

# To Abide & Abstain: Inseparable & Invincible Disciplines

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## The Discipline of Abiding

John 15:4-5 ESV

4 Abide (*menō* - to remain, continue to be present, not to depart) in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

## The Discipline of Abstaining

Matthew 16:24-25 ESV

24 Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me.

25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

- ***Without abstaining, you will never know the miracles of abiding.***
- ***Without abiding, you will never have the ability to abstain.***
- ***Not abstaining will render any attempts of abiding to be powerless.***
- ***Abiding coupled with abstaining will allow God's power to be released in your life unhindered.***

## Abide & Abstain

Ephesians 4:22-24 ESV

22 ...**put off your old self**, which belongs to your former manner of life and is corrupt through deceitful desires,

23 and to be renewed in the spirit of your minds,

24 and to **put on the new self**, created after the likeness of God in true righteousness and holiness.

Galatians 5:16 ESV

16 But I say, **walk by the Spirit**, and you **will not gratify the desires of the flesh**.

1 Peter 2:11 ESV

11 Beloved, I urge you as sojourners and exiles to **abstain from the passions of the flesh**, which **wage war against your soul**.

Romans 12:2 ESV

2 Do not be conformed to this world, but **be transformed by the renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Isaiah 55:6-9 ESV

6 Seek the LORD while he may be found; call upon him while he is near;

7 let the wicked forsake his way, and **the unrighteous man [forsake] his thoughts**; let him return to the LORD, that he may have compassion on him, and to our God, for he will abundantly pardon.

8 For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD.

9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Philippians 4:6-9 ESV

6 **do not be anxious about anything**, but **in everything by prayer and supplication** with thanksgiving **let your requests be made known to God**.

7 And **the peace of God**, which surpasses all understanding, **will guard your hearts** and **your minds** in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**.

9 What you have learned and received and heard and seen in me--**practice these things**, and **the God of peace will be with you**.

2 Corinthians 4:16 ESV

16 So we do not lose heart. Though our outer self is wasting away, **our inner self** is **being renewed** day by day.

2 Corinthians 4:18 ESV

18 as **we look not to the things that are seen** but **to the things that are unseen**. For the things that are seen are transient, but the things that are unseen are eternal.

Galatians 2:20 ESV

20 **I have been crucified with Christ**. It is no longer I who live, but **Christ who lives in me**. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.