

Summary of Romans 14 and Food Laws

Created on June 15, 2026 at 9:00 PM by Notee: AI Note Taker —

<https://notee.onelink.me/E2m8/04kb04rp>

Romans 14 and Food Laws: Context and Application

Main Topic: Understanding Romans 14 in Light of Torah and First-Century Context

Key Points

- The speaker, Tony, addresses common questions regarding dietary laws (e.g., eating pork or shrimp) and whether they are abolished under the New Covenant, referencing Romans 14.
- Tony's position: Nowhere in the apostolic writings (New Testament) are the laws given at Sinai (Torah) abolished; Paul never claims that believers are no longer under these laws.
- Paul's criticism in his letters is primarily directed at the "traditions of men" (extra-biblical rabbinic traditions), not the Torah itself.
- Discipleship in Yeshua (Jesus) involves learning to walk in Yahweh's commandments, including the Torah, empowered by the Holy Spirit.
- The term "law" in the apostolic writings must be interpreted contextually—sometimes referring to Sinai Law, other times to human traditions.
- Paul taught Gentiles how to observe Torah correctly, focusing on loving God and neighbor, as summarized in Romans 13.

Historical and Scriptural Background

- The background of Romans: Paul addresses divisions between Jews and Gentiles in Rome, especially after Jews were expelled and then returned under different emperors (Claudius, then Nero).
- The question in the Roman assemblies: Has Israel been forsaken now that the

Messiah has come? Paul answers: No—Gentiles are grafted into Israel, and the promises to Israel remain.

- Paul's own defense (Acts 25): He never violated the Torah, temple, or Roman law. His disputes were with extra-biblical traditions, not Torah observance.

Romans 14: Food Laws and Days

- Romans 14 addresses disputes over food and days—specifically, how ritual purity and tradition affected table fellowship and diet.
- Key Greek terms:
 - "Koinos" (common/ritually unclean) vs. "Akathartos" (inherently unclean/forbidden). Romans 14 uses "koinos", indicating issues of ritual contamination, not eating foods forbidden in Leviticus 11.
 - Leviticus 11 distinguishes between foods inherently unclean (akathartos/tame in Hebrew) and those that are made unclean via handling or ritual defilement (koinos).
- In first-century Rome, buying meat from markets posed issues: Was it handled by Gentiles? Offered to idols? Some believers, out of caution, ate only vegetables.
- Paul's guidance: Do not judge one another over such extra-biblical traditions or personal convictions. Walk in love, avoid putting stumbling blocks before others, and respect different backgrounds and sensitivities.
- Romans 14:14—Paul states that nothing is "koinos" (common/ritually unclean) in itself, but if someone believes it is, for them it is. This refers to clean foods possibly rendered unclean by tradition or handling, not abolishing Torah food laws.

Application and Clarifications

- The passage does not abolish biblical food laws or holy days; it deals with extra-biblical traditions and personal convictions on ritual purity and observance.
- Judging others is discouraged in these areas, but this does not mean any behavior (e.g., adultery, idolatry) is acceptable—context is limited to traditions and matters of conscience.

- Discipleship involves learning to walk in Torah, with the Holy Spirit empowering believers to obey.
- Everyone approaches Scripture with certain biases or "lenses"; it is important to ground interpretation in the historical and scriptural context.

Questions Raised in Discussion

- Are food laws and holy days abolished under the New Covenant? (Answer: No, according to the speaker)
- What is the difference between Torah commandments and the traditions of men?
- How should believers handle differences in conviction about ritual purity or extra-biblical observances?

Decisions/Conclusions

- The Torah remains in effect for believers; Yeshua and Paul did not abolish it.
- Romans 14 is not about abolishing kosher laws but about accepting differences regarding traditions and ritual matters.
- Believers should pursue unity and love, respecting differing backgrounds and convictions.

Action Plans

- Study the historical and scriptural context before interpreting passages like Romans 14.
- Avoid judging fellow believers over extra-biblical traditions; focus on unity and discipleship in Torah.
- For further learning, watch additional teachings on the speaker's YouTube, Spotify, or Rumble channels.
- Engage with the community by leaving questions or comments for clarification.

