Acceptance, Abstinence, Congruency

&

Practice

Shame
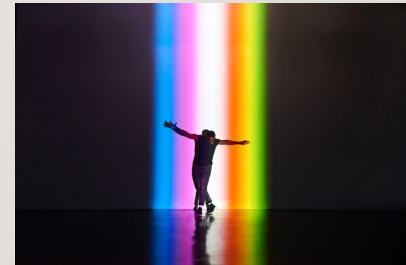
CHRISTIAN CULTURE
VS
SECULAR CULTURE

Keep your mouth shut
& look good.

Indulge every desire
& be celebrated.

The reality for many Christians
is that
neither feels congruent

FB-AACT

- Faith-Based Acceptance, Abstinence, Congruency

&

Practice Therapy

IN A NUTSHELL

God loves and accepts us just as we are!

God calls us to abstain from specific behaviors.

God calls us to confess our struggles sharing our burdens.

God calls us to practice truth, so we come to the light.

ACCEPTANCE

- Romans 15:7 - Therefore, accept one another, just as Christ also accepted us to the glory of God.
- I Tim 1:15 - It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost of all.

ABSTINENCE

- 2 Pet 2:11   -   Beloved, I urge you as aliens and strangers
to abstain from fleshly lusts which
wage war against the soul.

- 1 Thess 4:3   -   For this is the will of God, your
sanctification; that is, that you abstain
from sexual immorality.

CONGRUENCY

- Acts 19:18   - Many also of those who had believed kept coming, confessing, and disclosing their practices.

- 2 Cor 12: 9-10   • And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.

FANOS

- **F**eelings:

- **A**ffirmations:

- **N**eeds:

- **O**wnership:

- **S**truggles/**S**obriety:

PRACTICE

- John 3:21   - "But he who practices the truth comes to the Light, so that his deeds may be manifested as having been wrought in God."

- 1 John 3:7   - Little children, make sure no one deceives you; the one who practices righteousness is righteous, just as He is righteous.

CONCLUSION