Question: According to the Bible, is eating raw meat a sin? Historically, some cultures ate raw bananas and raw intestines.

Answer: The Bible does not explicitly declare that eating raw meat is a sin. However, it provides instructions and examples that suggest eating raw meat is not proper or advised.

For example, during the Exodus, God gave the Israelites specific instructions concerning the Passover lamb. They were commanded to roast the lamb thoroughly before eating it:

> “They shall eat the flesh that night, roasted with fire, and unleavened bread; with bitter herbs they shall eat it. Do not eat it raw or boiled at all with water, but roasted in fire—its head, legs, and inner parts.”
> *(Exodus 12:8-9, NKJV)*

This instruction was part of a divine ordinance symbolizing the protection and deliverance God provided Israel. Eating the lamb raw was forbidden, possibly reflecting concerns about cleanliness and health, but also indicating respect for God’s commands.

From a practical standpoint, eating raw meat carries health risks. Raw meat can harbor parasites, bacteria, and other harmful pathogens that cooking destroys, ensuring the meat is safe for consumption.

Theologically, some Christian traditions suggest that certain practices, such as eating raw meat, might have spiritual implications. In some interpretations, consuming raw meat is associated with pagan or occult rituals, or linked metaphorically to cruelty and harshness, symbolizing an unclean spirit’s influence.

While the Bible does not directly label eating raw meat as sinful, it promotes holiness and purity (see Leviticus 11) and calls believers to avoid practices associated with paganism or spiritual uncleanness (1 Corinthians 10:21).

Therefore, it is wise, both physically and spiritually, to avoid eating raw meat, following the biblical example and respect for God’s law.

God bless you.

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