

## **“Practices” of Abstinence**

*These practices allow us to relinquish something in order to gain something new.*

**Solitude**—*Spending time alone to be with God.*

**Silence**—*Removing noisy distractions to hear from God*

**Fasting**—*Skipping a meal(s) to find greater nourishment from God.*

**Frugality**—*Learning to live with less money and still meet your basic needs.*

**Secrecy**—*Avoiding self-promotion, practice serving God without others knowing.*

**Sacrifice**—*Giving of our resources beyond what seems reasonable to remind us of our dependence on Christ.*

## **“Practices” of engagement**

*Dallas Willard writes, “The disciplines of abstinence must be counter-balanced and supplemented by disciplines of engagement (activity).” It’s choosing to participate in activities that nurture our souls and strengthen us for the race ahead.*

**Study**—*Spending time reading the Scriptures and meditating on its meaning and importance to our lives.*

**Worship**—*Offering praise and adoration to God.*

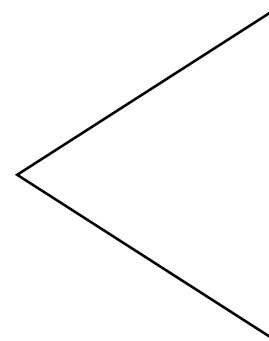
**Prayer**—*Talking to and listening to God about your relationship with Him and about the concerns of others.*

**Fellowship**—*Mutual caring and ministry in the body of Christ.*

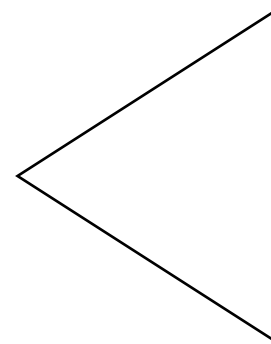
**Confession**—*Regularly confess your sins to the Lord and other trusted individuals.*

**Submission**—*Humbling yourself before God and others while seeking accountability in relationships.*

Intentional



Unintentional



Adapted from [practicingtheway.org](http://practicingtheway.org)