



Dear Friend,

Thank you for your interest. You asked about **leavening**.

Exodus 12:19 says, “For seven days no leaven shall be found in your houses, since whoever eats what is leavened, that same person shall be cut off from the congregation of Israel, whether he is a stranger or a native of the land.” What is “leaven” in this sense?

Leaven is a food additive, which causes bread or bread products to rise. The apostle Paul used this property of leaven to teach Christians that a “puffed up” attitude is sin (compare 1 Corinthians 5:2 with verses 6-7).

During the Days of Unleavened we are to have no leaven or leavened products in our home (Exodus 12:15; 13:7). This includes yeast, a biological leavening agent that produces fermentation, and chemical leavening agents such as baking powder, baking soda (sodium bicarbonate), and potassium bicarbonate. These are ingredients to look for on labels. Items such as bread, cake, crackers, cookies, prepared cereals and pies that contain leavening must be put out. Doing this is symbolic of putting both the visible and hidden sins out of our lives.

Although the following ingredients are associated with leavening products; they are not, by themselves, leavening agents: brewer’s yeast, yeast extract (a flavoring), cornstarch and cream of tartar (a dry acid). Cream of tartar, being an acid, merely neutralizes the alkaline nature of baking soda and does not, by itself, cause dough to rise.

If we may be of further help, please let us know.

INFORMATION ABOUT LEAVENING/January 2019