

Modesty Checklist

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own.” 1 Corinthians 6:19

Check the clothes that you are now wearing, everything in your dresser and everything in your closet, to see if they meet these guidelines. How you dress shows what is in your heart.

Shirts

- ♥ Are your breasts fully covered? There should be no cleavage showing.
- ♥ Is your stomach fully covered? Extend both arms out and check to make sure your stomach does not show. Your shirt should be long enough so it won't reveal any skin on your stomach.
- ♥ Tank tops & spaghetti straps are not very modest. Shirts with sleeves are the safest way to go.

Pants

- ♥ Do your pants cover your stomach?
- ♥ Can you sit down comfortably? Are they loose enough?

Skirts

- ♥ Does the length of your skirt go below your knee?
- ♥ Can you sit down comfortably while still having your knees covered?

Shorts

- ♥ Stand up and rest your arms to your sides. Do you see where your finger tips are? Your shorts should be at least this long.
- ♥ Can you sit down comfortably? Are they too tight?