

Spiritual Practices Week 2 – Abstinence

Read: 1 Peter 2:11-12, Galatians 5:16-17, Luke 4:1-13

Share: We are spending four weeks understanding spiritual practices and how they can help us as a church become more and more like Jesus and overflow His goodness into our nation. In our second video, Ryan, Charlotte and Priscilla will look at spiritual practices of abstinence, what they are and what this might look like in our lives.

Watch: Week 2 Video - Abstinence

Discuss:

1. What do you interpret the battle Paul writes about between flesh and spirit to be? Where do you see this in your lived experience?
2. How can our weakness or dependence make us “strong” when we practise fasting or other practices of abstinence?
3. Are there ways we must be wise and careful when practising abstinence?
4. Are there ways the practices of abstinence are being used within culture outside of church?
5. Are there any practices of abstinence that you currently use or have benefited from in the past? What did they form in you? (The list of some of the practices of abstinence are below).
6. What spiritual practices of abstinence did Jesus use?

Extra:

What practices would you add to the list below that are good for abstinence?

- *Solitude - “Purposefully abstaining from interaction with others...”*
- *Silence - “Silence is frightening because it strips us as nothing else does, throwing us upon the stark realities of our life.”*
- *Fasting - “Fasting confirms our utter dependence upon God by finding him a source of sustenance beyond food.”*
- *Frugality - Abstaining from using money or goods at our disposal in ways that merely gratify our desires...staying within the bounds of what general good judgement would designate as necessary for the kind of life which God has led us.*
- *Secrecy - Abstaining from causing our good deeds and qualities to be known...to help us lose the hunger for fame, justification, or just the mere attention of others.*