

V.3: “forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth.”

- Two examples of false teaching: prohibition of marriage and certain foods.
- One of the church’s first heresies was asceticism, which eventually led to monasticism.
- Marriage and food are God’s good gifts.

Vv.4-5: “For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.”

- Christians are allowed to eat whatever foods they please (cf. 1 Cor. 8:8).
- “It is sanctified by the word of God and prayer.”