



בי"ה
Project: Sermon Resource for Shluchim
Distribution Date: March 24, 2008 / י"ח אדר ב' תשס"ח
Parsha: Shemini – שמני

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1. How can a kosher restaurant be so dirty, if kosher is about staying healthy?

Even Rambam explains the prohibition against certain meats as a health regimen.



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2. Health is not the only reason for the laws of kosher, because:

- a. latkes, cholent and chopped liver are kosher but not healthy.
- b. these days we should trust technology to tell us what's healthy. Kosher is obsolete.
- c. Torah is not a medical document, and if it is it missed the poisonous berries.
- d. Non-Jews look much healthier than kosher keeping Jews do!



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3. Nachmonides: "You are what you eat."

If you eat the flesh of a carnivore you will become hard hearted.



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4. If this is true, why wouldn't G-d forbid all of humanity from eating carnivore flesh to preserve humanity itself?



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5. The first prohibition given to man was "Do not eat from this Tree."
Midrash: Though this tree was no different G-d set it apart as a reminder to Man of his Creator.



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6. After the sin this ordinary tree was named "the tree of knowledge of good and evil".
The sin changed the perfectly righteous Adam to one who knows both good and evil.

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7. Some animals are forbidden to serve as a constant reminder to us of G-d whenever we sit down to eat.



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8. Chassidut calls this *hiskafia*:
By restraining yourself from giving in to your sweet tooth you weaken your evil inclination.



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9. Why must the prohibition be specifically against eating? Other desires can be avoided but food is something we need everyday, making it our strongest temptation.



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10. This is why G-d chose disciplined eating as the road to self control. If you succeed there all your other temptations will be far easier to combat.

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