

# Some Biblical Examples of Abstinence

**Ex. 12:18-20** In the first month you are to eat bread made without yeast, from the evening of the fourteenth day until the evening of the twenty-first day. For seven days no yeast is to be found in your houses. And whoever eats anything with yeast in it must be cut off from the community of Israel, whether he is an alien or native-born. Eat nothing made with yeast. Wherever you live, you must eat unleavened bread.”

**Ex. 13:3** Then Moses said to the people, “Commemorate this day, the day you came out of Egypt, out of the land of slavery, because the LORD brought you out of it with a mighty hand. Eat nothing containing yeast.

**Ex. 19:15** Then he said to the people, “Prepare yourselves for the third day. Abstain from sexual relations.”

**Ex. 31:17** It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested.”

**Lev. 16:29-31** “This is to be a lasting ordinance for you: On the tenth day of the seventh month you must deny yourselves and not do any work – whether native-born or an alien living among you – because on this day atonement will be made for you, to cleanse you. Then, before the LORD, you will be clean from all your sins. It is a sabbath of rest, and you must deny yourselves; it is a lasting ordinance.

**Lev. 23:14** You must not eat any bread, or roasted or new grain, until the very day you bring this offering to your God. This is to be a lasting ordinance for the generations to come, wherever you live.

**Lev. 23:26-32** The LORD said to Moses, “The tenth day of this seventh month is the Day of Atonement. Hold a sacred assembly and deny yourselves, and present an offering made to the LORD by fire. Do no work on that day, because it is the Day of Atonement, when atonement is made for you before the LORD your God. Anyone who does not deny himself on that day must be cut off from his people. I will destroy from among his people anyone who does any work on that day. You shall do no work at all. This is to be a lasting ordinance for the generations to come, wherever you live. It is a sabbath of rest for you, and you must deny yourselves. From the evening of the ninth day of the month until the following evening you are to observe your sabbath.”

**Nu. 6:3-4** he [the Nazirite] must abstain from wine and other fermented drink and must not drink vinegar made from wine or from other fermented drink. He must not drink grape juice or eat grapes or raisins. As long as he is a Nazirite, he must not eat anything that comes from the grapevine, not even the seeds or skins.

**Nu. 29:7** “On the tenth day of this seventh month hold a sacred assembly. You must deny yourselves and do no work.

**Jdg. 13:14** She must not eat anything that comes from the grapevine, nor drink any wine or other fermented drink nor eat anything unclean. She must do everything I have commanded her.”

**1Ki. 17:6** The ravens brought him [Elijah] bread and meat in the morning and bread and meat in the evening, and he drank from the brook.

**Dan. 1:12-16** “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days.

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

**Dan. 10:3** I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

**Mk. 1:6** John wore clothing made of camel's hair, with a leather belt around his waist, and he ate locusts and wild honey.

**Ro. 14:6** He who regards one day as special, does so to the Lord. He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God.

**Ro. 14:21** It is better not to eat meat or drink wine or to do anything else that will cause your brother to fall.

**1Co. 7:4-5** The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

**1Co. 8:13** Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again, so that I will not cause him to fall.

**1Ti. 4:2-3** Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.