

*A Return To Biblical...*

# Modesty!



## AN ISSUE OF THE HEART

We are living in an age when Christians need to be concerned about getting back to Biblical modesty; however, modesty is much more than the length of a dress or the cut of a blouse. The Webster's dictionary says modesty is "...freedom from conceit or vanity," as well as "propriety in dress, speech, or conduct."

**It is important to realize that modesty begins in the heart.** Psalm 19:14 says "Let the...meditation (planning) of my heart be acceptable in thy sight, O Lord..." It is the heart that determines what we wear. Proverbs 3:27 says "...as he thinketh **in his heart**, so is he."

There are many opinions concerning what modesty is; however, God does not have any opinions about anything. He deals in facts and it should be the desire of every Christian to learn what is "...acceptable unto the Lord." (Ephesians 5:10)

### STARTING WHERE GOD STARTS

We often quote the phrase, "*body, soul and spirit*," as if it was in the Bible, however, it is not. The Word of God puts the body last, and our spirit first. First Thessalonians 5:23 says, "I pray God your whole (1) *spirit* and (2) *soul* and (3) *body* be preserved blameless unto the coming of our Lord Jesus Christ."

### GOD COMMUNICATES WITH THE SPIRIT OF MAN AND NOT THE SOUL

Romans 8:16 plainly says the Spirit of God "...beareth witness with our spirit..." The soul consists of our *mind*, our *will*, and our *emotions*. God does not communicate with His children in these areas.

The unsaved person, and unfortunately many Christians, are more concerned about determining in their own mind (which is usually influenced by their emotions) how they will dress the body. Genuine modesty is much more than the mind determining what the body



**Mrs. D. Kirkland**

should wear. Modesty, in God's definition is "*a meek and quiet spirit*," dictating how God wants the body dressed.

### YOUR BODY & YOUR SPIRIT

In First Peter 3:3,4 God connects the "*outward adorning*" with "...a meek and quiet spirit, which is in the sight of God of great price."

### CONCERNING OUR BODIES

Romans 12:1 says, "I beseech you therefore, brethren, by the mercies of God, that ye present (show) your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." We are to be concerned about dressing in a manner that is, "*acceptable unto God*," Jude 1:24 says, "...and to present (show) you faultless before the presence of his glory with exceeding joy."

The Bible has many examples of good and bad dress. For example, the "*harlot*" in the Book of Revelation



symbolizes the end-time apostate religious system. In contrast, “*the bride*” of Christ represents the Christian. The character of a harlot and a bride are always portrayed by their outward appearance. There can be no denying the fact that the Bible teaches the heart of a Christian woman is revealed outwardly by the way she dresses. First Timothy 2:9,10 tells us that modest apparel, “*...becometh women professing godliness.*” Like the examples of the harlot and the bride, the adorning of the body expresses the real inner person.

If modesty is neglected, the virtues modesty promotes are always neglected with her. Therefore modesty is more than a standard, it is the foundation on which other important standards will be built.

There are many reasons the Bible says that women should “*adorn themselves in modest apparel.*” One reason is because how we dress always sends a message. When David was, “*...clothed in sackcloth*” (First Chronicles 21:16), he was sending a message. The woman “*...with the attire of a harlot*” (Proverbs. 7:10) also sends a message.

*“Godly women are writing their history, not on the pages of their own book, but in the lives of those around them whom they love and serve.”*

Another reason God commands women to dress modestly is because a woman who dresses immodestly will cause men to “*...lust after her.*” (Matthew 5:28) No sincere Christian young lady would want to do that.

### GOD HAS GIVEN US OUR PHYSICAL FEATURES

We cannot change our basic physical structure and to reject what God has designed is to incur rebuke.

- **Romans 9:19-21** - “*For who hath resisted his will? Nay but, O man, who art thou that repliest against God? Shall the thing formed say to him that formed it, Why hast thou made me thus?*”
- **Romans 10:8** - “*Thine hands have made me and fashioned me.*”

- Realizing God designed all of our basic physical features before we were born, it is important for us to accept them.
- **Jacob** walked with a limp. (Genesis 32:31)
- **Elisha** was bald. (Second Kings 2:23)
- **Paul** had an infirmity in his flesh. (2 Corinthians 12:7)
- **Zacchaeus** was short. (Luke 19:3)
- **Moses** had a speech impediment. (Exodus 4:10)
- When Jesus was on earth He lacked beauty in His appearance. Isaiah 53:2 says, “*For he shall grow up before him as a tender plant, and as a root out of a dry ground; he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him.*”
- His appearance, like ours, was carefully designed by God for a purpose.

We cannot change our height, eyes, nose ears, bone structure, teeth, the size of our feet, hands, etc; however, we can enhance our features.

### OUR FACIAL APPEARANCE CAN BE CHANGED BY THE CONDITION OF THE HEART

Proverbs 15:13 says, “*A merry heart maketh a cheerful countenance.*”

### THE EYE IS THE WINDOW TO THE SOUL

It has been said that, “*The eye is the window to the soul.*” The soul is made up of our *mind*, our *will*, and our *emotions*. Our facial expression, is a picture of what is going on in the mind, will and emotions. **The illustrations below show how we can send a message without saying a word.**

Proverbs 6:24,25 warns the man about “*...the evil woman*” saying, “*...neither let her take thee with her eyelids.*” Isaiah 3:9 says “*The shew of their countenance doth witness against them; and they declare their sin.*” Our facial expressions are simply an outward sign of what is going on in the heart. The woman pictured here has a *sensual* heart. She is the one Proverbs 7:13 refers to as speaking with “*an impudent face.*” Proverbs 6:25 warns about the woman that would “*take thee with her eyelids.*”



The second picture sends a message of *sadness*. The eyes in the third picture speaks of *satisfaction*.



**Proverbs 6:25 - “Lust not after her beauty in thine heart; neither let her take thee with her eyelids.”**



*“A merry heart maketh a cheerful countenance.”*

(Proverbs 15:13)

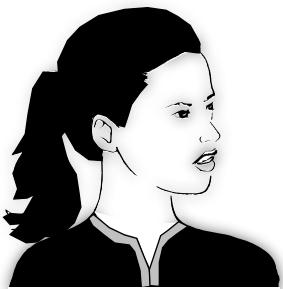
The “countenance” is mentioned fifty-three times in the Bible. Proverbs 27:17 says, *“Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.”* The mouth is mentioned in over 420 verses. Proverbs 5:3 says, *“For the lips of a strange woman drop as an honeycomb...”*

A smile does not always say, *“I am happy,”* but it always says, *“I am satisfied,”* and it always says, *“I am pleased to see you and I want to encourage you.”*

**We want to emphasize again that it is all about the heart.** The Bible says, *“A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.”* (Proverbs 15:13) In Nehemiah 2:2, we read that the king said to Nehemiah, *“Why is thy countenance sad, seeing thou art not sick? This is nothing else but sorrow of heart.”* Daniel 5:9 says, *“Then was king Belshazzar greatly troubled, and his countenance was changed...”*

#### WHAT DOES YOUR COUNTENANCE SAY?

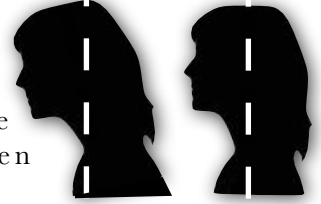
- ☐ Kindness
- ☐ Contentment
- ☐ Love
- ☐ Gentleness
- ☐ Patience
- ☐ Friendliness
- ☐ Cheerfulness
- ☐ Optimism
- ☐ Humility
- ☐ Peace



- ☐ Unkind
- ☐ Discontent
- ☐ Hatred
- ☐ Harshness
- ☐ Impatience
- ☐ Unfriendliness
- ☐ Dejection
- ☐ Pessimism
- ☐ Haughtiness
- ☐ Guilt

## NO SECOND CHANCE TO MAKE A GOOD FIRST IMPRESSION

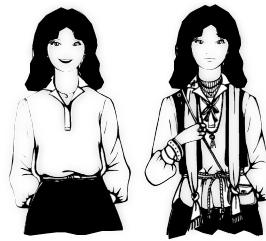
We never get a second chance to make a good first impression, and first impressions are made in the first few seconds when someone meets us.



It is important to dress modestly, however, we are also sending a message if we slouch or have an unpleasant expression. To have a good posture, the chin should be parallel to the floor and the neck should be a straight column from the shoulders.

#### WHAT MESSAGE AM I SENDING?

First impressions are made within the first few seconds that someone meets us. People observe our demeanor, mannerisms, body language, grooming and accessories. It is said that within three seconds we make an indelible impression.



The main goal in how we present our bodies should be to draw attention to the face. One of the girls above has accomplished that goal, one has not.

It is very important to understand how to properly deal with the neckline. The more open skin that is revealed below the chin line, the more attention is drawn away from the face. *A good rule to follow is to not have more than two fingers width showing below the collarbone.*



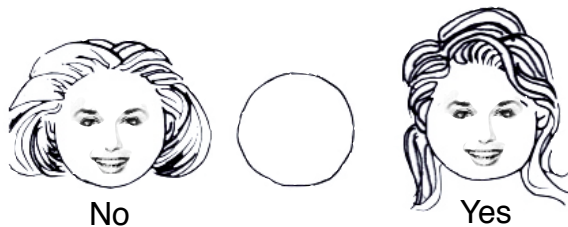
*“Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.”*

(First Timothy 4:12)



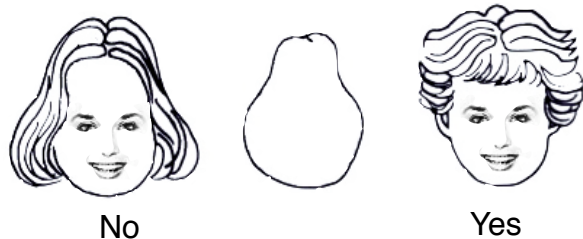
### STYLING THE HAIR TO COMPLIMENT THE FACE

We all have different shaped faces and one hair style does not compliment every face. The proper hairstyle can help minimize non-pleasing attributes while promoting and complimenting positive ones. The goal is to try to achieve an oval shape. To do this, long faces need shortening, and wide faces need lengthening. We have included a simple guide of what to look for and what to avoid for five different face shapes.



#### THE ROUND FACE

Hair should not be flat on the top or full on the sides. Keep hair close to the sides and have only a little hair over the ears or have the ears exposed.



#### THE PEAR-SHAPED FACE

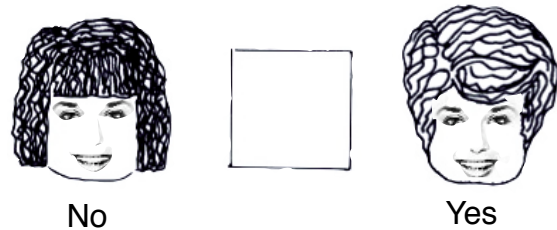
Wear hair that covers much of the narrow forehead and away from the jawline. It is best not to wear hair flat and smooth at the temple. This will avoid drawing eye interest to the lower portion of the face.



#### THE HEART-SHAPED FACE

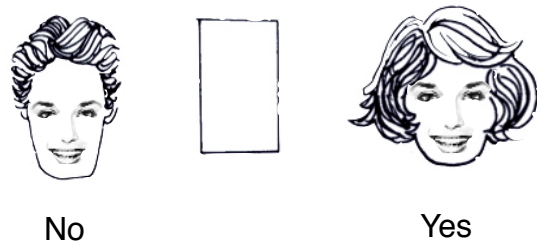
To avoid drawing attention to the broad forehead, add fullness of hair below the ears.

*“Abigail... was a woman of good understanding,  
and of a beautiful countenance.”*  
(First Samuel 25:3)



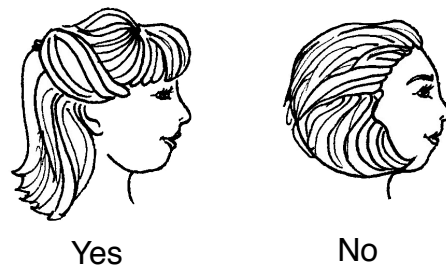
#### THE SQUARE-SHAPED FACE

Hair should not be worn flat on the top or full on the sides. Avoid full, broad bangs and straight lines. Have an upward lift on the top and keep hair close to the sides.



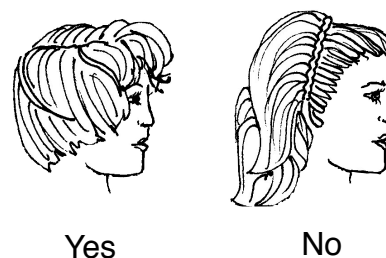
#### THE LONG-SHAPED FACE

Hair should not be piled high on the top. Wear hair full on the sides.



#### THE RECEDING CHIN AND FOREHEAD

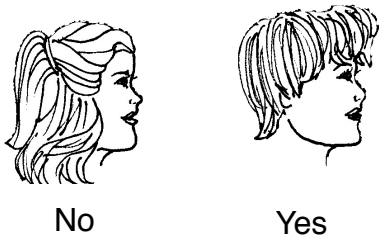
Drawing hair over your forehead with bangs or soft curls will cover a receding forehead. It will also create an interest above the ears that will draw attention away for a receding chin.



#### THE SMALL FLAT NOSE

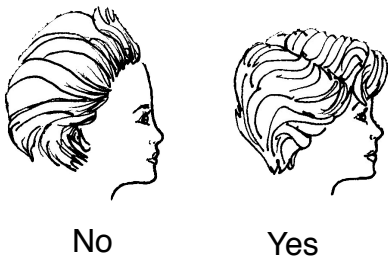
Keep your hair back away from your forehead to give the nose more prominence.





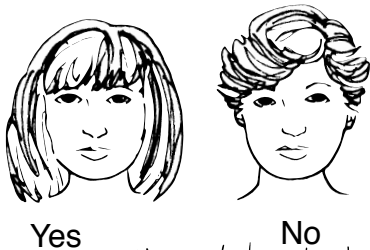
### THE PROTRUDING CHIN AND FOREHEAD

Keep hair flat and smooth above the forehead. Style hair forward in front of the ears to minimize the distance from the chin to the ears.

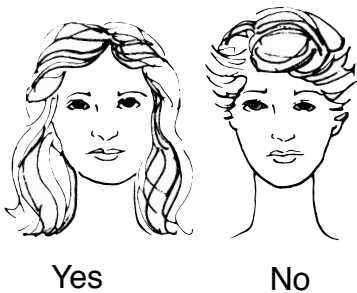


### THE HIGH FOREHEAD

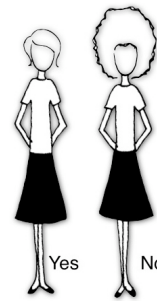
You can conceal the height of your forehead with bangs or soft curls. Hair should not be drawn back straight from the forehead.



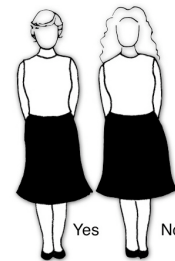
Hairstyle if you have a short neck.



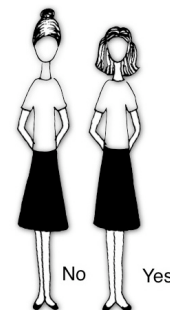
Hairstyle if you have a long neck.



Hairstyle if you are short



Hairstyle if you are large



Hairstyle if you are tall

### *First Impressions*

Most first impressions are based on appearance, clothing, hair, makeup, body language, and facial expressions.

About forty percent of first impressions are based on voice and speech quality.

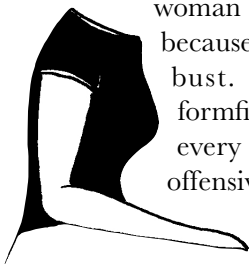
Only about five percent is based on what we say.

A salary research study found that companies projected salaries up to twenty percent higher based on a job applicant's appearance.



## THE UPPER BODY

Keeping in mind that the goal should always be to draw attention to the face, the modestly dress woman will avoid all formfitting tops because they draw attention to your bust. If a man wore his pants formfitting it would be offensive to every sincere Christian. It is also offensive to every sincere Christian when a woman wears formfitting clothes on any part of her body.



Tops that are puckered below the bust line are designed to draw attention to the bust area.



The layered look draws attention away from the face to the hips.

Long scarfs and necklaces draw attention from the face to the central area of the body.



One of our most serious problems facing our fundamental (?) churches is women who would never dream of wearing slacks wearing tight



formfitting tops, skirts and dresses. These women either do not know or do not care that tight clothing causes men in church to lust after them. Tight clothing is very inviting to a man. One man put it this way, *"If you do not want to invite me to your party please do not send me an invitation."*



Large hanging openings in short sleeve tops will reveal under garments when arms are raised.

*"And in that day seven women shall take hold of one man, saying, We will eat our own bread, and wear our own apparel."*

(Isaiah 4:a)

*"In like manner also, that women adorn themselves in modest apparel...which becometh women professing godliness..."*

(First Timothy 2:9,10)

Meanings of words change as time goes on. "Apparel" today is a general term that means "any article of clothing."

Did you know that when the King James Bible was translated the word "apparel" meant "loose, long flowing garment?" (See the Oxford English Dictionary that has the archaic meanings of words.)

The Greek word is "katastole" has the same meaning, and it is the only place in the Bible where the word is used.

There are other words for clothing, attire, etc., but this word comes from a verb form which means "to lower." It denoted a loose-fitting outer garment, which was long.

Paul used this word to tell women that they are to wear long dresses or skirts. Pants, miniskirts, tight dresses, etc. cannot fit the definition of the word "katastole." The Vine's Dictionary verifies this word definition.

## God's Word Says The Uncovered Thigh Is Shameful.

*"...uncover the thigh...Thy nakedness shall be uncovered, yea, thy shame shall be seen..."* (Isaiah 47:2,3)

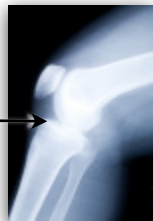
Webster's Dictionary - **THIGH** - *"The part of the leg extending from the knee to the hip."*

According to the Word of God when the thigh is uncovered, *"...thy shame shall be seen."*

### Everything from the leg bone to the hip is what the Bible calls the thigh.

As seen in the x-ray below, the leg bone is connected to the thigh bone. Everything above the bottom of the knee cap is considered the thigh in the Word of God.

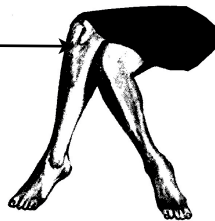
The thigh begins here.



The thigh begins here.



The thigh begins here.



The graphics above portray immodest clothing. The one at the right is modest.



*"...that women adorn themselves in modest apparel..."*

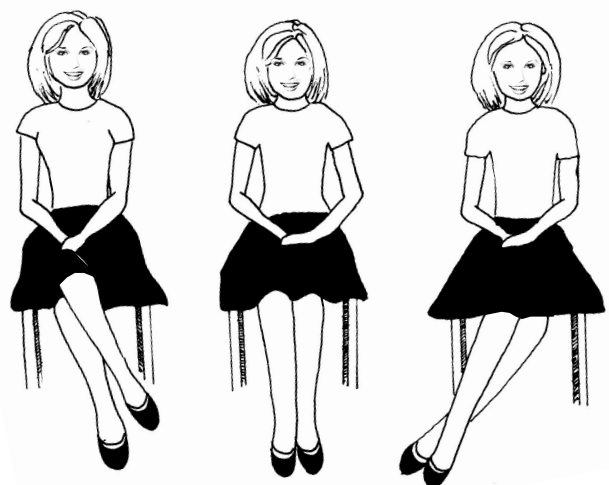
(First Timothy 2:9)

## You might look modest from your eyes!



Your dress or skirt may look modest from your eyes, however, people looking may see things much different.

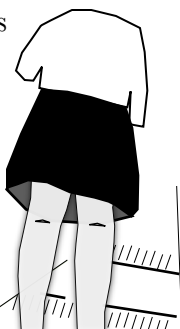
## How To Sit Modestly



## THE ESCALATOR TEST

A skirt that covers the knee at the front is much different from the back when riding an escalator. Ask yourself if Jesus was coming up the escalator three or four steps lower than you are, would He consider what you were wearing was acceptable?

Would it be the *“...good, and acceptable, and perfect, will of God,”* or would it be that you are, *“conformed to this world?”*



## BENDING FORWARD

Ask yourself if Jesus was sitting behind me when I bend over would what He sees be, *“...acceptable unto the Lord.”* (Ephesians 5:10) We do not need to be concerned if Christ is sitting behind us or in front of us. Proverbs 15:3 says, *“The eyes of the LORD are in every place, beholding the evil and the good.”*

## STANDING



Yes



No

## SITTING



Yes



No

## DOES MY WARDROBE HONOUR GOD?



## If In Doubt...Throw It Out!

**“Whatsoever you do, do all to the glory of God.”** (First Corinthians 10:31) A sincere Christian girl strives to please Christ in everything, including the way she dresses. She dresses with style and taste so that her appearance brings honour to the One she represents.

**“...we are ambassadors for Christ.”** (Second Corinthians 5:20) She takes Christ shopping with her! As she stands before the mirror, she asks herself, *“Would I want to meet Jesus looking like this?”*

**“Not as pleasing men, but God.”** (First Thessalonians 2:4) She avoids all that is gaudy and conspicuous, knowing this might focus so much attention on her outer appearance that it dims the beauty of Christ within.

**“Not I, but Christ liveth in me.”** (Galatians 2:20) She tries not to look dull or drab, for she knows that unattractive dress is not befitting a daughter of the King.

**“The king’s daughter is all glorious within: her clothing is of wrought gold.”** (Psalm 45:13) She uses moderation in following fashion, seeking to be classed as neither *“old-fashioned”* or *“first in fashion.”*

**“Let your moderation be known unto all men.”** (Philippians 4:5) She follows the styles of the crowd whenever possible, but refuses to conform when conformity requires a lowering of her standards.



**“And be not conformed to this world, but be ye transformed by the renewing of your mind.”** (Romans 12:2) She does not use her clothing for vainglorious pomp and show.

**“Let nothing be done through strife or vainglory; but in lowliness of mind.”** (Philippians 2:3) She does not overdress. She selects clothing which is appropriate to the occasion and beautiful in simplicity.

**“In like manner also, that women adorn themselves in modest apparel...which becometh women professing godliness with good works.”** (First Timothy 2:9,10) She strives to look feminine. Being proud of the fact that God made her “a girl,” she delights to dress like one!

**“The women shall not wear that which pertaineth unto a man.”** (Deuteronomy 22:5) She refuses to “play up her sex,” for she would not want to pin the label “cheap” or “common” on that which belongs to Christ.

**“For ye are bought with a price: therefore glorify God in your body”** (First Corinthians 6:20) She avoids styles that are too bare or too revealing. She knows that she would be an accomplice in the sin, if her provocative attire aroused wrong thoughts in a fellow’s mind.



**“Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”** (Matthew 5:28) She realizes that modesty in dress brings not only God’s approval, but also lasting

admiration from the fellows, as they see in her the kind of girl they would someday want to marry. “Who can find a virtuous woman? for her price is far above rubies. the heart of her husband doth safely trust in her.” (Proverbs 31:10,11)

She refuses to become so fascinated by fashion books that she forsakes the Book of Books which guides her in the “fashioning” of her eternal soul.

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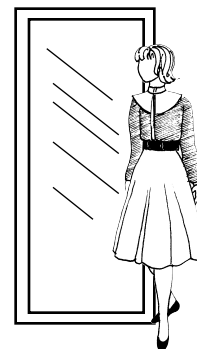
*“...modest apparel...which becometh women professing godliness...”*

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(First Timothy 2:9,10)

## Daily Morning Full Length Mirror Check

- ☐ Skirt wrinkled?
- ☐ Seams crooked?
- ☐ Slip showing?
- ☐ Hose wrinkled?
- ☐ Zipper unzipped?
- ☐ Belt twisted?
- ☐ Dandruff?
- ☐ Skirt off-centered?
- ☐ Straps showing?
- ☐ Spots or stains?
- ☐ Loose buttons?
- ☐ Lint or hairs?
- ☐ Viewing from the side are my clothes formfitting?
- ☐ Viewing from the front when I bend forward is my top too loose?
- ☐ Is my top more than two fingers below my collarbone?



## Daily Evening Plan-Ahead Checklist

- ☐ What will I wear tomorrow?
- ☐ Have I chosen coordinating separates?
- ☐ Have I chosen my accessories, shoes etc.
- ☐ Lay out fresh lingerie and hose?
- ☐ Is the slip I have chosen the right style for the dress I have picked?



*“...we are ambassadors for Christ...”*

(Second Corinthians 5:20)



## Clothes That Compliment



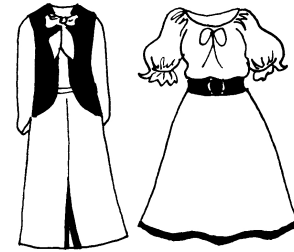
### IT YOU ARE TALL

1. Avoid clothing with vertical strips.
2. Skirts or dresses that come to below the knee are better than ankle length styles.
3. Tops should have full three-quarter length sleeves. Colour contrasts in tops and bottoms are best.
4. Full or flared skirts and dresses are for you.
5. Wear a wide belt.
6. A wide collar will help.
7. Wear medium of low heel shoes.
8. Avoid slim dresses.
9. V- necklines are not for you.
10. Avoid one colour tops and bottoms.
11. Do not wear your hair styled high on your head.



### IT YOU ARE SHORT

1. Wear patterns with vertical stripes.
2. V- necklines are better.
3. One-piece dresses are best.
4. A matching belt or no belt at all.
5. Buttons from to to hem will help you look taller.
6. Solid colours or muted prints are for you.
7. Wear only small accessories.
8. Hair styles that are high on the head will help.
9. Avoid full, fluffy skirts.
10. Avoid plaid patterns.
11. Avoid patterns with heavy square styles.
12. Avoid wearing tops with large collars.



### IT YOU ARE PLUMP

1. Wear styles with simple outlines.
2. Neutral, dark, one-coloured outfits are your best choice.
3. Patterns with vertical lines should be your first choice.
4. Long dresses and skirts are for you.
5. Medium size prints with muted patterns are best.
6. Avoid horizontal patterns.
7. Wear only small jewelry and accessories.
8. Avoid contrasting separates and bold patterns or plaid.
9. Do not wear a wide belt, ruffles or pleated full skirts.

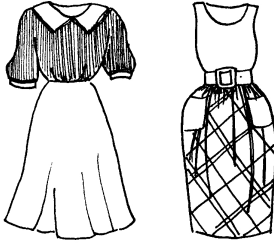


### IT YOU ARE THIN

1. Full skirts with full sleeves should be your first choice.
2. Avoid vertical lines and stripes.
3. Light, bright colours are best.
4. Your wardrobe should include bright plaids and prints.
5. Lacy frills and pockets will help.
6. Fluffy hair styles will be an asset.
7. Avoid dark colours, V-necklines.

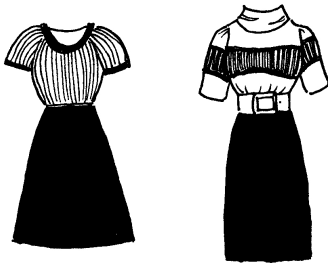
The dictionary says  
form fitting is,  
*“...fitting the body snugly,*





### IT YOU ARE HEAVY AT THE HIP

1. Wear full skirts that are lighter in colour than the top.
2. Avoid skirts with horizontal lines.
3. Avoid skirts with pockets.
4. Avoid skirts with heavy patterns.



### IT YOU ARE LARGE IN THE BUST AREA

1. Wear tops that are darker in colour than the bottoms.
2. Wear tops with vertical lines.
3. Wear flared or A-line skirts.
4. Avoid high necklines such as turtlenecks.
5. Avoid wide belts, narrow skirts and horizontal patterns.

*From the moment  
someone meets us,  
our face and our  
clothes, the way we  
walk and the way we  
sit are sending a  
message.*



### A Step In The Right Direction

The average person takes 8000 to 10,000 steps a day. In a lifetime that adds up to 115 thousand miles or four times around the globe. A woman should not only be “beautiful to look upon” when she is standing still, she should also strive for a graceful walk.

A graceful walk is simply good posture in motion. The common training method is to practice with a book on your head. This forces the body into proper alignment which is the foundation of both good posture and an attractive walk! An otherwise beautiful lady can spoil her appearance with an ungainly gait, waddle, shuffle, march, or strut as pictured here.

- Don't toe in or toe out
- Don't shift your hips from side to side
- Don't take giant strides or tiny steps
- Don't lead with your head
- Don't swing your shoulders



### Graceful Walking Is Good Posture In Motion

Posture and poise in standing, sitting or walking is not something that just happens. It must be learned. Proper body alignment makes you look taller, thinner and project a confident attitude.

1. When walking, minimize the space between your legs.
2. Put one foot in front of the other in an almost parallel position. Imagine there is a line painted on the floor ahead of you and you are trying to walk on that line.
3. Do not cross the line. Models on catwalks or runways are taught to step over the line with each step to make the hips move in a sexy motion.
4. Always maintain a centered balanced position.

Psalm 56:13 - “...that I may walk before  
God in the light of the living..”

*“Posture and poise in standing, sitting or walking is not something that just happens. It must be learned. Proper body alignment makes you look taller, thinner and project a confident attitude.”*



# Choosing High Heel Shoes.

## According to Wikipedia Encyclopedia...

**“Reasons for wearing high-heels, which are almost exclusively aesthetic, they include...”**

- “They accentuate the appearance of calves.”
- “They alter the gait in what is considered a seductive fashion.”
- “They make the wearer appear taller.”
- “They make the legs appear longer.”
- “They make the foot appear smaller.”
- “They make the gluteal muscles more defined while wearing tight pants.”

**Reasons for not wearing high-heels include:**

- “They can cause foot pain.”
- “They can create foot deformities, including hammertoes and bunions.”
- “They can cause an unsteady gait.”
- “They can shorten the wearer's stride.”
- “They can render the wearer unable to run.”
- “They may predispose to degenerative changes in the knee joint.”
- “Women who wear high heels frequently have a higher incidence of degenerative joint disease of the knees. This is because they cause a decrease in the normal rotation of the foot which puts more rotation stress on the knee.”
- “Podiatrists often comment that 75 percent of their business is caused by females wearing tall high heeled shoes.”

## Sexy stiletto outweighs staid shoes for women, no matter the cost

(By Terri Theodore, THE CANADIAN PRESS)

TORONTO - “They're impractical and often painful but despite hundreds of years of horror stories women continue to wear high-heeled shoes. Experts agree the fear of blisters, corns and calluses can't compete with the sexy status of high heels and fashion designers keep taking the shoe to ever more dizzying heights. *“They make our legs look long and beautiful,”* explained Faye Markowitz, the women's buyer at Davids Footwear in Toronto. *“They make us look thinner and women will do anything to look thinner and taller, sexier.”*

### The phenomenon isn't new.

There are foot-high sandals worn by women of the Ottoman Empire to keep their feet dry in bathhouses and first worn by Venetian prostitutes and then adopted by European aristocrats starting as early as the 1400s. *“If you are taller, of course your figure shows better...”* Matthews David said women continue to wear the shoes for one main reason: *“Obviously high heels give you a sexy walk.”*

## DOCTOR'S WARNINGS INCLUDE...

- High heels push the centre of mass in the body forward, taking the hips and spine out of alignment.
- Calf muscles contract and adjust to the angle of the high heels. Muscles may shorten and tighten.
- Pressure increases on the forefoot when wearing high heels as follows...One inch increases pressure by 22%. Two inch heels increases pressure by 57% and three inch heels increases pressure by 76%.

## HIGH HEEL SHOES AND THE MODEST WARDROBE

Although the majority of “high heel shoes” found on the internet are advertised as being “sexy.” Not all shoes with a heel are in that category.

Pictured below are two shoes taken from two different internet ads. The one was on a site that promoted “sexy shoes.” The other was on a sight that did not. You can guess which one is which.



The low heel shoe does not fall into the category of being “sexy” and is also much better concerning the causing of the physical problems experienced by wearing high heel shoes.

A good rule of thumb is not to wear shoes with heels that are designed to accent the form of the body.

A-line skirts and dresses have a graceful sweep and do not draw attention to the body when longer high heels shoes are worn, however, keep in mind that high heel shoes like the one pictured above can cause many physical problems.



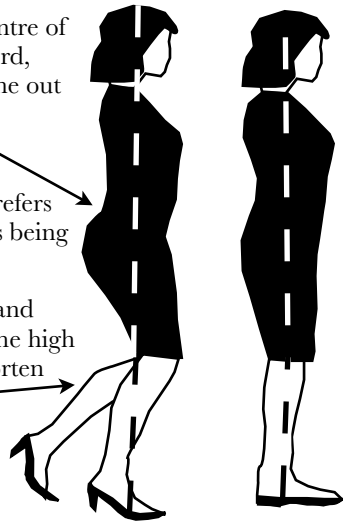
## SOME INTERESTING FACTS FROM THE MEDICAL WORLD

High heels push the centre of mass in the body forward, taking the hips and spine out of alignment.

This is also the reason why the shoe industry refers to the high heel shoe as being "sexy."

Calf muscles contract and adjust to the angle of the high heels. Muscles may shorten and tighten.

High heels place excess force on the inside of the knee causing osteoarthritis among women. One study found that knee joint pressure increased as much as 26% when a woman wears high heels.



**Pressure increases on forefoot when wearing:**



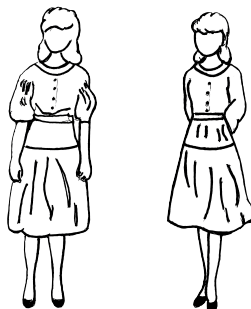
*"...whatsoever ye do, do all to the glory of God."*

(First Corinthians 10:31)

*"...we are ambassadors for Christ."*

(Second Corinthians 5:20)

**We never get a second chance to make a good first impression.**



## The Bible Has Much To Say About Beautiful Women.

### Esther

*"...her beauty...she was fair to look upon."*

(Esther 1:11)

### Milcah

*was very fair to look upon."*

(Genesis 24:15,16)

### Sarai

*a fair woman to look upon"*

(Genesis 12:11)

### Rebekah

*"...was fair to look upon."*

(Genesis 26:7)

### Tamar

*"a woman of a fair countenance."*

(Second Samuel 14:27)

### Bathsheba

*"...the woman was very beautiful to look upon."*

(Second Samuel 11:2)

### Vashti

*"...her beauty...she was fair to look upon"*

(Esther 1:11)

### Esther

*"...the maid was fair and beautiful."*

(Esther 2:7)

### Vashti

*"...was fair and beautiful"*

(Esther 2:7)

### Abigail

*"...a woman of good understanding, and of a beautiful countenance"*

(First Samuel 25:3)

### The Daughters of Job

*"...in all the land were no women found as fair as the daughters of Job."*

(Job 42:15)

*"There are few things in this world as attractive as a modestly dressed woman or teenage girl. There are few things in this world as unattractive as an immodestly dressed woman or teenage girl. A beautiful woman who dresses immodestly reduces herself to nothing more than body parts."*



## ATTENTION HUSBANDS ATTENTION DADS

It is past time that husbands and fathers took their responsibility concerning the standard of dress of their families. Many times a wife or daughter will ask, "*how do I look?*" Husbands need to take time to answer the question. Have your wife and daughters to sit down, cross their legs, and uncross them again. Ask them to stand up, have them bend forward. When you feel that they will be modest in public tell them. If they are not modest have them change the clothing.

### IF IN DOUBT, THROW IT OUT

Take time to have your wife and daughter go through their entire wardrobe in this manner. If in doubt, through it out. If there are no immodest clothes in the closet, immodest clothes will not be worn.

### PREACHING ABOUT GETTING THE HEART RIGHT IS NOT ENOUGH

For example, The first three chapters of Ephesians deals with our *position* in Christ. The last three chapters deals with our *walk*. After talking about our standing in Christ, chapter four begins with "*I therefore...beseech you that ye walk worthy of the vocation wherewith ye are called.*" The remainder of the book of Ephesians very plainly tells us how to walk as a Christian.

Genuine modesty is an issue of the heart, however, preaching Scriptures about getting the heart right is not enough. How to be a modestly dressed woman needs to be explained. (Titus 2:2,3)

### SILENCE GIVES CONSENT

While we do not want to excuse women for their sin of showing off their form in public, much of the problem lies with the men in the homes and pastors in the pulpits.

## ATTENTION PASTORS

We are living in an age when many Fundamental Independent Baptist pastors are no longer leading but are being led by the whims of carnal women. Many pastors are afraid to rock the boat concerning the problem of immodest dress. This boat does not need to be rocked, it needs to be sunk!

### EXCUSES WON'T WORK WITH GOD

There is no doubt that it is almost impossible to find modest clothing in a retail store, however, there are many places on the internet where modest and yet

fashionable clothing is available. They are a little bit more expensive, however, do we really think God will accept that excuse? The money most men spend in a year at Tim Horton's would buy all the modest clothing their wives and daughters need.

### HOW TO BEGIN

If you have failed to take your God-given responsibility as a husband or a father in this area begin by asking God, your wife and your daughters to forgive you. Tell them you will try to do better in this responsibility and then do it.

If you have failed as a pastor to be faithful in demanding modesty for your church members, ask God to forgive you and then ask your people to forgive you and get on with the responsibility God has given you.

### TALK TO THE FATHERS & HUSBANDS

Pastor's need to teach modesty, however, they also need to talk to the fathers privately and lay the responsibility on their shoulders, where it belongs.

### We want to conclude with the fact that is is all about the heart!

How does a woman discern if she is dressing to please God, or dressing to please herself or attract attention to her body? The answer starts with the intent of the heart.

### A Heart Check:

### Questions For The Sincere Christian Woman To Ask.

- What statements do my clothes make about the spiritual condition of my heart?
- When I choose the clothes I wear, whose attention do I desire?
- When I choose the clothes I wear, whose approval do I want?
- When I choose the clothes I wear, am I seeking to be acceptable to God, others or myself?
- When I choose the clothes I wear, do I care if what I wear is consistent with Bible values of modesty?
- Do my clothes reflect a concern to be "*acceptable unto God*" or acceptable with the trends of the world?
- Does my clothing contradict what I say I believe about the Christian life?
- Am I honestly willing to ask godly individuals to evaluate my wardrobe?
- Who do I want to identify with by the way I dress?
  - *Godly Christians who desire to please God?*
  - *Carnal Christians who have no concern about God's approval?*
  - *Promoters of societies worldly fashions.*



**Modesty Check For Sincere Christian Women.****From the top...**

- Does my blouse or upper apparel reveal anything when I lean forward?
- Does my button-down apparel leave gaping-holes when I move?
- Do the sleeves on my upper apparel reveal underclothing when I raise my arms?
- Is my upper apparel of see-through material, revealing what is underneath?
- Is the top tight and form fitting, bringing attention to my form?
- Is my neckline too low to be *"acceptable unto God?"*

**Note** – *A good rule to follow for the neckline is not to wear anything with the top lower than two fingers below the collarbone.*

- Is my top so short that my midriff shows when I raise my hands?

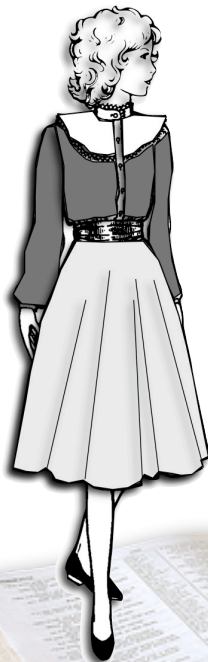
**Moving down...**

- Is my skirt too low causing my underwear to show when I bend over or lift my hands above my head?
- When I check in a full-length mirror is my skirt or dress form fitting at the back?

**Ask yourself this question...**

*If a man wore pants that were as form fitting would it be "acceptable unto God?"*

- Is my dress or skirt too tight causing my underwear outline to show?
- Does my skirt or dress rise above my knees when I sit down or put on high heel shoes?
- Is my skirt or dress too tight when I put on high heel shoes?
- Is there a slit in my dress or skirt that comes above my knees when standing or sitting?
- Is my skirt or dress so thin that it can be seen through when in front of a bright light or sunlight?



*"Who can find a virtuous woman? for her price is far above rubies."*

(Proverbs 31:10)

