

Let's Have a Modest CONVERSATION

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CONFUSED ABOUT MODESTY?
Let's clear things up!

What Modesty Is (and Isn't)

When you hear the word *modesty*, what's the first thing that pops into your head? Probably a list of clothing "do's and don'ts" that you've been taught since you were little. But let's try thinking of modesty in a different way.

What does it really mean to be modest?

Modesty isn't only about what you wear; it's also about having an attitude of humility and dignity.¹ It's about respect: respect for ourselves, for others, and for God. How we dress is just one way to show that we know our true identities as sons and daughters of God. We can be modest in dress, behavior, and language.

"BRETHREN, are you more interested in dressing and grooming your body to appeal to the world than you are to please God? Your answer . . . sends a direct message to Him about your feelings regarding His transcendent gift to you. In this reverence for our bodies, brethren, I think we can do better and be better."

PRESIDENT RUSSELL M. NELSON, APR. 2019 GENERAL CONFERENCE (ENSIGN OR LIAHONA, MAY 2019, 68).

Who It's For

Everyone! All of us are children of God, so He wants each of us to understand why and how to choose modesty. It can be as simple as choosing less revealing clothing, talking about others in a respectful way, or not participating in a degrading activity.

"ARE WE careful in our appearance and modest in our dress, especially in sacred places and circumstances?"

SISTER BECKY CRAVEN, SECOND COUNSELOR IN THE YOUNG WOMEN GENERAL PRESIDENCY, APR. 2019 GENERAL CONFERENCE (ENSIGN OR LIAHONA, MAY 2019, 10).

FROM THE LAST GENERAL CONFERENCE

Why Modesty?

President Russell M. Nelson has taught, "The Lord needs you to look like, sound like, act like, and dress like a true disciple of Jesus Christ."²

The way we behave and what we choose to wear show we know our divine worth, identity, and potential. As we follow the standards for modesty, we can gain confidence in ourselves and in God's plan for us. **NE**

NOTES

1. See "Modesty," Gospel Topics, topics.ChurchofJesusChrist.org; *For the Strength of Youth* (2011), 6–8.
2. Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), 16, HopeofIsrael.ChurchofJesusChrist.org.