THE QUESTION

# What did the early Christians teach about gluttony and self-control in eating?

*Asked by a THF member on June 12, 2026 · published November 9, 2026 · 10 numbered quotations · the 30 early Christian passages and 193 Bible verses we kept are listed at the back, each with a link.*

Read it online: thehistoricfaith.com/early-church-questions/what-did-the-early-christians-teach-about-gluttony-and-self-control-in

## The short answer *From the text: says what the passages say*

Early Christian writers warned often against gluttony. They taught that food is for need and health, not for endless pleasure. They tied overeating to other lusts and to weak prayer, and urged moderate, thankful eating and fasting. They say little about body weight itself; their concern is mastering the appetite by God's grace.

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POINT 1 OF 8

## Eat for need and health, not appetite

***Our note · compiled by machine learning · From the text: says what the passages say***

Clement of Alexandria says eating in itself answers a real need, but anything beyond that is excess. Origen agrees: Christians should not eat just to please the appetite, without thought for the body's health and strength.

**1** "Now eating, considered merely by itself, is the sign of necessity. Repletion, as we have said, is the sign of want. Whatever is beyond that is the sign of superfluity."

EARLY CHRISTIAN WRITER **Clement of Alexandria,** *Instructor* 2.11 (c. 190–215 AD) **Source 13, page 6** Read it in the library ›
*THF's updated English*

**2** "For we are to avoid eating for gluttony, or for the mere gratification of appetite, without regard to the health and sustenance of the body."

EARLY CHRISTIAN WRITER **Origen,** *Against Celsus* 30 (c. 215–254 AD) **Source 18, page 7** Read it in the library ›
*THF's updated English*

POINT 2 OF 8

## Freedom in food is not freedom for excess

***Our note · compiled by machine learning · From the text: says what the passages say***

Novatian teaches that the old food laws have ended and every kind of food may be eaten with thanks. But he warns that this freedom does not allow luxury. He says no one gave stricter laws against gluttony than Christ.

**3** "But from the fact that we are given freedom in foods, it does not necessarily follow that luxury is allowed to us."

*later in the same passage*

"No one has given such strict laws against gluttony as Christ."

EARLY CHRISTIAN WRITER **Novatian,** *On the Jewish Meats* 1 (c. 240–258 AD) **Source 23, page 7** Read it in the library ›
*THF's updated English*

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POINT 3 OF 8

## Gluttony opens the door to other lusts

***Our note · compiled by machine learning · From the text: says what the passages say***

Tertullian links the belly and sexual lust. He says that when the appetite is not ruled, impurity follows close behind. He uses this to defend fasting as a rein on the appetite.

**4** “Through love of eating, love of impurity finds passage.”

EARLY CHRISTIAN WRITER **Tertullian,** *On Fasting* 1 (c. 196–220 AD) **Source 15, page 6** Read it in the library ›
*THF's updated English*

**5** “As we all know, the companions of appetite are lust and sensual pleasure.”

EARLY CHRISTIAN WRITER **Tertullian,** *On Fasting* 17 (c. 196–220 AD) **Source 17, page 7** Read it in the library ›
*THF's updated English*

POINT 4 OF 8

## Too much feasting dulls prayer

***Our note · compiled by machine learning · From the text: says what the passages say***

Cyprian says God's warnings call believers to a simple diet and moderate drinking. A mind weighed down by heavy eating, he says, becomes less watchful in prayer.

**6** “But by these divine condescensions we are also warned about a simple diet and a moderate use of drink, so that worldly temptation may not weaken the heart now lifted up with heavenly strength, and so that the mind, weighed down by too much feasting, may not be less watchful in prayers and supplication.”

EARLY CHRISTIAN WRITER **Cyprian,** *Epistles* (c. 248–258 AD) **Source 26, page 7** Read it in the library ›
*THF's updated English*

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POINT 5 OF 8

## Moderation keeps the body healthy

***Our note · compiled by machine learning · From the text: says what the passages say***

Clement puts spiritual beauty first, but he also says the body should be cared for. He teaches that self-control in food and drink keeps the body healthy, and that true beauty grows out of good health.

**7** “But self-control in drink, and moderation in food, are effective in producing natural beauty. For these not only keep the body healthy, but also make beauty appear.”

EARLY CHRISTIAN WRITER **Clement of Alexandria,** **Source 10, page 6** **Read it in the library ›**
*Instructor* 3.11 (c. 190–215 AD)
*THF's updated English*

POINT 6 OF 8

## Eat with thanks and a light hand

***Our note · compiled by machine learning · From the text: says what the passages say***

Clement does not ask Christians to refuse all good food. At a meal they should share what is set out, but without being taken up with rich dishes. He sees thanksgiving as the right way to eat.

**8** “So, then, we are not to abstain completely from different kinds of food. We are only not to be absorbed with them.”

*later in the same passage*

“So the right food is thanksgiving. And the one who gives thanks does not spend his time in pleasures.”

EARLY CHRISTIAN WRITER **Clement of Alexandria,** **Source 12, page 6** **Read it in the library ›**
*Instructor* 2.1 (c. 190–215 AD)
*THF's updated English*

POINT 7 OF 8

## Fasting joined to a pure heart and giving

***Our note · compiled by machine learning · From the text: says what the passages say***

The Shepherd of Hermas teaches a fast that starts with guarding the heart from evil words and desires. On the fast day a person eats only bread and water and gives the money saved to someone in need.

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**9** “First of all, be on guard against every evil word and every evil desire, and purify your heart from all the vanities of this world.”

*later in the same passage*

“Then calculate the cost of the food for that day which you intended to eat, and give that amount to a widow, or an orphan, or to some person in need.”

EARLY CHRISTIAN WRITER **Hermas,** *Shepherd* (c. 90–150 AD)
*THF's updated English*

**Source 1, page 6** Read it in the library ›

POINT 8 OF 8

## Self-control is a gift of grace

***Our note · compiled by machine learning · Interpretation: our reading of the passages, not their words***

Clement says Christian self-control aims to master desire itself, not just actions. He says this comes only by God's grace, which is why Christ tells us to ask. Discipline in eating is a free response to that grace.

**10** “This self-control cannot be gained in any other way except by the grace of God.”

EARLY CHRISTIAN WRITER **Clement of Alexandria,** *Stromata* 3 (c. 190–215 AD)
*THF's updated English*

**Source 9, page 6** Read it in the library ›

THE LIMITS

## What these passages don’t tell us

- These passages speak about appetite and excess, not about body weight or size as such.
- They do not give a diet plan; their advice is moderation, thanksgiving and fasting.
- A word-for-word match shows that a quotation really is in our text. It does not show that our reading of it is right, or who wrote each work.

WHERE EVERY QUOTE CAME FROM

## The Sources

The 30 early Christian passages and 193 Bible verses we kept for this question (repeats and weak or off-topic search hits were left out): early Christian passages first (sources 1–30, grouped by writer, earliest first), then Bible verses in The Faith Once Delivered Bible (sources 31–119, in Bible order), then 104 more verses THF links to these passages, by reference. **Quote 1, page 2** beside a source shows where the study quotes it. Passages

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are in THF's updated English unless marked "1885 English" (the Roberts–Donaldson translation, public domain). "… [continues online]" marks a passage the library gave only in part. **On paper?** At **thehistoricfaith.com**, Bible verses are in the **Audio Bible** and early Christian writings in the **Library** (search for the title).

## EARLY CHRISTIAN WRITERS *30 passages from 13 writers*

### **Hermas**, *c. 90–150 AD · sources 1–3*

**1** *Shepherd* **Quote 9, page 5** do good. And I will be with all those," he added, "who have such a desire." He continued, "This fasting is very good, provided that the commandments of the Lord… [continues online] **read ›**

**2** *Shepherd* (on point 7) I was fasting and sitting on a certain mountain, and giving thanks to the Lord for all His dealings with me, I saw the Shepherd sitting beside me. He said… [continues online] **read ›**

**3** *Shepherd* (1885 English; on point 8) from Faith arises Self-restraint; from Self-restraint, Simplicity; from Simplicity, Guilelessness; from Guilelessness, Chastity; from Chastity, Intelligence; and from Intelligence, Love… [continues online] **read ›**

### **Tatian**, *c. 150–180 AD · sources 4–5*

**4** *Address to the Greeks* 2 his tub, was struck with a bowel disease from eating a raw octopus, and so lost his life through gluttony. Aristippus, walking around in a purple robe, lived a morally… [continues online] **read ›**

**5** *Address to the Greeks* 25 a weaver for their cloak, a woodcutter for their staff, rich people, and also a cook for their gluttony. O man competing with the dog, you do not know God… [continues online] **read ›**

### **Athenagoras**, *c. 170–190 AD · source 6*

**6** *Resurrection of the Dead* 6 (on point 1) being fed, and also that excess amount of food taken in only to fill the stomach and satisfy the appetite. No one can doubt that this nourishment becomes part of… [continues online] **read ›**

### **Irenaeus**, *c. 175–202 AD · source 7*

**7** *Against Heresies: Book V* engage in righteous works; instead, they lead lives like swine and dogs, indulging in filthiness, gluttony, and recklessness. Justly, then, the apostle calls all such people "carnal" and "animal," referring… [continues online] **read ›**

### **Clement of Alexandria**, *c. 190–215 AD · sources 8–14*

**8** *Instructor* 2.1 (1885 English; on point 1) "this is suitable, and has influence in putting a stop to a life of gluttony, which wealth is prone to choose, not that wealth which sees clearly, but that abundance… [continues online] **read ›**

**9** *Stromata* 3 **Quote 10, page 5** human self-control, that is, the kind taught according to the judgment of the Greek philosophers, claims to fight against desire and not to serve it in actions. But the… [continues online] **read ›**

**10** *Instructor* 3.11 (1885 English) **Quote 7, page 4** "temperance in drinks, and moderation in articles of food, are effectual in producing beauty according to nature… [continues online] **read ›**

**11** *Instructor* 2.1 (on point 1) Church. Love, then, is something pure and worthy of God, and its work is sharing. And the care of discipline is love, as Wisdom says, and "love is the keeping… [continues online] **read ›**

**12** *Instructor* 2.1 (1885 English) **Quote 8, page 4** "called ὀψοφαγία, is nothing but excess in the use of relishes ( ὄψον… [continues online] **read ›**

**13** *Instructor* 2.11 **Quote 1, page 2** "voluptuousness, rich cooking, dainty feeding, gluttony. These are the "What… [continues online] **read ›**

**14** *Stromata* 7.11 (on point 8) working life often collapse into pleasures as soon as they taste them, and the firmness of their temperance is broken. Such people are restrained by law and fear. When they… [continues online] **read ›**

### **Tertullian**, *c. 196–220 AD · sources 15–17*

**15** *On Fasting* 1 (1885 English) **Quote 4, page 3** "as it does, reins upon the appetite, through taking, sometimes no meals, or late meals, or dry meals, just as upon lust, through allowing but one marriage… [continues online] **read ›**

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**16** *On Fasting* 9 (1885 English; on point 7) “wherever abstinence from wine is either exacted by God or vowed by man, there let there be understood likewise a restriction of food fore-furnishing a formal type to drink… [continues online] **read ›**

**17** *On Fasting* 17 (1885 English) **Quote 5, page 3** “as we all know, of appetite are lasciviousness and voluptuousness… [continues online] **read ›**

### **Origen**, *c. 215–254 AD · sources 18–20*

**18** *Against Celsus* 30 **Quote 2, page 2** “we are to avoid eating for gluttony, or… [continues online] **read ›**

**19** *Commentary on Matthew* 11 (1885 English; on point 2) “he that doubts, according to the Apostle, is condemned if he eat, because he eats not of faith… [continues online] **read ›**

**20** *Commentary on Matthew* 10 (1885 English; on point 8) “9:6 or, If any one be perfect in self-control, so far as is possible for the sons of men, and the control that is from You be wanting… [continues online] **read ›**

### **Dionysius of Alexandria**, *c. 232–265 AD · source 21*

**21** *Exegetical Fragments* 2 (1885 English; on point 3) “7:2 And so in the present passage he proceeds to add: And (what) will show to his soul good in its labour… [continues online] **read ›**

### **Gregory Thaumaturgus**, *c. 240–270 AD · source 22*

**22** *Metaphrase of Ecclesiastes* 10 the idler become mockers and make the house fall into decay. Misusing everything for their own gluttony, like eager slaves of money, they are content for a small price to… [continues online] **read ›**

### **Novatian**, *c. 240–258 AD · sources 23–25*

**23** *On the Jewish Meats* 1 **Quote 3, page 2** “examples and lessons in lack of self-control. Their vices have even reached this point: while fasting, they drink early in the morning. They do not think it Christian to… [continues online] **read ›**

**24** *On the Jewish Meats* 1 (on point 2) food and drink, but righteousness, peace, and joy." Romans 14:17 Also elsewhere: "Foods for the belly, and the belly for foods; but God will destroy both it and them… [continues online] **read ›**

**25** *On the Jewish Meats* 1 (on point 2) “in themselves, but so that the Jews might be held to the service of the one God. Frugality and self-control in appetite were fitting for those who had been… [continues online] **read ›**

### **Cyprian**, *c. 248–258 AD · source 26*

**26** *Epistles* (1885 English) **Quote 6, page 3** “we are admonished by these divine condescensions both concerning a spare diet and a temperate use of drink… [continues online] **read ›**

### **Apostolic Constitutions**, *c. 250–380 AD · sources 27–29*

**27** *Apostolic Constitutions* pure, her hearing clean, her hands undefiled, her feet quiet, and her mouth prepared neither for gluttony nor for foolish talk, but for speaking what is fitting, and for taking… [continues online] **read ›**

**28** *Apostolic Constitutions* stretch out his hand in charity rather to the latter woman. But if anyone is in need because of gluttony, drunkenness, or idleness, he does not deserve any help, or… [continues online] **read ›**

**29** *Apostolic Constitutions* a husband should be preferred instead. And no gifts should be given to anyone who is devoted to gluttony, drunkenness, and idleness… [continues online] **read ›**

### **Malchion**, *c. 260–280 AD · source 30*

**30** *Epistle Against Paul of Samosata* 1 (1885 English) “all this, too, while he indulges in luxury and surfeiting… [continues online] **read ›**

## THE BIBLE *89 verses, The Faith Once Delivered Bible (Old Testament from the Septuagint), in Bible order*

**31** **Ezra 9:2** For they have taken some of their daughters for themselves and for their sons, and the holy seed has passed among the peoples of the lands; and the hand of the rulers was first in this faithlessness.” **read ›**

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32 **Esther 9:31** And Mordecai and Esther the queen established it for themselves on their own account, having then also established it at the cost of their own health, and their counsel. **read ›**

33 **Job 15:27** For he has covered his face with his fat, and made a roll of fat upon his thighs. **read ›**

34 **Job 20:20** There is no salvation for his possessions; in his desire he shall not be saved. **read ›**

35 **Psalms 73:7** Open the verse to read it. **read ›**

36 **Proverbs 13:25** The righteous eats and satisfies his soul, but the souls of the ungodly are in want. **read ›**

37 **Proverbs 16:26** A man who labors, labors for himself, and drives away his own destruction. **read ›**

38 **Proverbs 18:20** From the fruits of his mouth a man fills his belly, and from the fruits of his lips he will be filled. **read ›**

39 **Proverbs 23:2** and put out your hand, knowing that you must prepare such things; but if you are rather greedy, **read ›**

40 **Proverbs 23:3** do not desire his delicacies, for these belong to a false life. **read ›**

41 **Proverbs 23:8** for he will vomit it up and spoil your fine words. **read ›**

42 **Proverbs 23:20** Do not be a wine-drinker, nor linger at shared feasts and purchases of meat. **read ›**

43 **Proverbs 23:21** For every drunkard and man who goes to prostitutes will become poor, and every drowsy man will clothe himself in torn and ragged clothes. **read ›**

44 **Proverbs 25:16** Having found honey, eat what is enough, lest you be filled and vomit it up. **read ›**

45 **Proverbs 27:7** A soul that is full mocks honeycombs, but to a needy soul even bitter things seem sweet. **read ›**

46 **Ecclesiastes 6:9** Better is the sight of the eyes than wandering of the soul. This also is vanity and a choosing of the wind. **read ›**

47 **Isaiah 1:3** The ox knows its owner, and the donkey its master’s manger; but Israel does not know me, and the people have not understood me. **read ›**

48 **Isaiah 1:18** And come, let us reason together, says the Lord: though your sins are like crimson, I will make them white as snow; and though they are like scarlet, I will make them white as wool. **read ›**

49 **Isaiah 1:19** And if you are willing, and listen to me, you shall eat the good things of the land. **read ›**

50 **Isaiah 1:27** For her captivity shall be saved with judgment and with acts of mercy. **read ›**

51 **Isaiah 1:30** For they shall be like a terebinth that has shed its leaves, and like a garden that has no water. **read ›**

52 **Isaiah 1:31** And their strength shall be like a stalk of flax fiber, and their works like sparks, and the lawless and the sinners shall be burned up together, and there shall be no one to quench them. **read ›**

53 **Isaiah 2:2** For in the last days the mountain of the Lord shall be manifest, and the house of God shall be on the top of the mountains, and it shall be raised above the hills; and all the nations shall come to it. **read ›**

54 **Isaiah 2:7** For their land was filled with silver and gold, and there was no number of their treasures; and the land was filled with horses, and there was no number of their chariots. **read ›**

55 **Isaiah 3:17** God will also humble the leading daughters of Zion, and the Lord will uncover their form in that day; **read ›**

56 **Isaiah 3:18** and the Lord will take away the glory of their clothing, the braids, and the tassels, and the crescents, **read ›**

57 **Isaiah 5:23** who justify the ungodly for gifts, and take away the right of the righteous. **read ›**

58 **Isaiah 13:7** Therefore every hand will grow slack, and every soul of man will lose heart. **read ›**

59 **Jeremiah 16:10** And it shall be, when you report to this people all these words, and they say to you, “Why has the Lord spoken all these evils against us? What is our unrighteousness, and what is our sin that we have sinned before the Lord our God?” **read ›**

60 **Ezekiel 32:18** Son of man, lament over the strength of Egypt, and the nations shall bring down her daughters dead into the depth of the earth, to those who go down into the pit. **read ›**

61 **Ezekiel 32:19** Open the verse to read it. **read ›**

62 **Daniel 1:8** And Daniel resolved in his heart that he would not defile himself at all with the king’s table or with the wine he drank; and he asked the chief eunuch that he might not defile himself at all. **read ›**

63 **Daniel 10:3** I ate no choice bread, and no meat or wine entered my mouth, and I did not anoint myself with ointment, until three full weeks were fulfilled. **read ›**

64 **Amos 8:7** The Lord swears by the pride of Jacob: None of your works shall ever be forgotten. **read ›**

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65 **1 Esdras 9:2** He spent the night there, and he tasted no bread and drank no water, mourning over the great lawlessness of the multitude. **read ›**

66 **Wisdom of Solomon 8:7** And if anyone loves righteousness, her labors are virtues; for she teaches self-control and sound judgment, righteousness and courage, and nothing in life is more useful for men than these. **read ›**

67 **Wisdom of Solomon 13:12** and after using the scraps of his work to prepare his food, eats his fill, **read ›**

68 **Wisdom of Solomon 16:3** so that those others, though desiring food, might turn away even from the appetite they needed because of the hideousness of the creatures sent among them; while these, after being in want for a short time, might share even in a strange taste. **read ›**

69 **Wisdom of Solomon 16:21** For your sustenance showed your sweetness toward children; and, serving the desire of the one who took it, it was changed to whatever each one wished. **read ›**

70 **Wisdom of Sirach 14:9** A greedy man's eye is not satisfied with a portion, and evil unrighteousness dries up the soul. **read ›**

71 **Wisdom of Sirach 18:30** Do not go after your desires, but restrain yourself from your appetites. **read ›**

72 **Wisdom of Sirach 23:6** Let neither the craving of the belly nor sexual lust take hold of me, and do not hand me over to a shameless soul. Discipline of the Mouth **read ›**

73 **Wisdom of Sirach 33:12** Open the verse to read it. **read ›**

74 **Wisdom of Sirach 34:1** Open the verse to read it. **read ›**

75 **Wisdom of Sirach 34:12** Open the verse to read it. **read ›**

76 **Wisdom of Sirach 34:16** Open the verse to read it. **read ›**

77 **Wisdom of Sirach 34:20** Open the verse to read it. **read ›**

78 **Wisdom of Sirach 34:24** Open the verse to read it. **read ›**

79 **Wisdom of Sirach 36:23** If there is mercy and meekness on her tongue, her husband is not like the sons of men. (Septuagint Wisdom of Sirach 36:28 (Wisdom of Sirach 36:23 in most Bibles)) **read ›**

80 **Wisdom of Sirach 37:29** Do not be greedy for every luxury, and do not pour yourself out upon foods; **read ›**

81 **Wisdom of Sirach 37:30** for with many foods there will be pain, and gluttony will come near to cholera. **read ›**

82 **Wisdom of Sirach 37:31** Through gluttony many have died, but he who is careful will add to his life. **read ›**

83 **3 Maccabees 7:11** Open the verse to read it. **read ›**

84 **4 Maccabees 1:3** Open the verse to read it. **read ›**

85 **4 Maccabees 1:18** Open the verse to read it. **read ›**

86 **4 Maccabees 1:19** Open the verse to read it. **read ›**

87 **4 Maccabees 1:27** Open the verse to read it. **read ›**

88 **4 Maccabees 1:30** Open the verse to read it. **read ›**

89 **4 Maccabees 1:31** Open the verse to read it. **read ›**

90 **4 Maccabees 1:33** Open the verse to read it. **read ›**

91 **4 Maccabees 1:35** Open the verse to read it. **read ›**

92 **4 Maccabees 2:2** Open the verse to read it. **read ›**

93 **4 Maccabees 2:7** Open the verse to read it. **read ›**

94 **4 Maccabees 3:17** Open the verse to read it. **read ›**

95 **4 Maccabees 3:18** Open the verse to read it. **read ›**

96 **4 Maccabees 5:23** Open the verse to read it. **read ›**

97 **4 Maccabees 13:7** Open the verse to read it. **read ›**

98 **1 Enoch 98:11** Open the verse to read it. **read ›**

99 **1 Enoch 108:8** Open the verse to read it. **read ›**

100 **Matthew 6:16** Moreover when you fast, do not be like the hypocrites, with sad faces. For they disfigure their faces that they may be seen by men to be fasting. Amen, I say to you, they have received their reward. **read ›**

101 **Matthew 9:14** Then John's disciples came to him, saying, "Why do we and the Pharisees fast often, but your disciples do not fast?" **read ›**

102 **Matthew 11:19** The Son of Man came eating and drinking, and they say, 'Behold, a gluttonous man and a drunkard, a friend of tax collectors and sinners!' But wisdom is justified by her children." **read ›**

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**103** **Mark 2:18** John's disciples and those of the Pharisees were fasting. They came and asked him, "Why do John's disciples and those of the Pharisees fast, but your disciples do not fast?" **read ›**

**104** **Luke 5:33** They said to him, "Why do John's disciples often fast and pray, likewise also the disciples of the Pharisees, but yours eat and drink?" **read ›**

**105** **Luke 21:34** So be careful, or your hearts will be loaded down with carousing, drunkenness, and cares of this life, and that day will come on you suddenly. **read ›**

**106** **Acts 22:13** came to me, and standing by me said to me, 'Brother Saul, receive your sight!' In that very hour I looked up at him. **read ›**

**107** **Romans 14:21** It is good neither to eat meat nor to drink wine nor to do anything by which your brother stumbles or is caused to fall or is made weak. **read ›**

**108** **1 Corinthians 7:5** Do not deprive one another, except by agreement for a time, so that you may devote yourselves to fasting and prayer, and come together again, so that Satan may not tempt you because of your lack of self-control. **read ›**

**109** **1 Corinthians 9:25** Everyone who competes in the games exercises self-control in all things. They do it to receive a perishable crown, but we an imperishable one. **read ›**

**110** **1 Corinthians 9:27** but I beat my body and enslave it, lest by any means, after I have preached to others, I myself should be disqualified. **read ›**

**111** **Galatians 5:23** meekness, and self-control. Against such things there is no law. **read ›**

**112** **Colossians 2:23** These things indeed have an appearance of wisdom in self-imposed worship, humility, and severity to the body, but have no value against the indulgence of the flesh. **read ›**

**113** **1 Timothy 4:3** forbidding marriage and requiring abstinence from foods which God created to be received with thanksgiving by the faithful who know the truth. **read ›**

**114** **1 Timothy 4:7** But reject profane tales such as old women tell, and train yourself in godliness; **read ›**

**115** **1 Timothy 4:8** For bodily exercise has some value, but godliness has value in all things, having the promise of the life which is now and of that which is to come. **read ›**

**116** **Hebrews 13:9** Do not be carried away by various and strange teachings, for it is good that the heart be established by grace, not by foods, through which those who were so occupied were not benefited. **read ›**

**117** **James 5:5** You have lived in luxury on the earth, and taken your pleasure. You have nourished your hearts as in a day of slaughter. **read ›**

**118** **2 Peter 1:5** And for this very reason, bringing all diligence, supply virtue in your faithfulness, and knowledge in virtue, **read ›**

**119** **2 Peter 1:6** and in knowledge, self-control; and in self-control, perseverance; and in perseverance, godliness; **read ›**

## ALSO LINKED BY THF TO THESE PASSAGES *104 verses, by reference*

*Partly machine-linked: related to the passages, not always quoted in them. Each reference links to the verse in our audio Bible.*

**Exodus** 16:3

**Leviticus** 11:3

**Deuteronomy** 14:3

**2 Samuel** 6:19

**Psalms** 112:6

**Proverbs** 15:17

**Ecclesiastes** 10:1

**Isaiah** 30:1

**Jeremiah** 9:23

**Haggai** 1:6

**Zechariah** 7:6

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**Matthew** 6:21 · 6:32 · 7:7 · 12:18 · 13:12 · 13:58 · 14:31 · 15:11 · 15:17 · 17:19 · 17:20 · 19:12 · 22:3 · 22:21 · 23:33 · 25:25 · 27:32

**Mark** 6:5 · 7:19 · 12:42

**Luke** 6:46 · 8:45 · 12:28 · 14:8 · 14:12 · 14:15 · 14:16 · 17:7 · 21:3 · 24:41

**John** 1:49 · 4:34 · 6:26 · 6:69

**Acts** 5:29 · 10:10 · 10:14 · 10:34 · 15:15 · 15:20

**Romans** 2:25 · 5:17 · 10:4 · 13:12 · 13:13 · 14:3 · 14:6 · 14:14 · 14:16 · 14:17 · 14:20 · 14:23

**1 Corinthians** 2:14 · 3:1 · 5:11 · 6:13 · 7:25 · 8:6 · 8:8 · 8:13 · 9:4 · 9:14 · 10:23 · 10:25 · 10:31 · 11:21 · 11:33 · 13:3 · 13:7 · 15:32 · 15:35

**2 Corinthians** 3:3 · 4:18 · 6:5 · 11:27

**Galatians** 5:22

**Ephesians** 4:29

**Colossians** 2:16 · 2:18 · 2:21

**1 Timothy** 4:1 · 4:4 · 5:23 · 6:8 · 6:10

**Titus** 1:15

**Hebrews** 3:5 · 9:12 · 9:14 · 10:1 · 11:37

**2 Peter** 3:16

**Revelation** 14:13

*Searched: Ante-Nicene Fathers volumes 1–9 and the Bible, including the Septuagint.*

## ABOUT THIS STUDY

A THF member asked “What did the early Christians teach about gluttony and self-control in eating?” on June 12, 2026. The Historic Faith answered it as a public study on November 9, 2026.

**Library only.** This study was written only from The Historic Faith’s library of early-Christian writings and the Bible, never from the web. Every passage we kept from what the library gave is listed above, with a link to read it.

**How it was made.** Compiled by machine learning from The Historic Faith’s library of early-Christian writings and the Bible only. Every quotation was matched word for word against our stored text. Not yet reviewed by The Historic Faith.

**How to cite this study.** The Historic Faith, “What did the early Christians teach about gluttony and self-control in eating?” Early Church Questions, published November 9, 2026, https://thehistoricfaith.com/early-church-questions/what-did-the-early-christians-teach-about-gluttony-and-self-control-in. To cite one quotation, add its number and source, for example “quote 1, source 13.”

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THE END OF THIS STUDY