

Modesty Heart Check

“... Women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire, but with what is proper for women who profess godliness – with good works.”

I Timothy 2:9-10

Start with a heart Check...



“How does a woman discern the sometimes fine line between proper dress and dressing to be the center of attention? The answer starts in the intent of the heart. A woman should examine her motives and goals for the way she dresses. Is her intent to show the grace and beauty of womanhood? It is to reveal a humble heart devoted to worshipping God? Or is it to call attention to herself and flaunt her beauty? Or worse, to attempt to lure men sexually? A woman who focuses on worshipping God will consider carefully how she is dressed, because her heart will dictate her wardrobe and appearance.” (John MacArthur)

- ❖ **What statement do my clothes make about my heart?**
- ❖ **In choosing what clothes to wear today, whose attention do I desire and whose approval do I crave? Am I seeking to please God or impress others?**
- ❖ **Is what I wear consistent with Biblical values or modesty, self-control and respectable apparel, or does my dress reveal an inordinate identification and fascination with sinful cultural values?**
- ❖ **Who am I trying to identify with through my dress? Is the Word of God my standard or is it the latest fashion?**
- ❖ **Have I asked other Godly individuals to evaluate my wardrobe?**
- ❖ **Does my clothing reveal an allegiance to the Gospel or is there any contradiction between my profession of faith and my practice of Godliness?**

Before you leave the house, do a modesty check. (What are some things you should look for as you stand in front of your mirror?)

From the top...



- ❖ When I am wearing a loose-fitting blouse or scoop-neck, can I see anything when I lean over? If so, I need to remember to place my hand against my neckline when I bend down.
- ❖ If I am wearing a button-down top, I need to turn sideways and move around to see if there are any gaping holes that expose my chest. If there are, I've got to grab the sewing box and pin between the buttons.
- ❖ Wearing a spaghetti-strap, halter, or sheer blouse? Not even pins will fix this problem! Most guys find these a hindrance in their struggle with lust. It's time to get rid of these types of clothing.
- ❖ Can I see the lace or seam of my bra through my shirt?
- ❖ Does my shirt reveal any part of my cleavage?
- ❖ Does my midriff show when I raise my hands above my head?
- ❖ Is my shirt just plain too tight?
- ❖ If the answer to any one of these questions is yes, then I need to change my outfit.

Moving on down...



- ❖ Does my midriff (or underwear) show when I bend over or lift my hands? If so, either my shirts needs to be longer or I need to find a skirt that sits higher.
- ❖ I also have to turn around to see if what I'm wearing is too tight around my backside, or if the outline of my underwear shows. If so, It is too tight and you need to get rid of it.
- ❖ The sit-down check applies to all skirts and dresses. I must remember to keep my skirt well below my knees and keep my knees together when I am seated.
- ❖ No, splits, they reveal too much when we walk.
- ❖ Before I leave, I need to give my skirt a "sunlight check." Is it see-through? If so, I need a slip.
- ❖ Finally, I must remember to do this modesty check with my shoes on. High heels make my dress or skirt appear shorter. All skirts should be at least mid-calf, standing or sitting.



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