

# What is Modest Apparel?



In like manner also, that women adorn themselves in *modest apparel*, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; 1 Timothy 2:9

# Is Our Dress Important?

"We are living in an age represented as being like that before the Flood. All who now plead for souls should **in their dress and deportment carry the modesty** and marks of the Lord Jesus. They must wait, watch, and pray for the Holy Spirit to be abundantly bestowed. We must take in the idea of Christianity; in conversation and **in dress we must represent the truth.** A decided guard must be placed upon the human agents in regard to the **impressions they are making upon others in deportment and in dress.** The Bible is our guide; study its teachings with a purpose to obey, and you need make no mistakes." DG 158

# Definition of Modesty

The Bible teaches modesty in dress. "In like manner also, that women adorn themselves in modest apparel." 1 Timothy 2:9. This forbids display in dress, gaudy colors, profuse ornamentation. *Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel which God's Word enjoins.* {CG 423.2}



# Modest apparel is the opposite of sensual, seductive apparel



In this presentation, we will be looking at various immodest apparel, in contrast to modest apparel.

The Bible condemns all extremes in dress and the *following of the fashions of this degenerate age*. It is not the aim of a Christian to attract attention and admiration on account of his dress. {RH, December 19, 1893 par. 8}

**Women are too often tempters. {5T 596.2}**



# Pure, Modest Women don't seduce men

Vainglory, the fashion of the world, the desire of the eye, and the lust of the flesh, are closely connected with the fall of the unfortunate. If these things had been rooted out of the heart, these fallen ones would not be so weak. If women could view these matters as God has presented them to me, they would have such an *abhorrence of impurity* that they would not be found among those who fall through the temptations of Satan, no matter whom he might select as the medium. {CTBH 132.2}

Those godly women whose minds and hearts are occupied in meditating upon themes which strengthen *purity of life*, and which elevate the soul to commune with God, will not be easily led astray from the path of *rectitude and virtue*. Such will be fortified against the sophistry of Satan; they will be prepared to withstand his *seductive arts*. {CTBH 132.3}

# Clothing that reveals the breasts

Women's breasts draw the eyes of men, leading them to have sexually suggestive thoughts.

God wants women to cover their bodies in such a way that men are not tempted to notice their breasts, causing them to struggle with impure thoughts.

Following are examples of clothing which reveal cleavage or a neckline so low that men's eyes are tempted to linger on that area. Women striving for purity of heart will avoid all such clothing.

# Low cut tops

A modest, godly woman will dress modestly. {RH, November 17, 1904 par. 11}



They may ask for a dress that is cut low in the neck because it is the fashion to wear them so. Who has supposed such a fashion? It is not a right fashion, and we should not allow ourselves to consider it right. {PCP 36.5}











# Form fitting clothing for the upper body

Another way to make clothing seductive, besides revealing the skin near the breasts, is to make it cling to the body, so as to show the shape of the breasts. This can be almost as seductive to men as seeing parts of the bare breast.

God wants women to avoid wearing what is sexually suggestive to men.





# Seductive peep holes

Another way clothing is made to be seductive is to have peep holes, showing flesh in unexpected places.

God wants His daughters to dress modestly, staying far away from impure fashions.

Following are examples of clothing with peep holes that entice men to look. Godly, pure women will avoid all such clothing.











How is it? Are we confessing Christ in our daily life? Do we confess Him in our dress, adorning ourselves with plain and modest apparel? Is our adorning that of the meek and quiet spirit which is of so great price in the sight of God? Are we seeking to advance the cause of the Master? Is the line of demarcation between you and the world distinct, or are you seeking to follow the *fashions of this degenerate age*? Is there no difference between you and the worldling? Does the same spirit work in you that works in the children of disobedience?

{OFC 233.8}



# Seductive sheer material

See-through material is very seductive, drawing the eyes to the partly disguised area.

Purity demands that God's daughters steer clear of this tantalizing fashion.

Following are examples of clothing with sheer material.







# Seductive slits

Another immodest fashion that is currently quite popular is slits which draw the eye toward sensual areas, tempting the men to indulge unholy curiosity.

Having a slit in your skirt can be more seductive than actually wearing your skirt the length of the top of the slit, because of the flashing effect. Slits in skirts should be avoided by women who want to help their brothers so they do not stumble with lustful thoughts.

Following are examples of clothing with seductive slits.





# Revealing shoulders and backs

In the past, women covered their shoulders and arms. Exposing the shoulders is a relatively recent trend in fashion. Because it is so common, it is rarely considered immodest. Yet, bare shoulders and backs can be temptingly seductive to men, especially when the flesh is revealed under the arms near the breasts.

As women of God, we need to make sure our clothing is above reproach, an example of purity and piety.

Following are examples of clothing that reveal the shoulder and back.











As I have seen those of our faith becoming worldly, my heart has been saddened. Some of those who profess to believe that they have the last message of mercy to give to the world, follow the fashions as far as they think their profession of faith will allow them to do. And their influence leads others astray. Their lack of Christlikeness is apparent to all. *The Lord is dishonored by their conformity to the fashions of this degenerate age.* Outward display is contradictory to our profession of faith. I entreat my sisters to guard against the tendency to dress in accordance with the demands of fashion. {RH, November 17, 1904 par. 3}



# Revealing the midriff

The area on the torso below the breasts, including the belly button, can be very tantalizing to men, especially when they just get a sneak preview. Popular fashions often have lower waistlines, allowing the blouse to rise up, revealing just a sliver of belly.

This is a very immodest fashion, and should be avoided by all who love God and man.

Following are examples of clothing that allows the midriff to show, which is an unacceptable style for godly women.





Not a few of our people are backsliding. *They are imitating the fashions of the world.* Their spirituality is dying. Step by step they are approaching world-loving. Selfishness and pride are taking possession of them, and the love of God finds little room in their hearts. Some who were once zealous reformers are now indifferent.



Sisters who were once plain in dress *are now conforming to fashion.* God expects his commandment-keeping people to be distinct from worldlings, but in many instances the line of demarcation is hardly discernible. {RH, November 17, 1904 par. 2}

# Revealing thighs, legs and knees

The miniskirt no longer shocks society. Now, it is popular to reveal the thighs in skirts and shorts. In years past, it was unthinkable for a decent woman to show her knees.

Showing the knee is not considered modest by those who are sincerely endeavoring to follow biblical principles of modesty.

Following you will see examples of clothing revealing the thighs, legs and knees.









# Revealing the form of the buttocks

Tight clothing that clings to the rear is sexually appealing to men.

Women of God should make sure that their clothing does not reveal the form of the buttocks.

Following are examples of clothing accentuating the back side.







# Revealing the private area

Revealing the form of private area is not a modest practice. This area, above all others, should be disguised well.

Modest women will find acceptable ways to hide the crotch so the form is not visible. This is possible even when swimming and engaging in sporting events.

Following are styles that accentuate the private area.









# Simple or Extravagant

Much of the clothing of today has showy embellishments designed to attract attention, with glitz and glamour.

Modest apparel also means sensible, discrete, humble, and simple attire. In other words, we are not to appear extravagant, showy, prideful, or glamorous. Unnatural procedures or gaudy clothes are not suitable attire for the humble follower of the meek and lowly Jesus.

Here are some examples of showy clothing that should be avoided by Christian women.









# What's wrong with prideful, extravagant clothing?

The love of dress endangers the morals and makes woman the opposite of the Christian lady, characterized by modesty and sobriety. *Showy, extravagant dress* too often encourages lust in the heart of the wearer and awakens base passions in the heart of the beholder. God sees that the ruin of the character is frequently preceded by the indulgence of pride and vanity in dress. He sees that the costly apparel stifles the desire to do good. {CG 416.4}



**Worldly Fashions**



# Revealing Fashions



# Pride and Vanity

Those who cherish and flatter self, *fostering pride and vanity*, giving to dress and appearance the time and attention that ought to be given to the Master's work, are incurring a fearful loss. Many who are clothed in beautiful outward garments know nothing of the inward adorning that is in the sight of God of great price. Their fine clothing covers a heart that is sinful and diseased, *full of vanity and pride*. They know not what it means to "seek those things which are above, where Christ sitteth on the right hand of God" (Colossians 3:1). {1SM 79.3}



# Conformity to the World

I was shown the conformity of some professed Sabbath-keepers to the world. Oh, I saw it was a disgrace to their profession, a disgrace to the cause of God! They give the lie to their profession. They think they are not like the world, but they are *so near like them in dress*, in conversation, and actions, that there is *no distinction*. I saw them decorating their poor mortal bodies, which are liable any moment to be touched by the finger of God, and laid upon a bed of anguish. Oh, then, as they approach their last change, mortal anguish racks their frames, and the great inquiry then is, "Am I prepared to die; prepared to appear before God in judgment and stand the grand review?" Ask them then how they feel about *decorating their bodies*, and if they have any sense of what it is to be prepared to appear before God, they will tell you that if they could take back and live over the past, they would correct their lives, shun the follies of the world, its vanity, its pride, and *would adorn the body with modest apparel*, and set an example to others around them. They would live to the glory of God. {4bSG 17.2}

# Plain and Simple

*Simplicity* is now rare. Instead of neat, unadorned apparel, which the pen of Inspiration has prescribed, almost every style of fashionable dress may be seen. {4T 639.1}

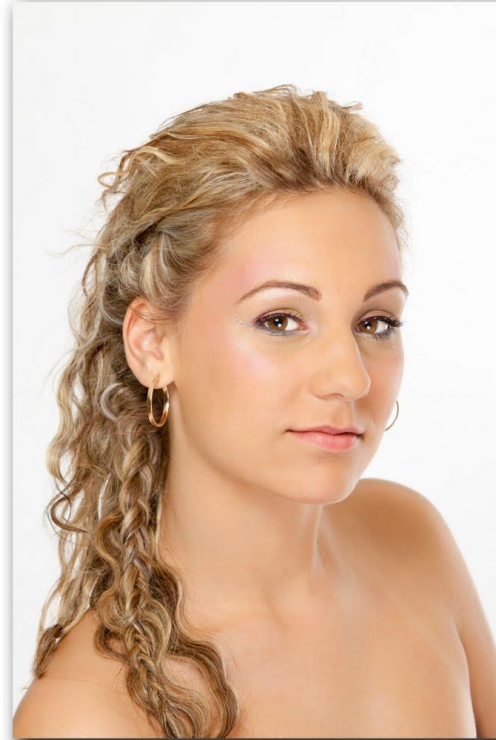
*Puritan plainness* and *simplicity* should mark the dwellings and apparel of all who believe the solemn truths for this time. All means needlessly expended in dress or in the adorning of our houses is a waste of our Lord's money. It is defrauding the cause of God for the gratification of pride.--  
"Testimonies for the Church," Vol. 1, p. 189.



**How plain were the Puritans?**

# Pride and Vanity

We are sorry to say that *pride, vanity, and love of display* are evident, testifying to all beholders that some, at least, care more for outward dress than for the heavenly adornment. {2MR 2.1}



# Ornaments for Display



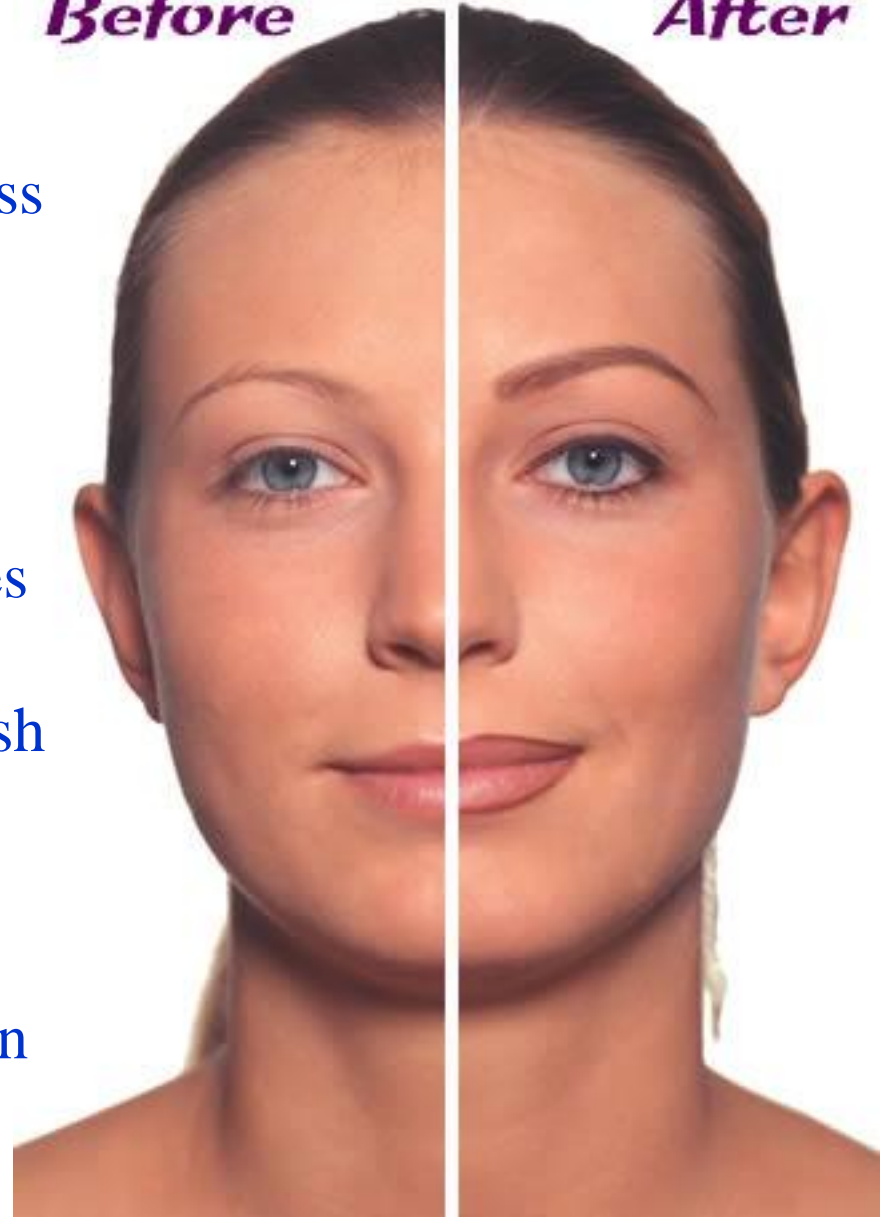
You will, if you are indeed Christians, feel more like mourning over the moral darkness in the world than indulging in levity and pride of dress. You will be among those who are sighing and crying for the abominations that are done in the land. You will resist the temptations of Satan to *indulge in vanity and in trimmings and ornaments for display*. The mind is narrowed and the intellect dwarfed that can be gratified with these frivolous things to the neglect of high responsibilities. {3T 370.2}

# Glamorous makeup

And the very ones that profess to be washed by the blood of Jesus, can dress up, and *decorate their poor, mortal bodies*, yet dare to profess to be the followers of the holy, self-denying, humble Pattern. Oh, I wish that all could see this in the light that God sees it, and showed it to me. It seemed too much for me to bear, to feel the anguish of soul that I felt as I beheld it. "God's people," said the angel, "are peculiar; such he is purifying unto himself." I saw that the outside appearance was an index to the heart. {4bSG 21.1}

*Before*

*After*



# Vain decorations & procedures



Many of these professed Christians dress, talk, and act like the world, and the only thing by which they may be known is their profession ....But it is evident that many who bear the name of Adventist study more to *decorate their bodies and to appear well in the eyes of the world* than they do to learn from the Word of God how they may be approved of Him. {EW 108.2}



# Unnatural hair color



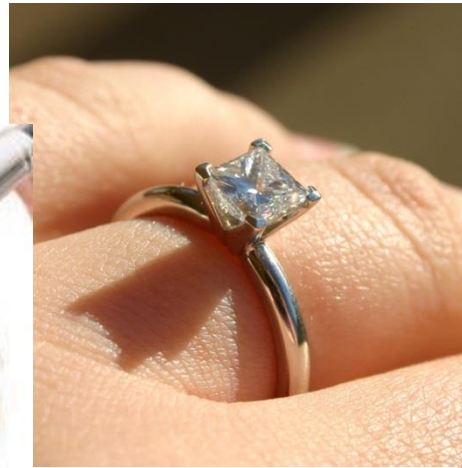
# Prideful hair styles and ornaments

The truth accomplishes a work for the receivers. It causes them to die to the world, and live unto God. Such can receive no satisfaction in *adorning their heads* with flowers, while they have a true sense of the sufferings of their Redeemer on account of their sins. His sacred brow was encircled with cruel thorns, which bruised his holy temples. This thought should be enough to cause every true follower of Jesus to *discard any useless ornaments to decorate their bodies*. {RH, November 26, 1861 par. 6}



# Adornment

True refinement does not find satisfaction in the adorning of the body for display. {CG 423.1}





# Jewelry



Self-denial in dress is a part of our Christian duty. *To dress plainly and abstain from display of jewelry and ornaments* of every kind is in keeping with our faith. Are we of the number who see the folly of worldlings in indulging in extravagance of dress as well as in love of amusements? {CG 423.3}



# Tatoos



I was shown the pride of the nominal churches. God is not in their thoughts; their carnal minds dwell upon themselves; they *decorate their poor mortal bodies*, and then look upon themselves with satisfaction and pleasure. Jesus and the angels look upon them in anger. {EW 274.1}





# Prideful shoes



*Words and acts testify plainly what is in the heart.* If vanity and pride, love of self and love of dress, fill the heart, the conversation will be upon the fashions, the dress, and the appearance, but not upon Christ or the kingdom of heaven. {OHC 283.4}

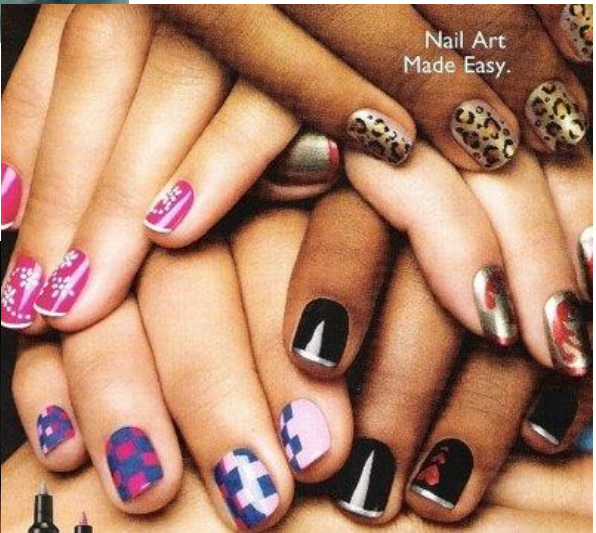


The shoes should be thick-soled, and perfectly comfortable. {2SM 471.2}

# Unnatural, prideful nails



# Nail Vanity





# God Wants Us to be Beautiful!

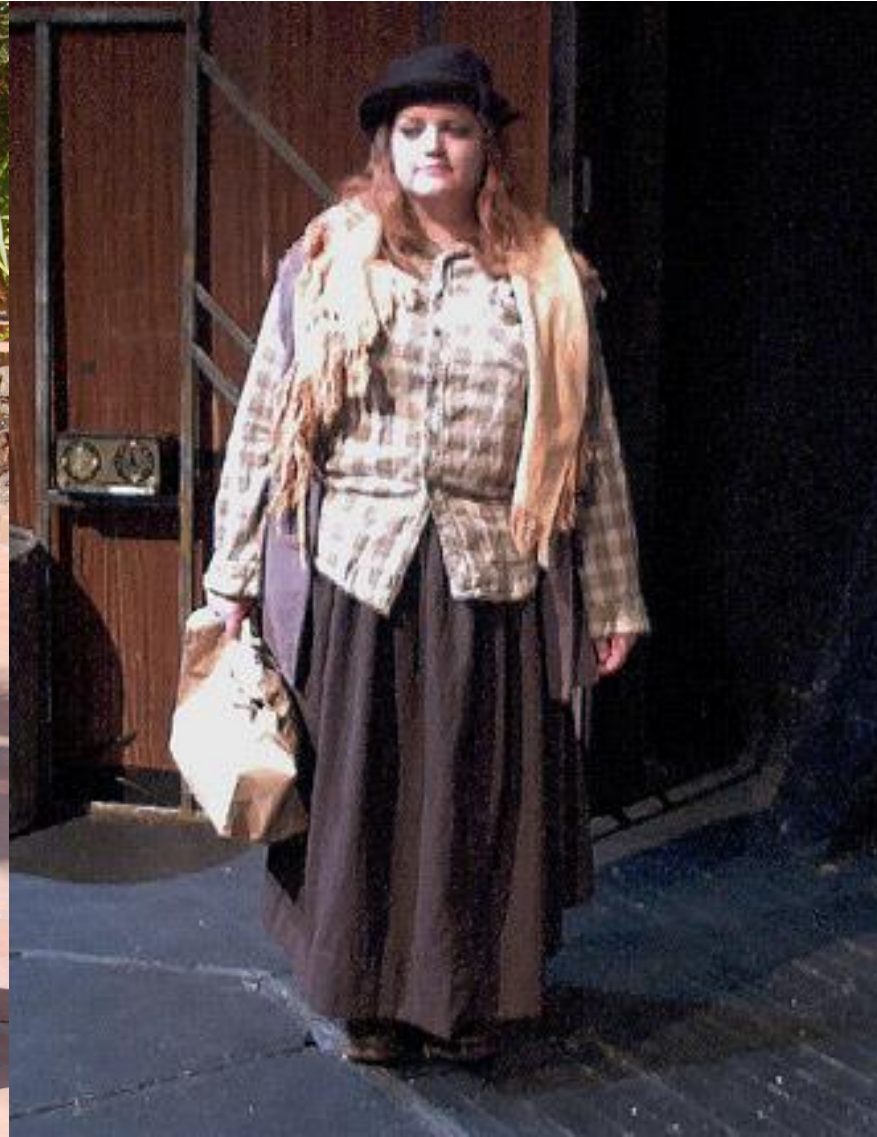
Natural, wholesome, healthful beauty is rare. We have been so brainwashed by the world's standard of beauty, that we are programmed to think plain and natural is ugly. We are in need of a transformation in our hearts to God's way of thinking.



A modest, humble Christian woman's beauty comes from the inside and radiates outwardly in her countenance and godly behavior. God desires His daughters to be clean, neat, and wholesomely attractive. They don't stand out because they are strange and sloppy, but they are noticeable for their modesty and Christian demeanor.



# Don't Be a Gazingstock!



# Feminine Modesty vs. Blurring Gender Boundaries

There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it *abomination*. "In like manner also, that women adorn themselves in *modest apparel*, with shamefacedness and sobriety." 1 Timothy 2:9. . . . {CG 427.2}

**Modest:** well arranged, seemly, modest

**Apparel:** a lowering, letting down; a garment let down, dress, attire

Notice how Ellen White links 1 Tim. 2:9 (modest apparel) with Deut. 22:5 (clothing near to opposite sex). This clearly shows us that God wants women's "modest apparel" to be distinctly feminine.

























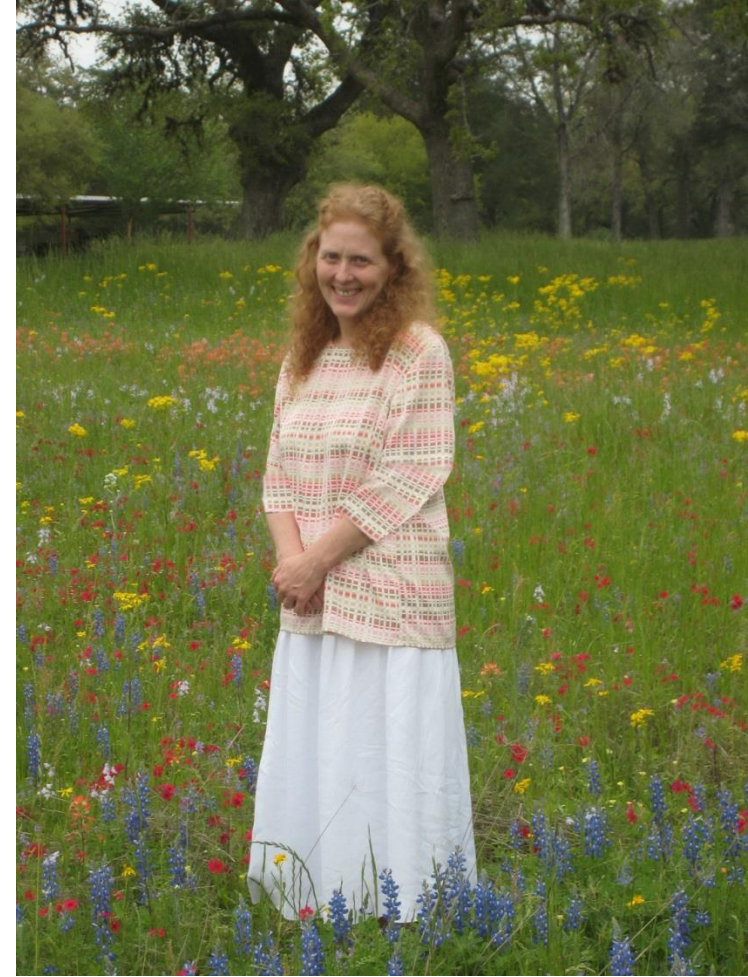


“In this style of dress God's order has been reversed and His special directions disregarded. Deuteronomy 22:5: "The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God.' God would not have His people adopt this style of dress. It is *not modest apparel*. and is not at all fitting for modest, humble women who profess to be Christ's followers. God's prohibitions are lightly regarded by all who advocate *doing away with the distinction of dress between males and females.*” {1T 459.8}



# Distinction from the World

If God gave such definite directions to His ancient people in regard to their dress, will not the dress of His people in this age come under His notice? Should there not be *in their dress a distinction from that of the world?* Should not the people of God, who are His peculiar treasure, seek even in their dress to glorify God? And should they not be examples in point of dress, and *by their simple style rebuke the pride, vanity, and extravagance of worldly, pleasure-loving professors?* God requires this of His people. Pride is rebuked in His Word. {OHC 271.2}













# We Need Moral Courage to Choose Right

Young girls who wear the reform dress are shielded from many temptations. They are continually learning to think and to act for themselves independent of what others may say and do. They are learning to have **true moral courage to do right**, and choose the right, although there is a cross in so doing. The majority of youth of this age have no strength to resist temptation. The inclination is strong to follow fashion, & dress as worldlings do...{PH123 61.1}

**May God help us to have the moral courage to do right, and to labor patiently and humbly in the great cause of reform. {PH134 13.1}**