
6 עָשָׂה שָׁמַיִם וָאָרֶץ אֶת־הַיָּם וְאֶת־כָּל־אֲשֶׁר־בָּם הַשֹּׁמֵר אֱמֹנת
לְעוֹלָם:
7 עָשָׂה מִשְׁפָּט לְעֹשׂוֹקִים נָתַן לֶחֶם לְרַעֲבִים יְהוָה מַתִּיר
אֲסוּרִים:

5 Blessed is he whose help is the God of Jacob,
whose hope is in the LORD his God,
6 who made heaven and earth,
the sea, and all that is in them,
who keeps faith forever;
7 who executes justice for the oppressed,
who gives food to the hungry.

Luke 16

¹⁹ Ἄνθρωπος δέ τις ἦν πλούσιος καὶ ἐνεδιδύσκετο πορφύραν καὶ βύσσον εὐφραινόμενος καθ ἡμέραν λαμπρῶς ²⁰ πτωχὸς δέ τις ὀνόματι Λάζαρος ἐβέβλητο πρὸς τὸν πυλῶνα αὐτοῦ εἰλκωμένος ²¹ καὶ ἐπιθυμῶν χορτασθῆναι ἀπὸ τῶν πιπτόντων ἀπὸ τῆς τραπέζης τοῦ πλουσίου· ἀλλὰ καὶ οἱ κύνες ἐρχόμενοι ἐπέλειχον τὰ ἔλκη αὐτοῦ ²² ἐγένετο δὲ ἀποθανεῖν τὸν πτωχὸν καὶ ἀπενεχθῆναι αὐτὸν ὑπὸ τῶν ἀγγέλων εἰς τὸν κόλπον Ἀβραάμ· ἀπέθανεν δὲ καὶ ὁ πλούσιος καὶ ἐτάφη ²³ καὶ ἐν τῷ ἄδη ἐπάρας τοὺς ὀφθαλμοὺς αὐτοῦ ὑπάρχων ἐν βασάνοις ὄρᾳ Ἀβραάμ ἀπὸ μακρόθεν καὶ Λάζαρον ἐν τοῖς κόλποις αὐτοῦ ²⁴ καὶ αὐτὸς φωνήσας εἶπεν Πάτερ Ἀβραάμ ἐλέησόν με καὶ πέμψον Λάζαρον ἵνα βάψῃ τὸ ἄκρον τοῦ δακτύλου αὐτοῦ ὕδατος καὶ καταψύξῃ τὴν γλῶσσάν μου ὅτι ὀδυνῶμαι ἐν τῇ φλογὶ ταύτῃ ²⁵ εἶπεν δὲ Ἀβραάμ· Τέκνον μνήσθητι ὅτι ἀπέλαβες τὰ ἀγαθὰ σου ἐν τῇ ζωῇ σου καὶ Λάζαρος ὁμοίως τὰ κακὰ· νῦν δὲ ὧδε παρακαλεῖται σὺ δὲ ὀδυνᾶσαι ²⁶ καὶ ἐν πάσιν τούτοις μεταξύ ἡμῶν καὶ ὑμῶν χάσμα μέγα ἐστήρικται ὅπως οἱ θέλοντες διαβῆναι ἔνθεν πρὸς ὑμᾶς μὴ δύνωνται μηδὲ ἐκεῖθεν πρὸς ἡμᾶς διαπερῶσιν ²⁷ εἶπεν δὲ Ἐρωτῶ σε οὖν πάτερ ἵνα πέμψῃς αὐτὸν εἰς τὸν οἶκον τοῦ πατρός μου ²⁸ ἔχω γὰρ πέντε ἀδελφούς ὅπως διαμαρτύρηται αὐτοῖς ἵνα μὴ καὶ αὐτοὶ ἔλθωσιν εἰς τὸν τόπον τοῦτον τῆς βασάνου ²⁹ λέγει δὲ Ἀβραάμ ἔχουσιν Μωϋσέα καὶ τοὺς προφήτας· ἀκουσάτωσαν αὐτῶν ³⁰ ὁ δὲ εἶπεν Οὐχὶ πάτερ Ἀβραάμ ἀλλ' ἐάν τις ἀπὸ νεκρῶν πορευθῇ πρὸς αὐτοὺς μετανοήσουσιν ³¹ εἶπεν δὲ αὐτῷ Εἰ Μωϋσέως καὶ τῶν προφητῶν οὐκ ἀκούουσιν οὐδ' ἐάν τις ἐκ νεκρῶν ἀναστῆ πεισθήσονται

19 “There was a rich man who was clothed in purple and fine linen and who feasted sumptuously every day. **20** And at his gate was laid a poor man named Lazarus, covered with sores, **21** who desired to be fed with what fell from the rich man's table. Moreover, even the dogs came and licked his sores. **22** The poor man died and was carried by the angels to Abraham's side. **[6]** The rich man also died and was buried, **23** and in Hades, being in torment, he lifted up his eyes and saw Abraham far off and Lazarus at his side. **24** And he called out, ‘Father Abraham, have mercy on me, and send Lazarus to dip the end of his finger in water and cool my tongue, for I am in anguish in this flame.’ **25** But Abraham said, ‘Child, remember that you in your lifetime received your good things, and Lazarus in like manner bad things; but now he is comforted here, and you are in anguish. **26** And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.’ **27** And he said, ‘Then I beg you, father, to send him to my father's house— **28** for I have five brothers **[7]**—so that he may warn them, lest they also come into this place of torment.’ **29** But Abraham said, ‘They have Moses and the Prophets; let them hear them.’ **30** And he said, ‘No, father Abraham, but if someone goes to them from the dead, they will repent.’ **31** He said to him, ‘If they do not hear Moses and the Prophets, neither will they be convinced if someone should rise from the dead.’”

Fasting

Isaiah 58

¹ קרא בגרון אל־תחשך כשופר הרם קולך
והגד לעמי פשעם ולבית יעקב חטאתם:
² ואותי יום יום ידרשון ודעת דרכי יחפצון כגוי
אשר־צדקה עשה ומשפט אלהיו לא עזב ישאלוני
משפטי־צדק קרבת אלהים יחפצון:
³ למה צמנו ולא ראית ענינו נפשנו ולא תדע הן ביום
צמכם תמצאו־חפץ וכל־עצביכם תנגשו:
⁴ הן לריב ומצה תצומו ולהכות באגרף רשע לא־תצומו
כיום להשמיע במרום קולכם:
⁵ הכזה יהיה צום אבחרהו יום ענות אדם נפשו הלכך
כאגמון ראשו ושק ואפר יציע הלזה תקרא־צום ויום רצון
ליהוה:
⁶ הלוא זה צום אבחרהו פתח חרצבות רשע התר אגדות
מוטה ושלח רצועים חפשים וכל־מוטה תנתקו:
⁷ הלוא פרס לרעב לחמד ועניים מרודים תביא בית
כי־תראה ערם וכסיתו ומבשרך לא תתעלם:
⁸ אז יבקע פשחך אורך וארכתך מהרה תצמח והלך
לפניך צדקך כבוד יהוה יאסף:
⁹ אז תקרא ויהוה יענה תשובע ויאמר הנני אס־תסיר
מתוך מוטה שלח אצבע ודבר־און:
¹⁰ ותפק לרעב נפשך ונפש נענה תשובע וזרח בחשך אורך
ואפלתך כצהרים:
¹¹ ונחך יהוה תמיד והשביע בצחצחות נפשך ועצמתך
יחליץ והיית כגן רוה וכמוצא מים אשר לא יכזבו מימיו:

58:1 “Cry aloud; do not hold back;
lift up your voice like a trumpet;
declare to my people their transgression,
to the house of Jacob their sins.

2 Yet they seek me daily
and delight to know my ways,
as if they were a nation that did righteousness

and did not forsake the judgment of their God;
they ask of me righteous judgments;
they delight to draw near to God.

3 ‘Why have we fasted, and you see it not?

Why have we humbled ourselves, and you take no knowledge of it?’

Behold, in the day of your fast you seek your own pleasure, [\[1\]](#)

and oppress all your workers.

4 Behold, you fast only to quarrel and to fight
and to hit with a wicked fist.

Fasting like yours this day

will not make your voice to be heard on high.

5 Is such the fast that I choose,

a day for a person to humble himself?

Is it to bow down his head like a reed,

and to spread sackcloth and ashes under him?

Will you call this a fast,

and a day acceptable to the LORD?

6 “Is not this the fast that I choose:

to loose the bonds of wickedness,

to undo the straps of the yoke,

to let the oppressed [\[2\]](#) go free,

and to break every yoke?

7 Is it not to share your bread with the hungry

and bring the homeless poor into your house;

when you see the naked, to cover him,

and not to hide yourself from your own flesh?

8 Then shall your light break forth like the dawn,

and your healing shall spring up speedily;

your righteousness shall go before you;

the glory of the LORD shall be your rear guard.

9 Then you shall call, and the LORD will answer;

you shall cry, and he will say, ‘Here I am.’

If you take away the yoke from your midst,

the pointing of the finger, and speaking wickedness,

10 if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday.

11 And the LORD will guide you continually
and satisfy your desire in scorched places
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters do not fail.

Matthew 6

¹⁶ Ὅταν δὲ νηστεύητε μὴ γίνεσθε ὡς οἱ ὑποκριταὶ σκυθρωποὶ ἀφανίζουσιν γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσιν τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ἀπέχουσιν τὸν μισθὸν αὐτῶν ¹⁷ σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι ¹⁸ ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων ἀλλὰ τῷ πατρὶ σου τῷ ἐν τῷ κρυφαίῳ· καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυφαίῳ ἀποδώσει σοι

16 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. **17** But when you fast, anoint your head and wash your face, **18** that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Etiquette

Luke 14

⁷ Ἐλεγεν δὲ πρὸς τοὺς κεκλημένους παραβολὴν ἐπέχων πῶς τὰς πρωτοκλισίας ἐξελέγοντο λέγων πρὸς αὐτούς ⁸ Ὅταν κληθῆς ὑπὸ τινος εἰς γάμους μὴ κατακλιθῆς εἰς τὴν πρωτοκλισίαν μήποτε ἐντιμότερός σου ἢ κεκλημένος ὑπὸ αὐτοῦ ⁹ καὶ ἐλθὼν ὁ σὲ καὶ αὐτὸν καλέσας ἐρεῖ σοι Δὸς τούτῳ τόπον καὶ τότε ἄρξῃ μετὰ αἰσχύνῃς τὸν ἔσχατον τόπον κατέχειν ¹⁰ ἀλλ' ὅταν κληθῆς πορευθεὶς ἀνάπεσε εἰς τὸν ἔσχατον τόπον ἵνα ὅταν ἔλθῃ ὁ κεκληκὼς σε ἐρεῖ σοι Φίλε προσανάβηθι ἀνώτερον· τότε ἔσται σοι δόξα ἐνώπιον πάντων τῶν συνανακειμένων σοι ¹¹ ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται καὶ ὁ ταπεινῶν ἑαυτὸν ὑψωθήσεται

7 Now he told a parable to those who were invited, when he noticed how they chose the places of honor, saying to them, **8** “When you are invited by someone to a wedding feast, do not sit down in a place of honor, lest someone more distinguished than you be

invited by him, **9** and he who invited you both will come and say to you, ‘Give your place to this person,’ and then you will begin with shame to take the lowest place. **10** But when you are invited, go and sit in the lowest place, so that when your host comes he may say to you, ‘Friend, move up higher.’ Then you will be honored in the presence of all who sit at table with you. **11** For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”

FOOD & PRESERVATION OF LIFE

وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا كُلٌّ فِي كِتَابٍ مُبِينٍ

And there is no creature that moves in the earth but it is for Allah to provide it with sustenance. And He knows its lodging and its home. All this is recorded in a clear Book. [11:6]

إِنَّ لَكَ أَلًا تَجُوعَ فِيهَا وَلَا تَعْرَى

It is provided for thee that thou wilt not hunger therein, nor wilt thou be naked. [20:118]

وَمَا جَعَلْنَاهُمْ جَسَدًا لَّا يَأْكُلُونَ الطَّعَامَ وَمَا كَانُوا خَالِدِينَ

And We did not give them bodies that ate no food, nor were they to live for ever. [21:8]

And I have not created the Jinn and the men but that they may worship Me. I desire no sustenance from them, nor do I desire that they should feed me. [51:56-57]

DIETARY REGULATIONS:

يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

O children of Adam! take your adornment at every time and place of worship. And eat and drink, but be not immoderate; surely, He does not love those who are immoderate. [7:31]

يَا أَيُّهَا الَّذِينَ آمَنُوا أَوْفُوا بِالْعُقُودِ أُحِلَّتْ لَكُمْ بَهِيمَةُ الْأَنْعَامِ إِلَّا مَا يُتْلَى عَلَيْكُمْ غَيْرَ مُجْلِي الصَّيْدِ وَأَنْتُمْ

حُرْمٌ إِنَّ اللَّهَ يَحْكُمُ مَا يُرِيدُ

O ye who believe! fulfil your compacts. Lawful are made to you quadrupeds of the class of cattle other than those which are being announced to you, except that you should not hold game to be lawful while you are in a state of pilgrimage; verily, Allah decrees what He wills. [5:1]

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالْدَّمُ وَلَحْمُ الْخِنْزِيرِ وَمَا أُهْلِيَ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْقُوذَةُ وَالْمُتَرَدِّيَةُ
وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبْعُ إِلَّا مَا ذَكَّيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ ذَلِكَ فِسْقٌ
الْيَوْمَ يَنْسَى الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنَ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتِمَمْتُ عَلَيْكُمْ
نِعْمَتِي وَرَضِيْتُ لَكُمُ الْإِسْلَامَ دِينًا فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمٍ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

Forbidden to you is the flesh of an animal which dies of itself, and blood, and the flesh of swine; and that on which is invoked the name of one other than Allah; and that which has been strangled; and that beaten to death; and that killed by a fall; and that which has been gored to death; and that of which a wild animal has eaten, except that which you have properly slaughtered; and that which has been slaughtered at an altar. And forbidden is also that you seek to know your lot by the divining arrows. That is an act of disobedience. This day have those who disbelieve despaired of harming your religion. So fear them not, but fear Me. This day have I perfected your religion for you and completed My favour upon you and have chosen for you Al-Islam as religion. But whoso is forced by hunger, without being wilfully inclined to sin, then, surely, Allah is Most Forgiving, Merciful. [5:3]

يَسْأَلُونَكَ مَاذَا أُحِلَّ لَهُمْ قُلْ أُحِلَّ لَكُمُ الطَّيِّبَاتُ وَمَا عَلَّمْتُم مِّنَ الْجَوَارِحِ مُكَلِّبِينَ تُعَلِّمُونَهُنَّ مِمَّا عَلَّمَكُمُ
اللَّهُ فَكُلُوا مِمَّا أَمْسَكْنَ عَلَيْكُمْ وَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهِ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ

They ask thee what is made lawful for them. Say, 'All good things have been made lawful for you; and what you have taught the beasts and birds of prey to catch for you, training them for hunting and teaching them of what Allah has taught you. So eat of that which they catch for you, and pronounce thereon the name of Allah. And fear Allah. Surely, Allah is quick in reckoning.' [5:4]

الْيَوْمَ أُحِلَّ لَكُمْ الطَّيِّبَاتُ وَطَعَامُ الَّذِينَ أُوتُوا الْكِتَابَ حِلٌّ لَكُمْ وَطَعَامُكُمْ حِلٌّ لَهُمْ وَالْمُحْصَنَاتُ مِنَ
الْمُؤْمِنَاتِ وَالْمُحْصَنَاتُ مِنَ الَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِكُمْ إِذَا آتَيْتُمُوهُنَّ أَجُورَهُنَّ مُحْصِنِينَ غَيْرَ
مُسَافِحِينَ وَلَا مُتَّخِذِي أَخْدَانٍ وَمَنْ يَكْفُرْ بِالْإِيمَانِ فَقَدْ حَبِطَ عَمَلُهُ وَهُوَ فِي الْآخِرَةِ مِنَ الْخَاسِرِينَ

This day all good things have been made lawful for you. And the food of the People of the Book is lawful for you, and your food is lawful for them. And lawful for you are chaste believing women and chaste women from among those who were given the Book before you, when you give them their dowries, contracting valid marriage and not committing fornication nor taking secret paramours. And whoever rejects the faith, his work has doubtless come to naught, and in the Hereafter he will be among the losers. [5:5]

A PRAYER FOR MATERIAL AND SPIRITUAL SUSTENANCE:

إِذْ قَالَ الْحَوَارِيُّونَ يَا عِيسَى ابْنَ مَرْيَمَ هَلْ يَسْتَطِيعُ رَبُّكَ أَنْ يُنْزِلَ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ قَالَ اتَّقُوا اللَّهَ
إِنْ كُنْتُمْ مُؤْمِنِينَ

When the disciples said, 'O Jesus, son of Mary, is thy Lord able to send down to us a table spread with food from heaven?' he said, 'Fear Allah, if you are believers.' [5:112]

قَالُوا نُرِيدُ أَنْ نَأْكُلَ مِنْهَا وَتَطْمَئِنَّ قُلُوبُنَا وَنَعْلَمَ أَنْ قَدْ صَدَقْتَنَا وَنَكُونَ عَلَيْهَا مِنَ الشَّاهِدِينَ

They said, 'We desire that we may eat of it, and that our hearts be at rest and that we may know that thou hast spoken truth to us, and that we may be witnesses thereto.' [5:113]

قَالَ عِيسَى ابْنُ مَرْيَمَ اللَّهُمَّ رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا عِيدًا لِأَوَّلِنَا وَآخِرِنَا وَآيَةً مِنْكَ
وَارْزُقْنَا وَأَنْتَ خَيْرُ الرَّازِقِينَ

Said Jesus, son of Mary, 'O Allah, our Lord, send down to us a table from heaven spread with food that it may be to us a festival, to the first of us and to the last of us, and a Sign from Thee; and provide sustenance for us, for Thou art the Best of sustainers.' [5:114]

قَالَ اللَّهُ إِنِّي مُنزِلُهَا عَلَيْكُمْ فَمَنْ يَكْفُرْ بَعْدُ مِنْكُمْ فَإِنِّي أُعَذِّبُهُ عَذَابًا لَا أُعَذِّبُهُ أَحَدًا مِّنَ الْعَالَمِينَ

Allah said, 'Surely, I will send it down to you, but whosoever of you disbelieves afterwards — I will surely punish them with a punishment wherewith I will not punish any other of the peoples.' [5:115]

FASTING TOWARDS RIGHTEOUSNESS:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may become righteous. [2:183]

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَاكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ

The month of Ramadan is that in which the Qur'an was sent down as a guidance for mankind with clear proofs of guidance and discrimination. Therefore, whosoever of you is present at home in this month, let him fast therein. But whoso is sick or is on a journey, shall fast the same number of other days. Allah desires to give you facility and He desires not hardship for you, and that you may complete the number, and that you may exalt Allah for His having guided you and that you may be grateful. [2:185]

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

And when My servants ask thee about Me, say: 'I am near. I answer the prayer of the supplicant when he prays to Me. So they should hearken to Me and believe in Me, that they may follow the right way.' [2:186]

FEEDING OUT OF LOVE:

وَيُطْعَمُونَ الطَّعَامَ عَلَى حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا ۝
 إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكْرًا ۝

And they feed, for love of Him, the poor, the orphan, and the prisoner, saying, 'We feed you for Allah's pleasure only. We desire no reward nor thanks from you.' [76:8-9]

ثُمَّ فِي سِلْسِلَةٍ ذَرْعُهَا سَبْعُونَ ذِرَاعًا فَاسْلُكُوهُ ۗ ٣٢
 إِنَّهُ كَانَ لَا يُؤْمِنُ بِاللَّهِ الْعَظِيمِ ۗ ٣٣
 وَلَا يَحْضُرُ عَلَى طَعَامِ الْمَسْكِينِ ۗ ٣٤

'Then put him into a chain the length of which is seventy cubits; Verily, he did not believe in Allah, the Great, And he did not urge the feeding of the poor. [69:32-34]

وَهَدَيْنَاهُ النَّجْدَيْنِ ۗ ١٠
 فَلَا اقْتَحَمَ الْعَقَبَةَ ۗ ١١
 وَمَا أَدْرَاكَ مَا الْعَقَبَةُ ۗ ١٢
 فَكُ رَقَبَةً ۗ ١٣
 أَوْ إِطْعَامٌ فِي يَوْمٍ ذِي مَسْغَبَةٍ ۗ ١٤
 يَتِيمًا ذَا مَقْرَبَةٍ ۗ ١٥

And We have pointed out to him the two highways of good and evil. But he attempted not the ascent. And what should make thee know what the ascent is? It is the freeing of a slave. Or feeding in a day of hunger, an orphan near of kin, or a poor man lying in the dust. [90:10-15]

أَرَأَيْتَ الَّذِي يُكَذِّبُ بِالْإِيمَانِ ۗ ١
 فَذَلِكَ الَّذِي يَدُعُّ الْيَتِيمَ ۗ ٢
 وَلَا يَحْضُرُ عَلَى طَعَامِ الْمَسْكِينِ ۗ ٣
 فَوَيْلٌ لِلْمُصَلِّينَ ۗ ٤
 الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ ۗ ٥

Hast thou seen him who rejects religion? That is the one who drives away the orphan, and urges not the feeding of the poor. So woe to those who pray, But are unmindful of (the requirements of) their Prayer. [107:1-5]

ETIQUETTES OF EATING:

فَكُلُوا مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ إِنْ كُنْتُمْ بِآيَاتِهِ مُؤْمِنِينَ

Eat, then, of that over which the name of Allah has been pronounced, if you are believers in His Signs. [6:118]

وَمَا لَكُمْ أَلَّا تَأْكُلُوا مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ وَقَدْ فَصَّلَ لَكُمْ مَا حَرَّمَ عَلَيْكُمْ إِلَّا مَا اضْطُرِرْتُمْ إِلَيْهِ وَإِنَّ كَثِيرًا لَيُضِلُّونَ بِأَهْوَاءِهِمْ بِغَيْرِ عِلْمٍ إِنَّ رَبَّكَ هُوَ أَعْلَمُ بِالْمُعْتَدِينَ

And what reason have you that you should not eat of that over which the name of Allah has been pronounced, when He has already explained to you that which He has forbidden unto you — save that which you are forced to? And surely many mislead others by their evil desires through lack of knowledge. Assuredly, thy Lord knows best the transgressors. [6:119]

`Umar bin Abu Salamah (ra) reported: Messenger of Allah (sa), said to me, "Mention Allah's Name (i.e., say Bismillah before starting eating), eat with your right hand, and eat from what is near you." [Al-Bukhari and Muslim].

`Aishah (ra) reported: Messenger of Allah (sa) said, "When any of you wants to eat, he should mention the Name of Allah in the beginning, (i.e., say Bismillah). If he forgets to do it in the beginning, he should say Bismillah awwalahu wa akhirahu (I begin with the Name of Allah at the beginning and at the end)."[At-Tirmidhi and Abu Dawud].

Abu Sa'eed (ra) narrates that whenever the Holy Prophet [sa] would eat or drink, he would say: Alhamdulillah Allaahi allathee at'aamana wa saqaanaa wa ja'alanaa minal Muslimeen. i.e. All praise belongs to Allah who provided us with food and drink and made us Muslims. [At-Tirmidhi Kitab ad Daawaat]

Abu Hurairah (ra) reported: Messenger of Allah (PBUH) never found fault with food. If he had inclination to eating it, he would eat; and if he disliked it, he would leave it. [Al-Bukhari and Muslim].

Wahshi bin Harb (ra) reported: Some of the Companions of Messenger of Allah (sa) said: "We eat but are not satisfied." He (sa) said, "Perhaps you eat separately." The Companions replied in affirmative. He then said: "Eat together and mention the Name of Allah over your food. It will be blessed for you." [Abu Dawud].

Ibn `Abbas (ra) reported: The Prophet (sa) said, "Blessing descends upon food in its middle, so eat from the sides of the vessel and do not eat from its middle." [At-Tirmidhi and Abu Dawud].

`Aishah (ra) said: I heard the Messenger of Allah (PBUH) saying, "No Salat (prayer) should be performed when the food has been served, nor should it be performed when a person is in need of relieving himself." [Muslim].

THE MERIT OF HOSPITALITY:

إِذْ دَخَلُوا عَلَيْهِ فَقَالُوا سَلَامًا قَالَ سَلَامٌ قَوْمٌ مُنْكَرُونَ ٢٥
فَرَاغَ إِلَىٰ أَهْلِهِ فَجَاءَ بِعِجْلٍ سَمِينٍ ٢٦

Has the story of Abraham's honoured guests reached thee? 'When they entered upon him and said, 'Peace!' he said, 'Peace!' They were all strangers'. 'And he went quietly to his household, and brought a fatted calf.' [51:25-26]

وَلَقَدْ جَاءتْ رُسُلُنَا إِبْرَاهِيمَ بِالْبُشْرَى قَالُوا سَلَامًا قَالَ سَلَامًا فَمَا لَبِثَ أَنْ جَاءَ بِعِجْلٍ حَنِيذٍ

And surely, Our messengers came to Abraham with glad tidings. They said, 'We bid you peace.' He answered, 'Peace,' and was not long in bringing a roasted calf. [11:69]

Abu Huraira (ra) reported that a person came to Allah's Messenger (sa) and said: I am hard pressed by hunger. He sent (message) to one of his wives (to procure food for him). but she said: By Him Who has sent you with Truth, there is nothing with me (to serve him) but only water. He (the Holy Prophet s.a.) then sent the (same) message to another, and she gave the same reply, until all of them gave the same reply: By Him Who has sent thee with the Truth, there is nothing with me but only water, whereupon he (the Holy Prophet s.a.) said: Allah would show mercy to him who will entertain this guest tonight. A person from the Ansar stood up and said: Messenger of Allah, I (am ready to entertain). He took him to his house and said to his wife: Is there anything with you (to serve the guest)? She said: No, but only a subsistence for our children. He said: Distract their attention with something, and when the guest enters extinguish the lamp and give him the impression that we are eating. So they sat down. and the guest had his meal. When it was morning he went to Allah's Messenger (sa) who said: Allah was well pleased with what you both did for your guest this night. [Sahih Muslim, Book 23 Kitab Al-Ashriba (The Book of Drinks), Chapter 30: Showing honour to the guest and the merit of making of sacrifice for him; Number 5100]

It is then that the following verse was revealed:

وَالَّذِينَ تَبَوَّؤُوا الدَّارَ وَالْإِيمَانَ مِنْ قَبْلِهِمْ يُحِبُّونَ مَنْ هَاجَرَ إِلَيْهِمْ وَلَا يَجِدُونَ فِي صُدُورِهِمْ حَاجَةً مِّمَّا أُوتُوا وَيُؤْتُونَ عَلَى أَنْفُسِهِمْ وَلَوْ كَانَ بِهِمْ خَصَاصَةٌ وَمَنْ يُوقِ شُحَّ نَفْسِهِ فَأُولَئِكَ هُمُ الْمُفْلِحُونَ

'And those who had established their home in this city before them and had accepted faith, love those who came to them for refuge, and find not in their breasts any desire for that which is given them, but

prefer others to themselves even though poverty be their own lot. And whoso is rid of the covetousness of the soul – it is these who will be successful'. [59:9]