

ABSTINENCY

Meaning: Abstinency refers to the practice of refraining from indulgence or consumption, particularly in relation to desires or appetites, often for spiritual or self-discipline purposes.

1. Abstinency is often seen as a sign of strength in overcoming temptation.
2. Many people practice abstinency during Lent to deepen their spiritual connection.
3. The concept of abstinency can be challenging in a society that promotes indulgence.
4. Her commitment to abstinency helped her achieve her personal fitness goals.
5. Abstinency in dietary choices can lead to improved overall health and well-being.
6. He spoke about the importance of abstinency in maintaining focus on his studies.
7. Abstinency from alcohol has greatly improved his mental clarity and emotional stability.
8. The group's philosophy emphasized abstinency from material possessions to achieve happiness.
9. Practicing abstinency can foster a greater appreciation for what one has.
10. Abstinency is often misunderstood as merely restriction rather than a path to freedom.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/abstinency>