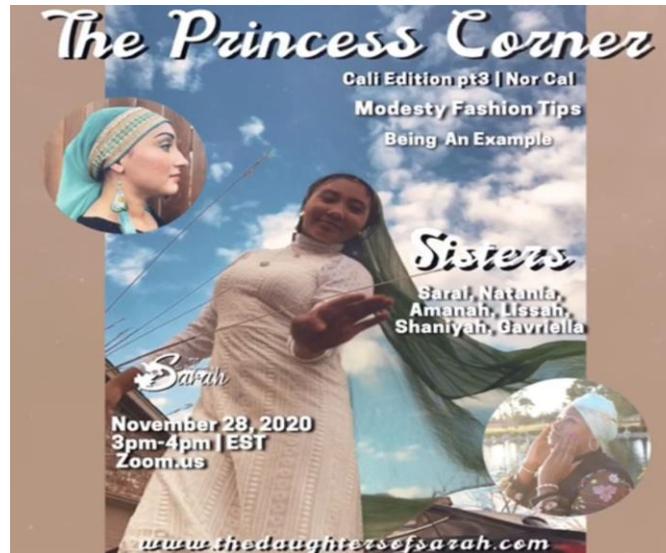


**Topic:** Modesty Fashion Tips Being an Example

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***Be proud as an Israelite princess!***

*By Sis Sarai (HO Capt. Benaiah)*

[video] How can you be an influence among others?

Let your light shine, be an example, and set the standard which can be done by being modest.

### **What is modesty?**

*Defn:* /**noun** / the quality or state of being unassuming or moderate in the estimation of one's abilities.

- Being modest is not only about how you present yourself. It's about being humble, there should be a shyness and meekness about you.

### **Numbers 15:38 KJV**

<sup>18</sup> Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a ribband of blue:

- ❑ A part of our dress code and our law is to always have our fringes with a ribbon of blue on.

### **Romans 12:2 KJV**

<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

- ❑ As YDOS, we should dress differently from the women of the world. People should see that we are different and set an example in that way.

### **II Corinthians 5:17 KJV**

<sup>17</sup> Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

- ❑ We are proud to wear our headwraps, dresses, and skirts while looking beautiful. Don't be afraid of change. Ditch the jeans and shorts.

#### ***Adorn in Modest Apparel***

*By Sis Natania (HO Ofc Shem)*

### **Wisdom of Solomon 13:3 KJV**

<sup>1</sup> With whose beauty if they being delighted took them to be gods; let them know how much better the Lord of them is: for the first author of beauty hath created them.

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- ❑ When we put on our jewels, our headwrap, and our fringes, that shows that we take pride in how we look. We are thanking the Father for creating us and being set apart.

## I Timothy 2:9 KJV

<sup>9</sup>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;

**Adorn:** /verb/ make more beautiful or attractive.

- ❑ It's important to show that we are set apart from everybody. When we put on our purple and gold sabbath garments, it is for us to be on one accord with leadership. For the sisters that do not have a sabbath garment, wear clothes with purple and gold just to be on one accord with everyone else.

## Proverbs 3:31 KJV

<sup>31</sup>Envy thou not the oppressor, and choose none of his ways.

- ❑ If you have a dress but it is bodycon, that is not choosing the ways of the Father. Blonde hair is not modest. That's out. There's nothing that the other nations have that we want or need. Their standard of beauty is not the same as the most High's.
- ❑ Regarding piercings, it's not a sin however the wicked pronounce it fashionable. It's in commercials, at school, etc. Tongue piercings are displayed as sexually overt and that's not something a repenting young Israelite woman should try to emulate. So, be mindful.

### *Modesty Fashion Tips*

*By Sis Amanah (HO Ofc Judah) & Lissah (HO Ofc Yahsef)*

We are the trendsetters. What we do, the rest of the world will catch on. We will no longer accept being naked on television and think that is beauty. We can be cute and covered.

### Tip 1: Necklines

- ❑ Keep your neckline less than 4 finger widths below your collarbone as a general rule for any occasion.

- ❑ Place your hand on your chest, and keep your index finger in line with your collarbone.
- ❑ If the neckline of your shirt is lower than your pinky finger, then your shirt is too low!
- ❑ Add accessories to your tops if you're heavy in the bust area to prevent anything from showing.



### **Tip 2: Dress Code**

- ❑ Your skirts and dresses should fall below your knees or mid-calf area when you are sitting down.
- ❑ Shorter clothes attract attention to your private areas which are not wanted.
- ❑ No deep cleavage. Be modest!

### **Tip 3: Selecting Shirts/Tops**

- ❑ Select shirts that conceal your back and shoulders.
- ❑ Do not show too much skin.
- ❑ Don't wear spaghetti straps by itself. Cover it up with a cardigan or a light jacket.

### **Tip 4: Staying Cool in the Summer**

- ❑ Choose tunics or maxi dresses that don't cling to your body.
- ❑ Wear a longer slip under your maxi skirt just in case it may be see through when the sun is on you.
- ❑ Sometimes you have to double up because the slip that comes with the dress is see through.

- Leggings are a must. In the summer wear capri style leggings. In the cooler months, wear longer and thicker leggings.

### **Tip 5: Layer your Clothes**

- Add layers for a modest look throughout the seasons.
- Choose lighter fabrics in warm months and thicker fabrics in the winter.
- You can be stylish in the winter and follow God's commandments.



### **Tip 6: Avoid See-Through Materials**

- See-through material is a no go. It's always better to be cautious.
- If a skirt/dress is too thin, put on another skirt/dress to cover your derriere (behind).
- Try buying skirts or dresses made of cotton, polyester, or wool to avoid any unwanted exposure.

### **Tip 7: Proper Fits**

- Wear attire that fits appropriately.
- Choose clothing that does not cling to your body.
- Make sure it does not draw inappropriate attention.



**Tip 8: Conceal**

- ❑ Conceal your undergarments & the lines they cause.
- ❑ We don't want to see bra straps or panty lines.
- ❑ If you can move comfortably while bending and doing various tasks without seeing your undergarments, you are on the way to being modest!

**This is not concealed!**





### Proverbs 7:10-11 KJV

<sup>10</sup> And, behold, there met him a woman with the attire of an harlot, and subtil of heart.

<sup>11</sup> She is loud and stubborn; her feet abide not in her house:

- We should be meek and quiet (see I Peter 3:4 KJV), not wanting to entice men.

### Tip 9: Choosing Dresses

- Keep skirts and dresses below the knee, always.
- Maxi skirts are a great way to remain stylish and modest!
- People will doubt your capabilities in a skirt, ignore it. You can do it all.
- Off-the-shoulder tops and sleeveless tops depend on what your parents or your Lord prefer. Your cleavage and any part of your breasts should never show.

### Exodus 28:42 KJV

<sup>42</sup> And thou shalt make them linen breeches to cover their nakedness; from the loins even unto the thighs they shall reach:



**Tip 10: Accessorize**

- Make a statement with totes and handbags to accent your modest outfits.
- Utilize scarves as layers.
  - They help to cover up the skin around your neck, chest, and shoulders





**Zephaniah 1:8 KJV**

<sup>8</sup> And it shall come to pass in the day of the LORD'S sacrifice, that I will punish the princes, and the king's children, and all such as are clothed with strange apparel.

- ❑ There is judgement for not following God's dress code.



[video] Modestly Dressed Video - IUIC Nor Cal

Thank you for chatting with us. Happy Feast, Shalom MHNCB!