

Does the bible say how much we should eat a day and in one sitting? The says something about eating/enjoying good food but how often? Should we eat when we're scared/anxious? God sent an angel to help one of his prophets telling him to eat twice before a journey but I assume also maybe to calm him down?

In 1 Kings chapter 19 verses 4–7 Elijah collapsed and prayed that he might die after defying the prophets of Baal at Mount Carmel. He was exhausted and the angel of the Lord comforted and fed him.

Regarding Elijah's experience J. Vernon McGee wrote:

There is also a psychological factor involved in this situation. This is the day of hypertension, frustration, sterility, frigidity, nervous debilitation, disappointment, discouragement, despondency, let-down, run-down, and breakdown. Perhaps you have misunderstood Elijah. He was rough and rugged. He was a blood-and-thunder man. But that rugged exterior concealed a sensitive soul. He was ruled by his emotions, and he could go from elation to dejection. He possessed the finer sensibilities—he had artistic taste and aesthetic taste. His nature was emotional, and he did things that were emotional. Perhaps he suffered, as the psychologists say, from manic-depressive psychosis. A woman is probably the most delicate of God's creatures, and a woman is emotional. She has a finer sensibility than a man. Elijah had that kind of a nature. Did you ever notice that God put a badger skin around all of the beauty, wealth, and workmanship of the tabernacle? A badger skin was the exterior of something fine and beautiful. The exterior of Elijah was like that. Now he is crying out for God to take his life. He is in bad shape.¹

Food is necessary for men (Gen. 1:29, 30). It gives one physical strength (Acts 9:19) and it revives the soul (1 Sam. 30:12).

Food should not become a stumbling block (1 Co 8:13) and gluttony is forbidden (Pr 23:1–3). In Proverbs one is warned: "Put a knife to your throat if you are given to gluttony (Pr 23:2)." God describes the wicked: "His face is covered with fat and his waist bulges with flesh" (Jb 15:27).

Fasting may be appropriate for the believer (Ac 13:3)—namely during: times of grief (2 Sam. 12:16), sad news (Neh. 1:4) or anxiety (Dan 6:18–20).

Food is given by God (Ps 104:21, 27). His children are thankful for his provision (1 Sa 9:13).

¹ McGee, J. V. (1991). Thru the Bible commentary: History of Israel (1 and 2 Kings) (electronic ed., Vol. 13, p. 127). Thomas Nelson.