

~ABSTINENCE (99)

[English, self-denial, self-restraint, self-discipline, moderation, asceticism, Opposite of, **indulgence**]

- A man could take a vow of **abstinence** from most anything, but once he had made such a vow, he must honor his word.
- In case a man makes a vow to Yehowah or swears an oath to bind a vow of **abstinence** upon his soul, he must not violate his word. According to all that has gone out of his mouth he should do. (**Numbers 30:2**)
- The vow of **abstinence** of a woman living within her father's house could be cancelled by her father, but if he remained silent then the vow stood and must faithfully be carried out.
- And in case a woman makes a vow to Yehowah or she does bind herself with a vow of **abstinence** in the house of her father in her youth. (**Numbers 30:3**)
- And her father actually hears her vow or her abstinence vow that she has bound upon her soul and her father does keep silent toward her, all her vows must also stand, and every **abstinence** vow that she has bound upon her soul will stand. (**Numbers 30:4**)
- And her father actually hears her vow or her **abstinence** vow that she has bound upon her soul and her father does keep silent toward her, all her vows must also stand, and every **abstinence** vow that she has bound upon her soul will stand. (**Numbers 30:4**)
- But if her father has forbidden her on the day of his hearing all her vows or her **abstinence** vows that she has bound upon her soul, it will not stand, but Yehowah will forgive her, because her father forbade her. (**Numbers 30:5**)
- If she is living in the house of her husband then he has the right to overrule her and annul the vow of **abstinence**.
- And her husband actually hears it and keeps silent toward her on the day of his hearing it, her vows must also stand or her **abstinence** vows that she has bound upon her soul will stand. (**Numbers 30:7**)

- However, if it is in the house of her husband that she has vowed or has bound an **abstinence** vow upon her soul by an oath. (Numbers 30:10)
- And her husband has heard it and has kept silent toward her, he has not forbidden her, and all her vows must stand or any **abstinence** vow that she has bound upon her soul will stand. (Numbers 30:11)
- But if her husband has totally annulled them on the day of his hearing any expression of her lips as her vows or as an **abstinence** vow of her soul, they will not stand. Her husband has annulled them, and Yehowah will forgive her. (Numbers 30:12)
- Any vow or any oath of an **abstinence** vow to afflict the soul, her husband should establish it or her husband should annul it. (Numbers 30:13)
- But if her husband absolutely keeps silent toward her from day to day, he has also established all her vows or all her **abstinence** vows that are upon her. He has established them because he kept silent toward her on the day of his hearing them. (Numbers 30:14)
- Many Jews regularly practiced **abstinence** or fasting, **doing without** food, in the fifth month, but much of it was hypocritical and for show as Yehowah noted.
- Saying to the priests who belonged to the house of Yehowah of armies, and to the prophets, even saying; Shall I weep in the fifth month, practicing an **abstinence**, the way I have done these O how many years? (Zechariah 7:3)
- Say to all the people of the land and to the priests; When you **fasted** and there was a wailing in the fifth month and in the seventh month, and this for seventy years, did you really fast to me, even me? (Zechariah 7:5)
- When Paul was on his journey as a prisoner to Rome they experienced shipwreck and **abstinence** from food. He however was accustomed to varying circumstances and weathered these well.
- And when there had been a long **abstinence** from food, then Paul

stood up in the midst of them and said; Men, you certainly ought to have taken my advice and not have put out to sea from Crete and have sustained this damage and loss. (**Acts of Apostles 27:21**)

- In labor and toil, in sleepless nights often, in hunger and thirst, in **abstinence** from food many times, in cold and nakedness. (**2 Corinthians 11:27**)