

## Vel's Talk

II Corinthians 6:16

“Believers are spiritual houses in which the spirit  
Of Christ dwells”

# Fish

### Biblically:

Fishing was one of the major industries of the Old Testament and along the Jordan River and the sea of Galilee throughout biblical times. It was so plentiful, that one of the gates into the old city of Jerusalem was given the name of “Fish Gate.” A number of Jesus’ teachings as well as miracles related to fishing. It is a known fact that Jesus ate clean, fresh, and unpolluted fish almost every day of His life. Fish was the most common meat eaten during the days of Jesus. Other meats (red meats, lamb, goats) were only eaten on special occasions.

### Fishing was frequently referred by Jesus:

Luke 11: 9, 11,13; Matthew 12:40; 14:16-21; 15:32-37; 17:24; 24:27; Mark 1:17; Ecclesiastes 9:12; Jonah 1:17; John 21:13;

The Law of Moses gave specific commands related to fish that were acceptable for human consumption:

You may eat of all that are in the water; whatever in the water that has fins and scales – that you may eat; Those things in the water that do not have fins and scales – they are an abomination to you! You shall not eat their flesh (Leviticus 11:9-12).

Those fish that have unclean scales are:

Swordfish; sturgeon; shark; lumpfish; catfish; monkfish

Shellfish:

Referred to as “Cockroaches of the Sea” because they were created to be miniature waste collectors for viruses, bacteria, parasites and toxic waste that are emptied into the seas, lakes and rivers. They were created by God to act as cleaning agents for natural water sources because of their ability to absorb industrial pollutants that sink to the bottoms of streams and rivers. Catfish that are caught in rivers and streams are the most contaminated of all bottom feeding fish because they are the first to ingest industrial pollutants, which are then passed onto humans. Just because catfish are raised on a farm in a tank doesn't mean that it was raised in pollutant free water.

Shellfish have no scales and therefore are unclean: (clams, mussels, oysters, scallops, crabs, lobsters, shrimp, prawns, and crayfish).

Raw shellfish is one of the major sources of food poisoning for diseases such as salmonella, Hepatitis A virus.

Fish that are usually pesticide free are:

Wild Alaskan /Pacific Salmon	Sardines	Mahi-Mahi (Florida)	farmed raised
rainbow trout			

Nutritional Benefits of eating fish regularly:

High quality of protein      Fights inflammation    good source of essential nutrients (zinc, copper, magnesium, vitamin B, iodine); thins the blood; inhibits blood clot formation; lowers blood pressure; protects the arteries from damage; reduces triglycerides; reduces risk of strokes, heart attacks.

Fish also provides our bodies with essential fats that cannot be manufactured by our physical bodies.

Fish is low in saturated fats, which are generally divided into three groups: lower-fat fish – fewer than 5 grams of fat in a 3.5 ounce serving; fatty fish – 5 to 10 grams and high-fat fish, which have more than 10 grams of fat for every 3.5 ounce serving (see pg 41)

Healthy option:      Fish Oil Capsules (1000 mg)

Omega-3 fatty acids have many health benefits. Fish oils contain two very important fatty acids that people are generally able to produce on their own

**Guidelines for Purchasing & Preparing Fresh Fish:**

- Purchase fish (if possible) from pure water
- Choose whole, unskinned fish
- Make sure there is no odor
- Look at the eyes of the fish – s/b firm and clear
- Scales s/b shiny
- Do not fry or deep-fry
- Try grilling, baking or broiling your fish
- Refrigerate immediately after purchase
- Don't store frozen fish longer than a month