

Faith and Diet:

Christianity and Vegetarianism/Veganism

Christian Vegetarians & Vegans UK

CVVUK - an ecumenical not-for-profit organisation

God's Diet for us:

Genesis Chapter 1, vv 29-30.

Then God said, 'I've given you every sort of seed-bearing plant on Earth, And every kind of fruit-bearing tree, given them to you for food.



It is important to note that after giving Adam and Eve charge of the animals, in the next sentence God directs them to a vegan diet - it is therefore clear that the animals are not given to them to eat.

A plant-based diet is still a good plan today: good for our health, for the environment, for animals and for feeding the world's hungry.



God's Earth: At creation, God gave humans plants and fruit for food. Our consumption of meat is a consequence of turning away from God's original plan for us. Isaiah envisions a renewal of creation so that the wolf, lamb, calf and child live peaceably together (11.6-9, 65.17-25).

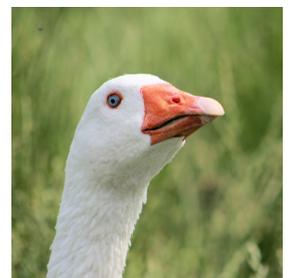
It is not possible for the present consumption of animal products to continue as animal farming uses many times more land, water and energy than arable farming, with a much greater carbon footprint.

Antibiotics have also been massively overused by farmers in intensive farming. The WHO concludes this is a significant contributor to the emergence of antibiotic-resistant bacteria that affect human health.

World Hunger: More than one third of the world's harvested grain is fed to animals being raised for slaughter. It takes 6kg of plant protein to produce 1kg of animal protein.

Your Health: A plant-based diet as envisaged in Genesis is beneficial in reducing obesity and high blood pressure and offers protection against diabetes, various cancers and heart disease.

As importantly, most epidemics, including Covid19, have been caused by eating meat, and as such would not have happened if we had followed God's will. If complete antibiotic resistance comes from the way antibiotics are used in livestock farming the pandemics from bacteria could be far worse.





Biblical Teaching: The Book of Genesis tells us there was great violence and depravity in the generation before The Flood, with people murdering each other. The implication of this and of the Covenant with Noah was that cannibalism had become common. So in the Covenant, we see that God lowers the moral requirements:

Genesis 9.4. 'All living creatures are yours for food; just as I gave you the plants, now I give you everything else. Except for meat with its lifeblood still in it - don't eat that.'

This concession was to control the sin of mankind: the eating of the meat of animals was the lesser evil to cannibalism, but would still satisfy their craving for flesh. (Deut. 12:20)

The laws of slaughter laid out here (and later in more detail in the Torah) required that the quickest, most humane method was used, as they were dealing with a fellow creature with the same lifeblood as themselves. This stands in stark contrast to the cruelty of intensive farming and the mass slaughter in abattoirs today - even in the United Kingdom.

Faith and Diet: Through history, many Christians have applied their faith to their diet and eschewed the consumption of meat, some examples being: St Paul, St Benedict, St Columba of Iona, St Cuthbert of Lindisfarne, St Francis and St Martin de Porres; Evangelical figures include John Wesley (Methodist), Charles Spurgeon (Baptist) and William Booth (Salvation Army).



Being a Vegetarian/Vegan Today: Every step in this direction is good - for all the reasons given in this leaflet. All major supermarkets and restaurants offer vegetarian and vegan options. And it is not a sacrifice to be a vegan - vegan meals can be delicious. Easy recipe ideas are available online - including from our website.



To become a supporter of
Christian Vegetarians and Vegans UK
or for more information please contact The
Secretary at: johnmerrickryder@gmail.com
or write to: 177 Dover Road, Ipswich IP3 8JJ

website: <http://www.christian-vegetariansvegans.org.uk>

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All the animals photographed are from The Farm Animal Sanctuary, Evesham.

Spring 2020

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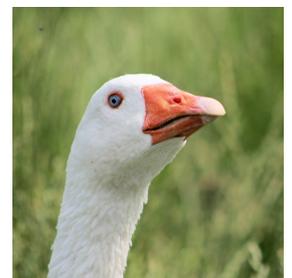
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