

## *Modesty*

to serve full-time missions. If you desire to serve a full-time mission, speak with your bishop or branch president.

### Ministering to New Members of the Church

Missionary work includes helping and supporting those who join the Church. As you ponder this responsibility, remember that new members may face trials when they join the Church. Their new commitments often require them to set aside old habits and leave old friends and associations. In addition, the Church introduces a way of life that may seem different and demanding.

Each new member of the Church needs three things: a friend, a responsibility, and nurturing with “the good word of God” (Moroni 6:4). You can be part of the effort to provide this help. You can always be a friend. Even if you are not in a position to extend formal Church callings or responsibilities, you can work beside new members in acts of service. And you can seek opportunities to share the word of God with new members.

Additional references: Mark 16:15; Alma 26:1–16; D&C 4; 60:2; 84:88; 123:12

## **Modesty**

Modesty is an attitude of humility and decency in dress, grooming, language, and behavior. If you are modest, you do not draw undue attention to yourself. Instead, you seek to “glorify God in your body, and in your spirit” (1 Corinthians 6:20; see also verse 19).

If you are unsure about whether your dress or grooming is modest, ask yourself, “Would I feel comfortable with my appearance if I were in the Lord’s presence?” You might ask yourself a similar question about your language and behavior: “Would I say these words or participate in these activities if the Lord were present?” Your honest answers to these

questions may lead you to make important changes in your life. The following information will help you in your efforts to be modest.

## Dress and Grooming

Prophets have always counseled us to dress modestly. This counsel is founded on the truth that the human body is God's sacred creation. Respect your body as a gift from God. Through your dress and appearance, you can show the Lord that you know how precious your body is.

Your clothing expresses who you are. It sends messages about you, and it influences the way you and others act. When you are well groomed and modestly dressed, you can invite the companionship of the Spirit and exercise a good influence on those around you.

Central to the command to be modest is an understanding of the sacred power of procreation, the ability to bring children into the world. This power is to be used only between husband and wife. Revealing and sexually suggestive clothing, which includes short shorts and skirts, tight clothing, and shirts that do not cover the stomach, can stimulate desires and actions that violate the Lord's law of chastity.

In addition to avoiding clothing that is revealing, you should avoid extremes in clothing, appearance, and hairstyle. In dress, grooming, and manners, always be neat and clean, never sloppy or inappropriately casual. Do not disfigure yourself with tattoos or body piercings. If you are a woman and you desire to have your ears pierced, wear only one pair of modest earrings.

Maintain high standards of modesty for all occasions. Do not lower your standards to draw attention to your body or to seek approval from others. True disciples of Jesus Christ maintain the Lord's standard regardless of current fashions or pressure from others.

## Language and Behavior

Like your dress and grooming, your language and behavior are expressions of your character. Your words and actions can have a profound influence on you and on others. Express yourself through clean, positive, uplifting language and in actions that bring happiness to those around you. Your efforts to be modest in word and deed lead to increased guidance and comfort from the Holy Ghost.

Avoid the filthy language and the casual, irreverent use of the Lord's name that are so common in the world. Withstand any temptation to participate in extreme or inappropriate behavior. The irreverent nature of such language and behavior impairs your ability to receive the quiet promptings of the Holy Ghost.

Additional references: D&C 42:40–41; Articles of Faith 1:13

*See also* Body Piercing; Chastity; Profanity; Tattooing

## Obedience

In the premortal existence, Heavenly Father presided over a great Council in Heaven. There we learned of His plan for our salvation, which included a time of testing on the earth: "We will make an earth whereon these may dwell; and we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them" (Abraham 3:24–25). One reason you are here on the earth is to show your willingness to obey Heavenly Father's commandments.

Many people feel that the commandments are burdensome and that they limit freedom and personal growth. But the Savior taught that true freedom comes only from following Him: "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free" (John 8:31–32). God gives commandments for your