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**GOSPEL PEARLS**

## **The damage caused by vegetarian ideology**

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*Jesus called the people to him and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. If anyone has ears to hear, let him listen to this.' When he had gone back into the house, away from the crowd, his disciples questioned him about the parable. He said to them, 'Do you not understand either? Can you not see that whatever goes into a man from outside cannot make him unclean, because it does not go into his heart but through his stomach and passes out into the sewer?' (Thus he pronounced all foods clean.) And he went on, 'It is what comes out of a man that makes him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean. (Mark 7, 14-23)*

The spiritual battlefield where the struggle between good and evil takes place is not outside of us, but in our heart. So rather than focusing on the goodness of what we eat,

we should focus on the goodness of our actions. With this passage, Jesus reminds us that Christians can eat any type of food. True religion is in fact very different from other religions and from modern ideologies (vegetarians, vegans, rawism, fruitarians, and so on) which instead fight ideological battles over which foods to eat to be "pure". Jesus, on the other hand, tells us that our energies must be concentrated on the personal battle within us against sin.