



The Power of Modesty

Enhancing Emotional Intelligence and Self-Esteem

As righteous women who follow the example of our foremother Sarah, we hold the value of modesty in high regard. Modesty is not just limited to the clothing we choose to wear, but it extends to our speech, our behavior, and our overall demeanor. As daughters of Sarah, we strive to be dignified, respectful, and self-aware, always mindful of the impact we have on those around us. We believe that by embodying modesty in all aspects of our lives, we can cultivate a sense of inner



peace and grace that radiates outward to others. One must ask themselves this question, “Sister, do you still maintain a modest mindset?”

Modest Behavior

A comprehensive study was conducted with a sample of 500 participants to investigate the relationship between modesty and various aspects of mental well-being. The study found that individuals who exhibited high levels of modest behavior tend to have better emotional intelligence, self-esteem, and subjective well-being, and lower levels of depression.

The study further suggests that modesty and strategies related to self-presentation may help individuals regulate their emotional needs, which in turn can increase their ability to cope with negative experiences. By taking a more modest approach to life, individuals may be better equipped to handle difficult situations and manage their emotional responses, resulting in an overall improvement in their mental and emotional well-being.

Modest Fashion

We, as Israelite women, take pride in our modest clothing which sets a standard. Despite being modest, we are a fashionable people. It is fascinating to witness the diverse modest fashion trends from all around the world when it comes to our sisters. Such trends inspire me to experiment with different clothing combinations. Modesty not only adds fun to fashion, but it also contributes to our mental well-being in our everyday lives. It is crucial that our teenage daughters dress modestly and not follow society's standard of revealing “too much.” As a member of the Israelite community, I am proud of our tradition of dressing modestly. We believe that modest clothing sets a standard for behavior and helps us to be more respectful and dignified in our everyday lives. However, just because we dress modestly does not mean that we cannot be fashionable. We are known for our stylish and creative take on fashion. One thing that I have



learned is that modesty is not just about how we look on the outside, but more importantly it also has a positive impact on our mental health. When we dress modestly, this may help us to feel more confident and secure in ourselves in return, we are not constantly seeking attention or validation from others.

Ecclesiasticus (Sirach) 19:29-30

²⁹ A man may be known by his look, and one that hath understanding by his countenance, when thou meetest him.

³⁰ A man's attire, and excessive laughter, and gait, shew what he is.

Ezekiel 16:13-14

¹³ Thus wast thou decked with gold and silver; and thy raiment was of fine linen, and silk, and brodered work; thou didst eat fine flour, and honey, and oil: and thou wast exceeding beautiful, and thou didst prosper into a kingdom.

¹⁴ And thy renown went forth among the heathen for thy beauty: for it was perfect through my comeliness, which I had put upon thee, saith the Lord God.