The word of the week is

 ABSTAIN

**Definition:** to choose to not participate in something

**Used in a sentence:**

I have to abstain from eating for 24 hours before my blood test.

Now that I have learned how to ignore inappropriate behavior, it is easy to abstain from feeding into it.

I have to abstain from running until my knee heals.

Please abstain from talking during announcements.

My father has to abstain from driving until he gets his new glasses.