

~ABSTAINING (22)

[English, non participation, abstention, no vote, refraining]

- The decree of the **First Century** Christian congregation was to keep **abstaining** from things polluted by idols, from fornication, from any animal that had been strangled or not properly bled and from using blood
- To keep **abstaining** from things sacrificed to idols and from blood and from things strangled and from fornication. If you carefully keep yourselves from these things, you will prosper. Good health to you! (**Acts of Apostles 15:29**)
- Paul counseled his Christian brothers to keep abstaining from fleshly desires, which carry on a conflict against the soul because they are against the spirit.
- Beloved, I exhort you as aliens and temporary residents to keep **abstaining** from fleshly desires, which are the very ones that carry on a conflict against the soul. (**1 Peter 2:11**)