

# WHAT GOD WANTS HIS WOMEN TO BE LIKE

By Paula and Nate Wilson

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## Week 3 – Modesty - Leader's Notes

Note: Unless otherwise indicated, Greek and Hebrew word definitions are from Strong's concordance.

**I Corinthians 8:9**

**Galatians 5:13, 19**

**I Peter 2:16**

Does our freedom in Christ allow us to dress any way we choose?

- No, we are to balance our freedom with our responsibility to help our weaker brothers.
- We women tend to think, "I can't help it if men are perverts!" We claim our freedom in Christ to dress any way we feel is fashionable and comfortable.

**Romans 14:13**

**I Corinthians 10:31-33**

**I Timothy 2:9**

Whose responsibility is it to protect men from temptation?

- Rather than judging our Christian brother for his weakness in this area, we should determine to do everything in our power to not become the reason he falls to temptation.
- I Corinthians makes it clear that we are to be concerned not only about our Christian brother but also about the unbelievers who see us.

What causes a man to be tempted and what can you do about it?

- It's a fact of life that men are sexually stimulated by sight. Any manner of dress that reveals the more sensual areas of our body or suggests those areas by the cut of or decoration on the item of clothing can lead even a Godly man to sin. In The Secret Keeper, author Dannah Gresh gives some excellent guidelines for dress, such as letting no more than a hands' breadth of skin show above the top of our neckline and using long tank tops (her "secret weapon!") to ensure that our bellies don't peek out from under our shirts.
- Many items of clothing have features that point a man's eyes to parts of the body that he should not be thinking about. Consider the sweat pants or shorts that have a large word blazoned across the buttocks. What about v-necks or shirts with criss-crossed seams across the breasts, often emphasized with ribbons or gathers? How about very high-waisted shirts or dresses, where the "waist" gathers just below the bosom, thus emphasizing that part of the body? I once owned a pair of jeans that had a v-pattern waist that drew the eyes directly to the crotch! Armholes and necklines can be very tricky as well. What appears to be perfectly decent to the person wearing the shirt or dress can be shockingly revealing when she turns or lifts her arms "just so." Leaning over even slightly can reveal your entire chest, even when you are wearing a shirt that looks completely modest in the mirror. It is ESSENTIAL that a woman place her hand at the top of her shirt when she needs to bend over even a little bit. It is also better to squat than to bend over, as bending over will often cause your panty line to be visible. Panty lines, bra outlines, straps showing and thin shirts that show the shape of

your bra are all tantalizing to a man. They shout “UNDERWEAR” which suggests nakedness. Even bare feet when wearing shorts suggests an undressing, because of the long bare leg. Bare feet with jeans doesn’t have quite the same effect. Speaking of shorts, “tailor sitting” in shorts can give an embarrassing view of the crotch area.

- I have heard women say, “Oh, it doesn’t matter what I wear, because I am so fat and ugly!” Honestly, men are not looking at your face when your body parts are in full view, and breasts, etc., on a chubby woman are still breasts!

## **2 Kings 9:30**

## **Jeremiah 4:30**

## **Ezekiel 23:40-45**

What about makeup and jewelry (c.f. also I Timothy 2:9 and I Peter 3:3)

- I just threw these verses in for fun 😊. Really, they were the only verses I could find in the whole Bible that pertain to makeup.
- I have heard of a ministry that teaches that women should wear makeup to draw men’s eyes to their faces and away from their bodies.
- These verses are clearly talking about a sensuous, show-off attitude.
- My husband says that makeup is designed to make a woman appear that she is sexually excited – rosy cheeks and lips, bright eyes. Maybe this look should be saved for your husband and not broadcasted in the streets.
- The goal in all of this is to be modest in our bodily appearance so that we do not call attention to ourselves but rather to our Lord. There may be times that some light makeup would be appropriate to make ourselves less obvious, for example, using coverstick so that people are not distracted by a blemish on our face or using a little makeup to brighten a particularly pale countenance so people aren’t worried that we are unwell!

## **Proverbs 31:25, 30**

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

## **I Peter 3:3-6**

So, what makes a woman truly beautiful? Strength and dignity, fearing the Lord, good works, gentle & quiet spirit, submission to your own husband.

- Proverbs 31 talks about a woman’s strength and dignity being her clothing. I think this is talking specifically about emotional strength and peace concerning the future. She’s not a worrier but trusts God and His sovereignty over the future. She is also dignified – not flirty, silly or childish. (This last “feminine” trait was popularized some years ago in a book entitled Fascinating Womanhood.)
- Again in Proverbs 31: A woman’s physical beauty will not last forever, but when she fears the Lord, she will have a kind of beauty that will never fade. We ask our daughters what it is that makes them so beautiful: “Is it your hair? Your pretty dress? Your necklace? No, it’s your heart! When a girl loves Jesus in her heart, it flows out onto her face and makes her BEAUTIFUL!”
- I Timothy says that a woman should decorate herself with good works, which are a natural outflow of her Godliness.
- I Timothy also says that a woman should dress discreetly or soberly, which would indicate that she not only covers her “unpresentable parts” (see I Corinthians 12:23) but that she also dresses in such a way that she does not call attention to herself or wear giddy or silly

fashions. (Greek word is *sophrosune* - soberness, sobriety, soundness of mind, sanity (literally) or self-control (figuratively).)

- Modesty also includes a woman's behavior. In fact, the word "modest" was often used in classic literature to describe a lady who was demure, humble AND properly dressed – in short, gentle & quiet spirited. The word translated "modest" in I Timothy 2:9 is *aidos* – bashfulness, i.e. (towards men), modesty or (towards God) awe - reverence, shamefacedness.
- I Peter says that a woman's gentle & quiet spirit and her submission to her husband are the qualities that make a woman beautiful. Our clothing reflects our heart. When a woman wears "loud" or gaudy clothing, it is hard to assume that she is a gentle and quiet type.

**Conclusion:**

While men certainly have a Biblical duty to restrain their thoughts and desires, women have a similar Biblical responsibility to be careful in how we dress so that we do not become a stumbling block to men, both Christians and non-Christians.

Let's make ourselves beautiful with our good works and gentle and quiet spirits rather than with immodest or flashy clothing and makeup.

This week, we asked, "What should a woman of God avoid in her dress?" Next week, we'll take the concept of Biblical beauty a step further as we examine the positive side of the question: "What should a woman of God include in her dress?"