

# A Fashion Dilemma

## Choosing to Honor God With Our Fashion Choices

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore *honor God with your body.*"  
~I Corinthians 6:19-20

### My Search for Modesty...

I have to admit that my search for modesty has been one of the most difficult journeys I've taken as a follower of Jesus. These days, in the 21<sup>st</sup> century, fashion and modesty seem like polar opposites. However, as I've personally struggled through this issue, I have come to realize that it *is possible* to honor God with my fashion choices...to dress modestly and not compromise my convictions or my sense of style. But, I won't lie to you...it's not easy.

### Does Beauty = Sexy?

Would you agree that culture teaches us beauty = sexy? That's what the media tells us. It's everywhere. But, I want us to think about something different, something called true beauty. There is a choice we each have to make for ourselves....will we choose to compromise our convictions as a follower of Jesus and "dress sexy" to please our friends or will we choose to dress in a way that brings out our "true beauty"? There is a difference between a guy saying, "Wow, she's hott!" versus "Wow, she's beautiful!" The first is probably said out of lustful desires and the second out of admiration. True beauty comes from our Creator and shines through. It is okay to desire beauty, God created women to be beautiful. But, what are our motives for striving after beauty?

### What Are Our Motives?

If our motives are to get the attention of guys by dressing in a way that shows off our bodies, consider this word of warning from Jesus in Luke 17:1-3. "Things that cause people to sin are bound to come, but woe to that person through whom they come. It would be better for (her) to be thrown into the sea with a millstone tied around (her) neck than for (her) to cause one of these little ones to sin. So watch yourselves." Jesus also said in Matthew 5:28, "anyone who looks at a woman lustfully has already committed adultery with her in his heart." Therefore, my first motive in dressing modestly is to honor God. But, my second motive is to not be a distraction to the guys around me, especially other guys who are following Christ and desiring to live in purity.

### There Are No Set "Modesty Rules"

What?!? Did you read that right? Yes! I want to make sure you understand I'm not trying to shove "101 modesty rules" down your throat. I realize that every girl's body is different and may look differently in the same clothes. So, what applies to me, may not apply to you. Plus, modesty comes from the heart, so this is something between you and God.

### A Few of My Modesty Tips...

These are only tips and not rules. But, they can get you started in the right direction. So, let's do a quick modesty check from head to toe using a few of my modesty tips.

- ✓ **Is the neckline of my shirt too low?** \*Note\* I try to make sure I can put my palm between the top of my bra and the top of my neckline.
  - **Solution:** wear a tank top underneath your shirt (*see my secret weapon below*)
- ✓ **When I lean over does my shirt gap?**
  - **Solution:** use double sided tape to hold your neckline in place or wear a tank top underneath your shirt.
- ✓ **Are my bra straps showing?**
  - **Solution:** pin your straps in place or layer another shirt over top.
- ✓ **Is my shirt too tight?**
  - **Solution:** layer another shirt or jacket over top, sometimes I buy a bigger size.
- ✓ **Does my belly show when I lift my hands above my head?**
  - **Solution:** wear a tank top underneath your shirt
- ✓ **Can you see my underwear when I lean over?**
  - **Solution:** wear a tank top underneath your shirt
- ✓ **Are my pants or skirts too tight? Does my panty line show through?**
  - **Solution:** wear a longer shirt untucked that covers your butt or wear looser pants and skirts.
- ✓ **Is my skirt or shorts too short?** \*Note\* sit down and look in front of a mirror to check
  - **Solution:** wear board shorts or capris or long skirts
- ✓ **Don't forget swimwear...**
  - Check out my website for my advice on swimwear

### My Secret Weapon

My "secret weapon" is a tank top. The neckline should be high and the length long. This allows me to adapt outfits I normally wouldn't buy by wearing the tank top underneath. You can find tank tops just about anywhere, but check out [www.modestee.com](http://www.modestee.com) for their solution.



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