

## **Modesty in Dress for Teenage Women**

(appropriate for High Schoolers and older)

Michael R. Daily, March 2008

Other youth bible studies by Michael Daily available at: <http://gciweb.org/2011/04/youth-bible-study-materials-michael-r-daily/>

(Reference #1: Dannah Gresh, *Secret Keeper: The Delicate Power of Modesty*, Moody Publishers, 2005)

(Reference #2: Feldhahn & Rice, *For Young Women Only*, Multnomah Publishers, 2006)

Have all the girls sit in the front, boys in the back. Buy some visually appealing chocolates. Godiva Chocolatier makes a 36 piece box (36 pc. Gold Ballotin – [www.godiva.com](http://www.godiva.com)) that is particularly tempting both visually and by aroma. Open the box and spread out the chocolates in their layers. Keep the chocolates in plain sight throughout the study so that everyone can see them. Don't let anyone have any of the candy. If people make comments during the study about the candy respond as if they were talking about a scantily dressed girl. For example they may ask if they can have a taste – “oh please, try to control yourself”. Are you trying to tempt us? – “I am not tempting anyone, I'm just letting my candies air out – but its rude for you to be looking at my candies, please don't do that. Most of the comments will likely come from the girls (which makes it a useful learning tool).

Mention that the candy is gourmet Godiva Chocolates and that you stopped by the mall to buy it on the way to club. Its for your wife and you are going to give them to her tonight but when you bought them the salesperson pointed out that these particular gourmet chocolates need to “breathe” (air out) for about an hour before you give them to maximize their flavor. So, if they don't mind you will just let them breathe while we do our study tonight. Smell the chocolates and mention how good they smell. Mention that the study is kind of complicated and that you will need their full attention on the lesson so they are not to look at the candy, or think about the candy, or imagine how good the candy must taste because that would be rude – focus on the study.

Because of time limitations we will limit our study to Modesty in Dress for girls or young women. This is an important topic for boys as well but the fundamental issues are quite different related to how boys dress vs how girls dress and we don't have time to cover both tonight.

### **1 Timothy 2:9-10**

**Likewise, I want women to adorn themselves with proper clothing, modestly and discreetly, not with braided hair and gold or pearls or costly garments, but rather by means of good works, as is proper for women making a claim to godliness.**

### **Romans 13:12-14**

**The night is almost gone, and the day is near Therefore let us lay aside the deeds of darkness and put on the armor of light. 13Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. 14But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.**

God wants women to dress themselves modestly and discreetly. We are to avoid sensuality – including in the way we dress.

### **Key Issue: Most girls are far more attractive to boys than they think they are.**

This disconnect between how girls see themselves and how boys see them causes a number of problems. It's complicated because there are a number of things that contribute to it so let's take it one thing at a time.

#### **1. *Madison Ave. works very hard to make girls feel that they are unattractive***

Every day you girls are hit with the same message from Madison Ave. – unless you buy our makeup and go to our hair salons and wear the clothes we tell you to wear you will be unattractive – doomed to a sad, lonely, loveless life.

But if you buy our makeup and go to our hair salons, and wear the clothes we tell you to wear you will be beautiful – and how will you know? – when you walk into a room the boys will look at you and then you will know that you are beautiful. But it's a lie.

## **2. 95% of what makes you attractive to boys God has already given to you**

In other words, if you roll out of bed in the morning, bathe, brush your teeth, comb your hair, and put on modest but winsome clothes you are pretty much there – you are attractive to boys even if you don't feel attractive. Makeup and hairdos are not bad, they do increase your physical attractiveness a few percent. But life is not like the movies - makeup, hairdos, and clothes do not change a girl from unattractive to attractive – they just enhance her God given attractiveness a few percentage points – that's all.

## **3. The female body has the power to intoxicate men**

**Proverbs 5:18-20 - Let your fountain be blessed, And rejoice in the wife of your youth. As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love. For why should you, my son, be exhilarated with an adulteress And embrace the bosom of a foreigner?**

The female body was designed by God to be attractive to men. In fact the Bible describes this attractiveness as a powerful intoxicant – literally to put into a drunken stupor. Girls, you probably do not realize that you have this power to intoxicate, its probably difficult for you to even believe this, but that does not matter, its still true.

The question for you girls is.... How many men do you want to intoxicate? God's plan is one. What is your plan?

Female beauty is power. The power to attract, the power to intoxicate. Some women enjoy that feeling of power - the power to make men look at them.

### **Key Issue: Boys are Visual – What does that mean?**

You have probably heard this before but its important to understand exactly what this means. Because the power of the female body to intoxicate boys is so powerful some of that power can come through in public if a girl does not dress appropriately. There is a line here that you do not want to cross or even get close to. It is the line between being attractive and being sexually stimulating. Being attractive is appropriate, being sexually stimulating is inappropriate.

How boys respond to girls dressed appropriately and inappropriately depends on whether they are Godly boys or ungodly boys. Godly boys want to obey God and do those things that are right in God's eyes. Ungodly boys are not concerned about that.

### ***Autonomic Nervous System***

What is the Autonomic Nervous System? It is the part of you nervous system that does things you can't control. If you walk into a room that you think is empty but someone in there jumps out and scares you what happens? If you tell your heart to instantly go back to beating slowly what happens? It continues beating fast – you can't control it.

When a girl dressed in a sexually stimulating way enters a boy's line of sight there is an involuntary response of his autonomic nervous system that brings a rush of adrenaline. Speaking bluntly, there is a biochemical reaction that is basically a short-term pulse of sexual pleasure. Just as you can't control your heart rate after being scared by something, boys can't control this response to seeing a girl's body. This is what it means when we say, "boys are visual".

Now imagine a girl walks into a room dressed in a way that is sexually stimulating. What happens? As the boys become aware of her presence their eyes will be drawn to her like a magnet for about 1 second. During this 1 second the boys, both godly and ungodly, will experience an involuntary pulse of sexual pleasure just by looking at her.

### ***What Do the Godly Boys Do ?***

After this one second godly boys will make a conscious effort to pull their eyes off of the girl. Nevertheless, they continue to be aware of her presence in the room and a struggle begins. There is the temptation to look at her again on the one hand or think about her image. But on the other hand the boy knows its displeasing to God, its dishonoring to the girl and it makes him feel guilty. With effort and practice he can learn to handle these temptations and move her out of his mind. Nevertheless it takes energy and effort to handle the situation appropriately – until the next girl shows up dressed inappropriately – then it starts all over again. Girls, does this sound like fun to you? No – it sounds distracting and tiring.

### ***What's it Like for Them ?***

Girls, imagine how life might be if all day long boys came up to you and touched you whenever they wanted? Not in a bad way but what if every few minutes or so boys you don't even know came up to you without warning and gave you a hug, or a pat on the back, or a kiss on the cheek? How would that change your life? How distracting would that be? The same thing happens to the boys when girls dress to emphasize their figures.

### ***What Do the Ungodly Boys Do?***

The ungodly boy on the other hand, after the first second, will continue to look at her (if he thinks no one will notice) or he may pull his eyes off her if he thinks others are watching him. Nevertheless, he will continue to think about her and he will imagine what she must look like naked. He will also imagine doing sexual things with her. He is not thinking that her outfit is cute, or that she looks fashionable, this is what he is thinking.

This is why making sure you don't dress in a sexually stimulating way is so important.

### **“Oh, but Mr. Daily, Mr., Daily I like the way I dress**

“It makes me feel stylish and beautiful – and I like the attention I get – it makes me feel good about myself – and besides it's a free country, I can wear what I want – and if the boys have a problem with it - I'm not sure I care! – I mean, its not my problem – its their problem”.

**Romans 14:21-22 - It is good not to eat meat or to drink wine, or to do anything by which your brother stumbles. The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves.**

### **Key Issue: You are sadly mistaken – it IS your problem – & here's why.**

When a girl presents herself dressed in ways that are sexually stimulating other things occur in addition to what we have already discussed. She is sending a powerful message to all the boys. It does not matter if she means to send this message or not. But, according to the research, all the boys (both godly and ungodly) are receiving the same message and the message is this:

***“Hey guys, I'm dressing myself in ways that will sexually stimulate you. I am doing it intentionally because I want you to know that if you would like to have sexual experiences with me that can occur relatively soon and with little effort on your part.”***

Now boys, both godly and ungodly, put girls into one of 3 categories: acquaintance, entertainment, or potential wife.

They will not consider her as someone they would want to marry. In their minds they view her as someone who walks around town sexually stimulating hundreds of boys everywhere she goes. Boys want their wife to be only for them and no one else. Research shows that not only the godly boys feel this way but also the ungodly – both have a strong desire to marry a virgin – so she is eliminated from consideration as a potential wife. Most boys, both godly and ungodly, will put this girl in the category of entertainment.

An MTV special on guys and sex once featured two guys whose goal was to have a different girl every night and they often did. But they made it clear that when they were serious about a relationship they would never go for “that kind of girl”.

The godly boys also know that they cannot use her for entertainment because that would be sin – the only option left is to stay away from her.

The ungodly boys are interested in girls that provide sexual entertainment and they will pursue her. Although they would never consider marrying her they will date her and be nice to her, they might even tell her they love her, whatever is necessary to get access to her sexually – as long as it does not cost too much. But as soon as this girl becomes inconvenient or starts to cost too much they will drop her and move on.

What is interesting here is that this girl who has believed Madison Ave.'s lies feels desired because the boys are looking at her. Little does she realize that because of the way she dresses she has driven away the boys that would truly come to love her, sacrifice for her, and give their lives for her.

Instead she is attracting only the boys who would want to use her as low cost entertainment – to be dropped at the first sign of effort or sacrifice.

The love she seeks she is actually driving away and she doesn't even know it. Girls, how you dress is your problem.

### **Now let's talk about the girl who dresses modestly**

This girl walks into a room. Although greeted by her friends and acquaintances most of the boys pay no special attention to her. No one is sexually stimulated by her. As she talks with one of the boys he is well aware of her beauty and he has sufficient evidence to believe that she must have a pretty fantastic body underneath her clothes but he doesn't have to think about that today, and that's kind of nice. He can relax, he can let his guard down, he can actually pay attention to what she is saying without being distracted by her body, its relaxing – its pleasant - its kind of nice.

And over time this boy will start to wonder if this might be the girl he is going to marry some day.

### **The message this girl is sending to all the boys is clear:**

***"Hey guys, I am not entertainment, I am not sexually available, I do not walk around town sexually stimulating hundreds of men every day. I have set myself aside so that only one man will ever experience the full, intoxicating power of my beauty. Perhaps you will be that man."***

Modesty requires a man to invest in your life in order to one day enjoy your allure. He has to earn your virtue through romance. Did men court women in the past because they found it to be more fun than casual sex? No. It was because women's modesty required it.

Modesty increases your value as a potential wife. It issues a challenge for men to earn your heart. Flowers, gifts, and romantic dinners are some of the ways a man might try to prove himself worthy of your virtue.

### **Oh but Mr. Daily, Mr. Daily if I am so valuable & attractive why don't boys act more interested in me?**

Let me tell you a story that might help you understand.

#### ***Ninth Grade Story***

When I was in 9<sup>th</sup> grade (the last year of mid-school) I was a good student, pretty good looking, and quarterback of the football team. There were 5 or 6 girls at my school that liked me and independently pursued me. These girls were not popular or glamorous they were just regular girls and nice people – and I thought all of them were quite attractive. During the school year these girls would sit next to me in class, come over and sit with me at lunch, things like that. Although I enjoyed talking with them at school I never pursued them. I never took them on dates or to dances or went over to their house, I never called them on the phone and if they called me I made it clear that I needed to get back to what I was doing – so over time they stopped calling me. At school the girls and I would continue to enjoy visiting with each other.

About halfway through the school year each girl became convinced that I found her to be unattractive and they started mentioning it. One girl lamented that perhaps if she had a few less pimples she would be attractive. I told her, “you’re fine, don’t worry about it so much”. Another one mentioned that perhaps if her teeth were a little straighter she would be more attractive. I told her, “you’re fine, don’t worry about it so much”. Another one complained that her hair was too stringy. I told her, “you’re fine, don’t worry about it so much”. One day I came into class and one of these girls who sits next to me had her head down on her desk – she was crying. When I asked her why she was crying she said, “I’m fat”. I told her, “you’re fine, don’t worry about it so much”.

All of these girls felt unattractive (partly because of the way I treated them). When they mentioned it I would say, “you’re fine, don’t worry about it so much”. But do you know what I was really thinking? I was thinking, “If you were any more attractive I think I would explode”. Of course I never told any of them that.

You see the reason I acted the way I did was not because I thought they were unattractive, its because they were too attractive. In a controlled environment like school it was OK but I sensed that if I started spending too much time around them it would not be long before I would want to kiss them and touch them and do things you should only do if you are married. I sensed that as nice as these girls were things could progress quickly and I would not be able to control it.

I also thought about marrying one of them but I realized it would be at least 10 years before I would be able to support myself, much less someone else. In my logic I decided that I was not in a financial position to marry them and I did not want the guilt and problems that come with using them for sexual entertainment. The only option left for me was to treat them as acquaintances which is what I decided to do.

Girls, if a boy you like enjoys talking to you but always seems to keep you at a distance, does not pursue you, and treats you as just an acquaintance – don’t interpret that as meaning you are unattractive. It may be that you are too attractive – you are a hot potato – and the best way to not get burned by a hot potato is to set it down and walk away. This is actually not a bad way of handling the situation but it may not make you feel very good.

The good news is that a few years from now these same boys will eventually be able to support themselves financially. When they get to that point they will do a 180 degree flip and begin aggressively pursuing you – why? – because now the possibility of marrying you is available.

### **Guidelines for dressing attractively without crossing the line**

There are two basic principles you should be aware of.

- 1) The female body has the power to intoxicate men – keep it covered
- 2) Even if fully covered, the shape of your body can still come through. Tight, clingy clothes that reveal your shape are still sexually stimulating. It does not do any good to wear a long sleeve, turtleneck sweater that is thin and clingy – you will still be sexually stimulating.

Refer to reference #1 for 8 guidelines and tests to help determine if you are dressing appropriately.

### **Final Thoughts**

Remember, boys are visual so the process begins visually. Based on how you present visually, boys will put you into one of the 3 categories (acquaintance, entertainment, potential wife). If they do not put you into the potential wife category the game is over. But if they do remember, there will be many girls in the potential wife category and they can only marry one. Over time they will get to know the girls in the potential wife category – your personality, character, who you are as a person – and that’s how they will decide which girl to marry – but the process starts visually. And it’s a good thing too because this way men cannot ignore women. If men could ignore women they would get so busy conquering things, and building things, and doing the things they do they would get distracted and forget about the women and the human race would slowly die off!

(Pack up your chocolates – they are for your wife)

**QUIET TIMES ALONE WITH GOD**

*JEREMIAH 15:16*

**THEME: *Modesty in Dress for Teenage Women***

**PASSAGE FOR MEDITATION: *I Timothy 2:9-10, I Peter 3:3-4***

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**PASSAGE FOR MEDITATION: *Proverbs 5:18-20, Romans 13:12-14***

**How does this passage relate to the theme?**

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**PASSAGE FOR MEDITATION: *Romans 14:21-22, Ephesians 5:3***

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