

Preparing for Passover and Unleavened Bread (focused on the foods with leaven to be removed)

Preparing for the Passover

The Passover Meal is a family gathering established by Elohim (God) to celebrate the liberation of Israel from Egyptian captivity and humanity's redemption from sin and death through Yeshua Ha'Mashiach (Jesus The Messiah). It is a celebration meal to be shared by family members and friends.

Preparing for the Feast of the Unleavened Bread

The observance of the Feast of Unleavened Bread offers us an intentional time to "spring clean" our lives. Explain to your friends and family that as we celebrate Passover and the Feast of Unleavened, we ask God for the power to choose a life not dominated by sin and live into the freedom found in obedience to His Kingdom ways.

LET'S GET THE LEAVEN OUT! The new moon or Abib 1 was established to be on the evening of March 23rd. This means that you can eat leavened products through the afternoon of Wednesday, April 5, 2022. On Monday and Tuesday, April 3rd-4th, do a final inspection of your house for any leaven.

By sundown, Wednesday, April 5th all leaven should be out of the house that has not been consumed. You may purchase leavened products again beginning Thursday, April 13th after sundown.

1. What is Leaven?

Leaven is any substance used to make dough or other foods rise or sour. The rules of leavening also apply to foods prepared from five types of grain: barley, wheat, rye, oats, and spelt.

Removing food products that contain leaven (yeast, baking soda, baking powder, sodium bicarbonate, autolyzed yeast, & yeast extract) has its roots in ancient Biblical Passover and Unleavened Bread preparation. Although this instruction was given to Yahweh's people thousands of years ago, to this day, there are some who begin thirty days before the Passover and Feast of Unleavened Bread, removing all leaven (known as "chametz" in Hebrew) from their homes. According to Exodus 13:7, as long as leaven remains in the house, a person cannot legitimately celebrate Passover. Removing leaven is a spiritual process as well as a physical cleansing. Yeshua (Jesus) spoke of leaven as a symbol of sin in the gospels (i.e., Luke 12:1), and the apostle Paul did likewise in I Corinthians 5:6-8.

2. Instructions for Removing Leavened Food Products

Exodus 12:15-20 (TS2009) 15'Seven days you shall eat unleavened bread. Indeed on the first day you cause leaven to cease from your houses. For whoever eats leavened bread from the first day until the seventh day, that being shall be cut off from Yisra'el. 16'And on the first day is a set-apart gathering, and on the seventh day you have a set-apart gathering. No work at all is done on them, only that which is eaten by every being, that alone is prepared by you. 17'And you shall guard the Festival of Matzot, for on this same day I brought your divisions out of the land of Mitsrayim. And you shall guard this day throughout your generations, an everlasting law.

18'In the first month, on the fourteenth day of the new moon, in the evening, you shall eat unleavened bread until the twenty-first day of the new moon in the evening. 19'For seven days no leaven is to be found in your houses, for if anyone eats what is leavened, that same being shall be cut off from the congregation of Yisra'el, whether sojourner or native of the land. 20'Do not eat that which is leavened – in all your dwellings you are to eat unleavened bread.'

Yahweh (The Lord) requires us to clean our homes of any food products that contain any kind of leaven that makes food rise. In mixes, you will see it as baking powder, baking soda, and sodium bicarbonate – all meant to make the batter of bread or cakes to rise. Also, traditionally most foods that contain wheat, barley, rye, oats, or spelt, except for matzah, are refrained from during Passover, as they are often processed in mills where leaven is present. Foods with leaven include most breads, cereals, cakes, pies, crackers, and soups. Read the labels on all of your foods, especially in the

pantry and freezer. You may be surprised about the foods that contain leaven. It is easy to identify packaged foods that are usable during Unleavened Bread by looking for product packages bearing one of these symbols: or “OU Kosher for Passover.”

The general idea is to symbolize a purified life in Yeshua (Jesus) by eating foods without leaven for the 7 days of the Feast of Unleavened Bread. This diet is also a healthier way to eat.

Here are some examples of foods to keep in your home:

All fresh fruits, vegetables, 100% fruit juices, milk, eggs, unflavored nuts, peas, beans, quinoa, matzah, good quality meats, and packaged foods with the ⓈP or “OU Kosher for Passover” symbols. Some grocery stores in the Houston area have a food section dedicated to Passover and Unleavened Bread.

Example of Kosher for Passover product labels:



Warning: While many items marked Parve or Pareve (meaning “neutral”) may be kosher for Passover, not all items are. Please read the package label and ingredients carefully.

Here are some examples of items you should remove from your home.

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| Bakery Products
(i.e. bagels, doughnuts,
cookies, cakes) | Pizza |
| Bread of all kinds | Pretzels |
| Breaded Fish/Chicken/Meat | Some Meats contain grain fillers and/or leavening derivatives. |
| All Crackers (Saltine, Wheat
Thins, etc) | Stuffing Mix |
| Wheat Flour, all kinds | All Cereal Products (that contain oats, wheat, barley, rye, or spelt with leaven) |
| | Some smoked and cured meats. Please read the label. Some curing and
artificial smoking processes use leavening agents. |

Remember that the command of Yahweh in the scripture doesn't require that we remove roasted or fresh grains from our homes but it's not permissible to eat them. This includes rice and pasta. Remember that items like corn are considered a grain so even items with corn products aren't permissible although it's not required to be removed from the home.

Again, if in doubt, ask the following questions:

1. Does this food or drink contain any leavening agents? Was yeast (or any other leavening agent) involved in the process of making this food to make it puff up or rise? (Remember that none of these items should be in the home unless it is specifically labelled as kosher for Passover.)
2. Does this food or drink contain any wheat (except matzah or matzah products), barley, rye, oats, or spelt? Although these items aren't required to be removed from the home, they are not to be consumed during the Feast of Unleavened Bread.