A BIBLICAL UNIT STUDY ON NODESTY



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ION TO USE THIS BOOK

It's the Heart not the Hemline, is designed to be a five week unit study and journal.

Weekly Breakdown

Day 1: Topic for the week: Lesson on an aspect of modesty.

Day 2: Character Trait: Lesson on a character trait associated with the previous lesson.

Day 3: Let's Explore: A deeper look and further exploration of the topic.

Day 4: Heart Exam: Focuses on the heart aspect of that week's lesson topic.

Day 5: Connecting the Dots: Wraps up the week with final thoughts to complete the week.

Samantha Says: A youthful perspective from 17 year old, Samantha Shank.

Moms Says & Dad Says: A place for mom and dad to write their thoughts and notes for their daughter. Gather the pages together into a journal for your daughter to reflect back on when the study is over.

Daily Breakdown

Lesson: Short but substantial lesson which unveils the simplicity and heart behind aspects of modesty.

Scripture Connection/Scripture Memory: On the first day you are given your memory verse and directed to use the provided copywork page to reinforce the verse. The second day is Index Card Memorization. The next two days the child can pick a memory verse activity. The final day a memory verse quiz is provided. *Copywork, memory verse activities, and quizzes, provided in Memory Verse Printables and Activities, are in the back of the book.

Questions for Reflection: Questions to engage the student and bring a deeper understanding.

Activity: A fun activity to end the lesson. Some printables provided.

Journal Instructions

Print off on copy of "My Prayer Log" on page 109 for each week. Combine the "My Prayer Log" with "Mom Says & Dad Says" into a binder to create your modesty journal. You may want to include memory verses, your favorite activities from this book, or your own insights.

DEAR NONS AND DADS.

Years ago, I hosted a modest fashion show with a friend. Our purpose was twofold; to address the practical and spiritual applications of modesty. On a practical level, we wanted to dispel the myth that modesty is synonymous with frumpy. On a spiritual level, we wanted to refocus modesty on the heart and not the outward appearance. We named our fashion show, Dressing the Heart, to showcase the conviction in our hearts.

Without realizing it, we headed straight into a storm of controversy. We were accused of being arrogant and legalistic. Others were thankful we had the heart to bring this topic to the forefront. We never intended to provide a dress code. We wanted young girls to value who they are in Christ.

So, here I am today presenting you with a study on the heart of modesty. I am not here to provide you a dress code. I firmly believe clothing choices fall under your authority based on how the Lord is leading your family. *It's the Heart, not the Hemline,* focuses on addressing the heart issues which leads to a heart willing to please Christ in how a young girl presents herself. Lindsey and I added in journal sheets for parents to record their thoughts on each lesson so aid you in training your daughter in this area. This study is to aid you in guiding your daughter's heart in modesty not to provide a list of rules.

During the course of writing this study, I discovered that many moms were having difficulty teaching their daughters about proper dress. Many felt convicted to change their own dress and wanted their daughters to follow in their footsteps. Many others felt they didn't know where to start since they were new to Christ. These challenges arise when we approach modesty backwards; from the hemline first then the heart. You see, the length of your skirt does not convict your heart. The heart must be convicted in order to make changes for Christ. Of course we want our daughters to dress in a fashion that honors Christ. Yes, they need our guidance which leads us to develop house rules. Let's just make sure we focus on the heart behind our house rules.

So, where do you start? First you start by studying with your daughter. If you are new to Christ and not sure where to begin then don't be afraid to tell her that. Let her know that your heart wants to serve Christ and desire to raise her in a God honoring fashion. Tell her that you are still learning and want to share a study with her so you can grow together in Christ.

If you have been recently convicted in your choice of clothing you need to understand that passing this conviction to your child is not immediate. You need to sit her down and discuss your conviction in a loving manner. Pray with her. Remember, to your daughter, your conviction may sound more like a whim. She may need to see you honor this conviction in your own life. We don't just want them to change their clothes; we want them to change their hearts. If it was just about clothing then that would be easy. Don't lose focus that what you are really doing is raising her to honor God with her heart.

Lindsey and I would like to believe this study is a good starting point to open up the discussion which will lead to gaining wisdom in modesty. Whether you feel confident in instructing your daughter or not, you will be blessed by the time spent in the Word together through this study.

Now you may want to know a little more about my modesty story. I was raised to dress in a way that would not "lead a guy on". As I grew in my late teens and early 20s, I allowed the world to misguide me into thinking there was power in leading a guy on. I wore clothing I would never approve of today. I unashamedly wore immodest clothing while claiming I deserved to be respected for my mind and personality. I blamed oversexed men for their advances and inappropriate comments. You see this was all about me and I was happy to wear whatever was cute and trendy.

As I grew in Christ, I learned a very important lesson. It was not all about me. It was all about Him. I represented Christ and He was best represented when the attention was off my body and on my heart. Yet before I had that exact thought, the conviction grew slowly and I naturally shed the immodest clothing. My heart began to change my outer appearance without protest.

I never gave thought to rules of clothing until I had children. Up until then my attitude toward clothing was causal. I simply dressed in a manner that I believed honored God. If I could not witness in it, I didn't wear it. Now, having three daughters, I have no choice but to add a practical side to the heart issue. My daughters need to know what is acceptable while they are learning how to present Christ through them to the world. Our house rules were developed after prayers and seeking the Word with my husband. Our rules may not look like your rules and that's okay.

Lindsey and I are not interested in the distraction of arguments over skirt length. We simply want to share how God convicted us through this study to dress the heart before dressing the body.

"How does a woman discern the sometimes fine line between proper dress and dressing to be the center of attention? The answer starts in the intent of her heart. A woman should examine her motives and goals for the way she dresses. Is her intent to show the grace and beauty of womanhood?

Is it to reveal a humble heart devoted to worshipping God? Or is it to call attention to herself, and flaunt her... beauty? Or worse, to attempt to allure men sexually? A woman who focuses on worshipping God will consider carefully how she is dressed, because her heart will dictate her wardrobe and appearance."

-John MacArthur

BLESSINGS. RICHELE

DEAR DAUGHTERS.

I was your age not that long ago. I remember disagreeing with many of my parents' rules. I thought they were unfair or didn't make sense. I would disobey and we would argue. I had a rebellious streak a mile wide. Guess what happened when I grew up? It didn't take very long at all for me to see things differently. They say that hind-sight is 20/20; we can see the big picture once events have passed much more clearly than we can as we struggle through the haze of overwhelming reality. One way we show how much or how little wisdom we possess is whether or not we are able to borrow the clear sight of those who have already gone ahead and are able to see through the fog by looking back. I pray that you will let wisdom take root in your lives and you will be willing to borrow clarity from those who are now able to see more clearly.

There are rules I can recall that were good rules to have. Some of the things my parent's required of me I still believe were unnecessary, but no matter what I think about them now, I regret caring so little for my parents' effort to protect me. They loved me and showed me how much they loved me by covering me in the best way they knew how. I thought I knew better than them and did not respect their wisdom or even just their God-given authority over me.

Parents are a hedge of protection. You live by their conscience when it comes to the rules they enforce because your own ability to discern needs more testing. When I was a teenager I thought I was invincible. My parents protected me from myself. There are daughters who are more headstrong than others, but no matter what personality you possess, your parents know you and desire to protect you until you are better equipped to have more freedom.

It is important to realize not just that your parents gave birth to you. They have been personally invested in your life, safety, well-being, happiness, salvation, and future all the way to eternity since they discovered you were coming into this world. You are not just a daughter existing in their home. You are an irreplaceable blessing beyond measure that your parents have to answer for when they stand before God. Good parents may not do everything right, but what they do, they do praying God will redeem it for your good and for His glory.

"Children, obey your parents in the Lord: for this is right. Honour thy father and mother; which is the first commandment with promise; that it may be well with thee, and thou mayest live long on the earth." Ephesians 6:1-5

Elisabeth Elliot says this so poignantly in her book *Discipline: The Glad Surrender*, "Respect seems to be a hard thing for us to grasp in our present society ... A sense of place is important for a Christian. We cannot give honor duly – where it is due – without a sense of place. Who is this person, who am I in relation to him? We are people under authority at all times, owing honor and respect to a king or a president, to parents, to master, teacher, husband or boss, to ministers and elders and bishops, and of course always and most importantly, to Christ." Every human being is under authority and must give proper respect to that authority. The parent and child relationship is a particularly unique structure designed by God. This is a much more intimate relationship than say a government and society or boss and employee. Your parents may not be able to see all of your inward thoughts but they do know you and they can see the bigger picture. There is a bittersweet wisdom that comes with years of mistakes made and consequences suffered. Good parents desire for their children to not make the same mistakes they did.

What does all of this have to do with modesty? Modesty means different things to different families. To some it may mean long skirts and high neck tops, and yet to others, it may be appropriately fitting shorts and a tank top. We are not going to define your family's rules. This role was given by God to your parents. Your role is to honor

your parents as their child because it is glorifying to God for you to do so and He will bless you for it.

Honor involves respect not just in word but in heart as well as obedience and service. We all know what obedience means, but I say "service", because I believe that a heart dedicated to the glory of God will render more than just rote obedience. When a daughter serves her parents without being specifically asked to do something, there is something particularly breathtaking about that act. Mechanical obedience can be done in habit, vanity, or even bitterness, but a heart attitude that flows into a willingness to intentionally obey and creatively serve one's parents is something that only the Lord can work in the heart.

In a sense, you are held to your parents' conscience in the matter of modesty and clothing until you are released by them to make your own decisions in this area as an adult. Some of you may carry the exact same ideals for modesty as your parents and for others you may not. The issue of modesty may be a frustrating topic in your home, if this is true for you, I urge you to ask yourself this question, "Is it worth the fight?" In the moment, the argument feels worth the fight and your opinion seems more important than the relationship. The thing is, more than likely you are wrong, and it is not even because your parents are absolutely right. God has given us a place of subjection under our parents' leadership. We may not like the word submission but it is a biblical truth from which no human on earth can hide.

You may find yourself not always agreeing on minute points of interest. I would challenge you to remember the love your parents have for you, the hedge God has commanded them to surround you with, and be thankful. Be thankful that God has blessed you with parents who are purposeful and desire your best. If you do have an opinion you would like to share I know your parents will want to hear it. Please just be careful in how you share your opinion.

"Before we open our mouths to protest, we might consider carefully the possibility that we disagree only because agreement will cost us something, will inconvenience us, will be inimical to our vested interests." ~Elisabeth Elliot

I suggest that you first take time to meditate on the matter and pray over your words and your own heart. We often create a line of defense for our ideas and opinions far before ever weighing if they were a biblical or even logical set of thoughts in the first place. Think before you speak, and even more, speak in love and humility asking for your parents thoughts in return and creating a dialogue rather than a debate. Desire that your parents have the final word. I remember my mom always saying "You just always have to have the last word, don't you?" It was true. I had a hard time letting an argument fall on its face because I just had to be right. This isn't appropriate behavior and it definitely isn't honoring to God. Honor your parents in the Lord, for this is right. This is the first commandment with a promise. That promise is a blessed life and peace.

Over the next few weeks we are going to be discussing what modesty means. I encourage you to discuss with your parents what modesty means to you and to ask them what modesty means to them. Getting to know your parents and why they believe what they believe and why they ask you to obey certain rules is a great way to gain a greater understanding and respect for them. Submitting to the authority of your parents even when you disagree is a wonderful way to show how much you love them and are thankful for their love and care for you. Pray that God would give you a heart to see how He would have you live and that the Holy Spirit would give you godly discernment as you dress yourself outwardly with clothing and your heart inwardly with the washing of His Word so that you may honor Him and your parents in how you care for your body and your heart.

BLESSINGS. LINDSEX

WEEK 1 WHAT IS NODESTX?

What is Modesty?

DAY ONE

When you think of modesty what pops in your head? For many young girls the first thing is clothing. This makes sense, since most often the target of modesty discussions centers on clothing choices. Clothes represent one way to express a modest heart, yet do not encompass modesty as a whole. Modesty is not simply the ruler by which all skirts are measured.

1 Timothy 2:9-10 (KJV)

In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works.

In 1 Timothy 2: 9-10, Paul expresses how a woman should adorn herself not that she should not adorn herself. We read the description of braided hair and costly array and confuse that to mean a woman should not wear fashionable clothing. The description depicts a woman who concerns herself more with gaining personal attention than centering on Christ. Paul wrote this to Ephesus, where the wardrobe of the wealthy consisted of gaudy ornaments and hairstyles that rivaled any Vidal Sasson commercial. The intent of this type of dress was to garner attention for self and not for Christ. Paul warns against Christians coming to worship with an attitude of pride and self. If Paul simply spoke of clothing, then he would not have touched on demeanor. Shamefacedness means reverence and a show of respect for herself and those around her. Can you worship and witness for Christ in your outfit? If not, then you need a makeover.

Now, some may argue that a woman is responsible for a man's sin, let me dispel that notion. A woman dresses modestly to show reverence to God, respect for herself, and a heart for the sin of others. Yet, she is not responsible for sin in another. While it is true that a modest heart does not seek to provoke sin, committing sin is a personal responsibility.

Modesty encompasses heart attitude and behavior. One way modesty is expressed is through clothing choices. Clothes should be rejected or selected by the values they represent. What do your clothes say about you? What are you trying to communicate to others through your clothing choices?

While our culture may find these ideas confining, Christlike modsty is in fact freeing. Merriam-Webster defines modesty as "freedom from conceit or vanity". Modesty set us free from worldly standards of beauty. It frees us from being enslaved to the idea that one must be alluring or act improperly to gain favor or prove worth. Christ provides that freedom from sin once we are one with Him.



"Modesty isn't about covering up our bodies because they're bad, modesty isn't about hiding ourselves... it's about revealing our dignity." – Jessica Rey.

Through these lessons you will learn that modesty is about the heart not the hemline. One form modesty takes is in our personal presentation, but you will learn modesty also takes form in our heart, mind, speech, and behavior.

SCRIPTURE CONNECTION

1 Timothy 2:9-10 (KJV)

In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works.

Let's take a look at this verse. What stands out to you? It would appear that apparel has more meaning than simple attire. The bible relates clothing to concepts outside of appearance. [Job 29:14, 1Peter 5:5, Ephesians 6:10-18] One should be more concerned about dressing the heart before dressing the body.

Copywork located on pages: 75 & 76 (KJV), 86 & 87 (ESV)

QUESTIONS FOR REFLECTION

- 1. What was your view on modesty before reading this lesson? Has that view changed?
- 2. How does personal presentation play a role in modesty?
- 3. Do you view modesty as confining or freeing, and why?

ACTIVITY

Modesty Collage

Cut out concepts and clothing you feel represents a heart that desires to show reverence to the Lord. Paste on a poster board. Discuss images you see that do not reflect this heart. This is not a time to judge but show discernment. What does the type of clothing/appearance trying to accomplish? Is it holy?

Biblical Femininity

DAY T.WO

Wearing red lipstick, colored outside the lines of my lips, and stumbling around in my mom's high heels, I set out to discover femininity. Years later, my own little girl did the same. For a little girl of five years, becoming a woman meant looking like a woman. As we grow up you would think the realization that womanhood equals outward beauty would be dispelled.

The world defines femininity with a collage of visual elements intermingled with a sense of worth based on accomplishments.

Worldly View of Femininity

- •Fashion and make-up
- Career
- •Staying at home
- Having children
- •To be alluring

Mixed messages and the bombardment of worldly visual queues conflicts with the true meaning of femininity as outlined in the bible. The characteristics associated with femininity sharply contrast with the worldly view.

Biblical View of Femininity

- •Virtuous: moral excellence, pure, praiseworthy (Proverbs 31:10, Phil 4:8-9, Ruth 3:11)
- •Loyal (Proverbs 31:11-12)
- •Trustworthy (Psalm 37: 3-4)
- •Industrious (Proverbs 31:13-16, Proverbs 31:24, Proverbs 31:27)
- •Wise (Proverbs 31:26, James 3:2, Proverbs 4:6-7)
- •Kind (Proverbs 31:36, Philippians 2:3-7)
- •God Fearing (Proverbs 31: 28, Ecclesiastes 12:13-14)
- •Submissive (James 4:7, 1 Peter 5:5)

Let's reflect back on this verse:

1 Peter 3:3-4 (KJV)

Whose adorning let it not be that outward [adorning] of plaiting the hair, and of wearing of gold, or of putting on of apparel; But [let it be] the hidden man of the heart, in that which is not corruptible, [even the ornament] of a meek and quiet spirit, which is in the sight of God of great price.

Now, read this verse from 1 Samuel 16:7:

But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

Glamour magazine move over, the voice of God has spoken and He says our outward beauty is not a measure of our worth. Now, before you fill a garbage bag with jewelry and swear off designer boots, you don't have to be frumpy to be faithful. God desires us to focus on Him and guard our hearts. The preoccupation with outward appearance is not honoring to God. Feminine worth rests in godliness not designer jeans. When a girl is more concerned with how the world views her and finds power in the alluring essence of her femininity she enters into immodesty. You do not have to choose between God and fashion. Simply understand that your worth comes from Christ and your appearance serves as testimony. In contrast, if one takes no care in her appearance or hygiene she also does not reflect the treasure of her heart.

Through this study I hope you learn that discovering true beauty provides the freedom to become who Christ intends you to become.



At first glance a young lady may appear feminine in ribbons and bows; however, a bitter tongue that lashes at her father betrays her sense of femininity.

-Richele McFarlin, Princess Training: A Godly Character Study for Young Girls

SCRIPTURE ACTIVITY

Copy each word of the memory verse down on index cards or pieces of construction paper. Shuffle and then put in the proper order to create the verse.

QUESTIONS FOR REFLECTION

- 1. Do you find yourself looking to the outward appearance when it comes to meeting a new friend?
- 2. Do you care for your inward self as well as your outward self?
- 3. Do you feel your choices in clothing reflect the love you have for Christ?

ACTIVITY

Have a fun spa day together. Take some time to pamper yourself as you discuss how to express biblical femininity.

Simple spa recipes located on page 108.

Let's Explore

DAY THREE

Previously, we learned modesty resides in our hearts. Modesty is downgraded when viewed simply by clothing choices. It forms in our hearts and comes from the inside out; so essentially you do wear your heart on your sleeve. Now, let's discuss how to apply this practically to our daily lives.

Modesty became a ruler for your skirt due to the focus on only practical implementation in the outward appearance. If you decide to treat modesty like a sticker, you will find it falling off due to a lack of adhesive to the heart. Modesty is not taught by going on a shopping trip. However, once the lessons are grafted to the heart it may change how you shop. You may find some clothing choices not proper for worshiping a holy God. You may discover some choices brought more attention to self and possibly in a way that may cause a brother to stumble. Your choices should reveal respect for yourself, those around you, and God.

While the goal is to impart the truth that modesty is all heart not hemline, we cannot ignore that your hemline reflects what is in your heart. Let's make one thing perfectly clear; your responsibility to appear respectable for Christ does not mean you are responsible for another person's sin. You cannot control a man sinning by switching from pumps to tennis shoes. We do not dress modestly to avoid enticing men to sin but to show respect for their struggle in the area of lust.

To reflect the inward on the outward, you must pray for guidance and respect the wishes of your parents. Your outward appearance may differ from another girl with the same conviction. God gave you a unique personality and talents that should shine for Him. Allow your personality to be reflected in a respectful manner. I have three daughters with their own sense of style. My oldest can put together patterns and colors that I would never imagine would look good together but she manages to pull it off. My middle daughter believes she should have been born in London and wears it. My youngest is all about glam and glitter. Each girl reflects her personal style while keeping it respectable and holy. You can show who God made you to be without showing what God gave you. God made you to be holy, set apart, righteous, and redeemed. Is that what you reflect on the outward?

Pick a Mem⇔ry verse activity

Activity suggestions in the Memory Verse Printables and Activities section of the book (page 96)

QUESTIONS FOR REFLECTION

- 1. What is your personal style and how can you reflect it in a respectable manner?
- 2. Who should you trust to instruct you on how to reflect modesty?

Heart Exam

DAY FOUR

We spent some quite time discussing how we should view ourselves. Now, let's turn the tables and talk about how we view others. Pride springs through the cracks when we begin to feel too confident in our walk down conviction road. When we ditch the mini skirt, it is easy to raise an eyebrow when a girl wearing one walks by. Pride is not modest. Pride is sin that leads to a legalistic mindset that unravels the original intent to be holy.

Creeping Thoughts that Need to be Transformed

- •"How can she wear that and say she is a Christian?"
- •"Did you see how short her skirt was? She should be ashamed of herself."
- •"I would never wear that...she must want boys to lust after her."

Just like you can't be in two places at once, you can't walk two spiritual roads at once. So when in doubt, stay on your own. It is not our job to be the modest police.

A preschooler is not judged for the inability to read. We understand this child needs to learn the alphabet, then phonics, then segmenting, finally it all comes together and she reads. There is no set age to master this ability since every child learns at a different rate and some experience challenges. The road to spiritual maturity resembles that process. We cannot predict the mile marker on someone else's spiritual path. Our role is to focus on our walk and love others as they focus on their own.

So Why Does She Wear Her Skirt Shorter Chan Me if We Read the Same Bible?

- •Perhaps there is another area God is working out in her life right now.
- •Perhaps her heart is still learning how to reflect modesty.
- •Perhaps she sees nothing wrong with her clothing choice. (And yes, she can still love Jesus.)
- •Perhaps her parents allow it. (This does not mean her parents are unconcerned with holiness.)
- •Perhaps she simply doesn't share your standards. Since God does not instruct us on specific standards of dress, she is not required to dress to your standards.

On the flip side, it is easy to judge a person as modest by her clothing choices. Striving to be like a girl who appears to be modest on the outside but immodest on the inside can lead you down the wrong path. The conflict between the inward and the outward can cause confusion in discernment from someone who is using this person as an example.

Presenting yourself modestly comes from a heart that desires to please Christ. It should not be confused with a set of rules or standards that cannot be justified by scripture. Listen to the conviction God is laying on your heart and give grace to those who do not share your conviction.

PICK A MEN⇔RY VERSE ACTIVITY

Activity suggestions in the Memory Verse Printables and Activities section of the book (page 68).

QUESTIONS FOR REFLECTION

- 1. Do you find yourself judging someone based on clothing?
- 2. Have you known someone whose outward appearance conflicted with the inward heart? (You need not mention names and please refrain from gossip. Focus the discussion on the impact that had on you.)
- 3. Name ways we can prevent pride from creeping into our hearts.

ACTIVITY

Visit an art museum or research a piece of classic artwork. Try to replicate it. Talk about how God's creation is so beautiful and our own artwork is so poor, even the greatest artists in world history cannot compare or capture the beauty that God created in our universe. Each individual person God created is part of that beautiful artwork and is to be treasured as such.

Connecting the Dots

DAX FIVE

Let's read the parable of the Pharisee and the Publican to explore how pride and humility are expressed in the heart.

Luke 18:9-14 (KJV)

And he spake this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess. And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.

The parable speaks of two men who go to the temple to pray. One man trusted in his righteousness and one man trusted in God. Which do you suspect was more pleasing to Christ?

Filled with pride, the Pharisee thanks God that he is better than his fellow man. For this Pharisee, sin was simply not done. The Lord should be honored to have such a righteous man on His side. After all, this man sacrificed through fasting and giving of personal wealth. Was he not the perfect example of perfection?

The Publican approached the Lord with humility. He was unconcerned with the sin of others. His prayer, though short, asked for God's mercy upon his own sin.

As we suspected, Luke 18:14, tells us that humility is pleasing to God. Yet, are there times your attitude is more like the Pharisee than the Publican? I remember reading a comment on social media from a woman responding to airline security patting down women in long skirts. She said, "So for those of us the most concerned about our modesty we have to put up with that?" I did not realize that wearing a long skirt meant more concern for modesty than a woman wearing a pair of jeans. The attitude displayed by this woman was certainly not modest. She took pride in her clothing and believed it to show she was superior in her attempt to be modest.

Thought Trends that Lead to Pride

- •My opinion is better than anyone else's.
- •I don't need help from anyone.
- •I should be praised for what I do.
- •I deserve....

Thought Trends that Lead to Humility

- •I am a reflection of Christ.
- •I hold others in high esteem.
- •I am ready to serve.
- •It is not all about me.

2 Corinthians 10:5 (KJV)

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

When you find pride creeping into your heart you need to rethink from an eternal and godly perspective. Your attempt to be modest will be in vain if it causes you to be prideful.

NEN♥RY VERSE QUIZ

Quiz pages provided on page 101.

QUESTIONS FOR REFLECTION

- 1. How can convictions to be modest lead to pride?
- 2. Do you ever strive to be so independent that it leads you to independence from Christ?
- 3. Do you view your talents as gifts from God or something you should be praised for?

ACTIVITY

Compare and contrast a prideful and humble heart. Use the printable on page 110.

Samantha Says....

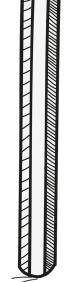
What is Modesty? Simple, long clothing?

A pure heart? Giving hands? A helpful

tongue? Our culture has turned the
definition of "modesty" into
unfashionable, or even boastful and
unfashionable, or even boastful and
long your Being modest is not simply how
stuck-up. Being modest is not simply how
long your skirt is; it's about the heart, not
the hemline. When it comes to the heart,
the hemline. When it comes to the heart,
the girl who dresses modestly only for
attention at church is no better than the
girl who dresses immodestly for attention
from the world.

It's hard to find that perfect little thin
line between taking pride in who you are
line between taking pride in who you say
line beat models helps as well. I wish you the best
line your Modesty journey - and I can't
line wait for you to read on!







What d	Nom says modesty means
What I	ad says modesty means

WEEK 2 NODEST HEART

Modest Heart

DAY ONE

The bible uses the word heart 762 times. In the plural form, it is used 114 times. The term is used in different contexts and throughout both the New and Old Testaments. The Hebrews did not have a separate word for mind, so often "heart" is used to indicate intellect or thought. While "heart" has referred to the physical organ in the Old Testament, it is more often used to indicate personality, will, emotion, and intellect.

Jeremiah 17:10 (KJV)

I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

Jeremiah 17:10 teaches us that God looks to the heart as it reveals our true nature. While man may look on the outward (actions, appearances, etc.), God looks to the inward and sees the motivation behind all our feeble or deceitful ways.

When you wake up in the morning the first thing you need to dress is your heart, not your body. Prepare your heart by praying that God will stir up in you compassion and grace for others. If our hearts are not well prepared, we may take a turn towards pride. The focus of modesty on the outward causes one to judge others harshly because the thoughts of being right, feeling our opinion is better, or being worthy, are rooting in our hearts. These feelings lead to a prideful heart. A prideful heart displeases God.

To put it plainly, it may cause one to think that her level of modesty is higher and therefore more spiritual than another girl based on her outward appearance. This mindset is dangerous because it not only judges another improperly, but it causes division in the heart. Your clothes may say, "God honoring" but your heart says "self righteous and prideful". Spending time looking on the outward of others distracts you from your own spiritual walk with Jesus.

Sometimes we want to feel like we are on the right track. Instead of looking inside ourselves we attack the outside of others. It makes us feel better to look at someone else and think we are more spiritual. After all, it is easier to see where others are going wrong [in our eyes] than to hold ourselves accountable for our own walk. Focusing our hearts toward Jesus can halt this dangerous mindset.

SCRIPTURE CONNECTION

Keep thy heart with all diligence; for out of it are the issues of life. ~Proverbs 4:23

The only heart you have to care for is your own. We cannot change the hearts of others; only Jesus can do that. Caring for our hearts must be done with diligence -careful and persistent work- because the inward reflects the outward. Let's not confuse the outward with only physical appearance. The outward includes behavior, attitude, and your choice of words. Keeping your heart honoring to the Lord requires persistent work. There's enough work there to keep you too busy to fuss over the outward appearance of another girl.

We talked quite a bit about how our hearts can cause us to judge other girls. Keeping our hearts pointed to God is not just about unfairly judging others. Our hearts reflect who we are in Christ. When you are sick, your mom uses a thermometer to gauge your temperature. We must carefully monitor our hearts as it is our spiritual gauge. (Luke 6:45, Matthew 15:18)

Copywork located on pages: 77 & 78 (KJV), 88 & 89 (ESV)

QUESTIONS FOR REFLECTION

- 1. Do you get distracted focusing on the outward of someone else that you don't see her heart?
- 2. Do you focus more on your heart or the image you reflect to others?
- 3. How can you diligently keep your heart?

ACTIVITY

Create a *Journal of Thankfulness and Loving Thoughts*. You can use a binder or composition book. Use the journal to write down things you are thankful for each day along with loving thoughts about those around you. Try to focus on thinking kind and loving thoughts on someone who challenges you in this area. Try to be thankful for what may be considered mundane or something you may originally thought as negative.

Printable for the binder cover is located on page 111.

Humility

DAY TWO

Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. ~1 Peter 5:5

Let's begin by defining humility. First, let's look at the definition:

Low view of one's own importance; humbleness

Often humbleness is confused with weakness. The best model of humility is Jesus. Jesus did not come to be served but to serve. When we come to Christ we exhibit humility by knowing we cannot save ourselves. We know we cannot earn nor are we worthy of salvation. We depend and trust in God for salvation. There is courage setting aside one's pride and ambitions to submit to another.

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; ~Colossians 3:12

How is Humility Displayed

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. ~Philippians 2:3

Humility displays an attitude of considering others before herself. Actions are not to satisfy self-ambition or ego. We do not put ourselves on display but Christ.

Humility...

- •Frees us from pride and arrogance.
- •Relies on Christ and does not feel the need to fight an unjust fight as she walks strong in the Holy Spirit.
- •Shows Christ's love by esteeming others higher than her.
- •Asks for forgiveness sincerely.
- •Is not defensive and does not allow criticism to destroy her emotional well being.
- •Does not need to have the last word in an argument.
- •Feels no need to exalt oneself or pretend to be something she is not.
- •Is aware of her talents and expresses them to the full extent while giving God the glory.
- •Is strong in the Lord.

Humility frees the heart from anger, self-pity, jealousy, and sadness. We won't be tempted to compare our talents, appearance, and possessions to others. Humble hearts are not easily drawn into a losing battle of who's right and who's wrong. Humility is not about discarding ourselves but discovering ourselves in Christ.

SCRIPTURE WORK

Copy each word of the memory verse down on index cards or pieces of construction paper. Shuffle and then put in the proper order to create the verse.

QUESTIONS FOR REFLECTION

- 1. How does humility reveal strength of character?
- 2.Do you feel you need to win every argument or defend yourself when you are offended?
- 3. How will displaying a humble heart help you follow the Lord and love others?

ACTIVITY

Create a card to express gratitude or an apology to someone you know. A humble heart is willing to put others before self. Think about if you need to apologize to someone or show a special appreciation to someone. Don't hesitate, show them today.

Printable cards are located on page 112. Just cut out and fold. The inside is blank for a personal note.

DAY THREE

Let's Explore

We are learning that what is in our hearts is what we display to others. All this talk of heart may seem abstract and just out of reach if you do not know how to apply it practically.

So what do humility and the inward condition of the heart have to do with an outward appearance or modest behavior? As we walk around in our daily lives with our hearts reflecting out to the world, we must understand we are not the ones on display. Once we accept the gift of salvation and become Christ's, we put Christ on display.

The last time my family ate out, we received poor service. The waitress was rude and the food was bland. We waited far too long for our dinner and by the time it arrived at the table it was cold. All of use decided that we would never eat at that restaurant again. One waitress' poor service caused the entire restaurant to lose customers.

It is not unusual for someone to stop patronizing a store or restaurant based on a negative experience. We see the person who works for an establishment as a representative and his or her actions reflect upon that establishment. We need to remember that just like a worker at a store, we represent Christ. When people see us, they should see Christ through us. How we dress, talk, and behave puts Christ on display and not us.

Pick a Mem⇔ry verse activity

Activity suggestions in the Memory Verse Printables and Activities on page 96.

QUESTIONS FOR REFLECTION

- 1. Have you stopped patronizing an establishment due to poor service?
- 2. How can you make steps to represent Christ honorably?
- 3. What perceptions do people have about Christians? Are they fair or unfair?

ACTIVITY

Printable for "I am____" in the Activities Printable section on page 113.

DAY FOUR

Heart Exam

I couldn't help it, or so I thought. I had to say something. I couldn't let her say something so inaccurate or offensive. I wanted to put her in her place. Me, myself and I. I was drawn into an argument where there would only be losers. Yet, I continued because I wanted to prove I was right. My intention was not to represent Christ or show his glory. My intention was proving another person wrong because she upset me. The aftermath left two people upset and no better off than they were before. A fruitless argument which served only my pride. Can you relate? Have you engaged in an argument, perhaps with a friend or sibling, for the sake of pride? Did you want to prove you were right?

One way our pride is brought to the surface is through being drawn into an argument. It touches on our ego and need to be recognized and to be right. Pride begs to be heard yet never listens. It is easy to fool ourselves into thinking that we are justified when arguing for what you think is right or on principle. Yet, we need to be certain it is Christ who is exalted and not our pride. Sometimes we seek to be right for our own sake. While it can be hard to walk away from an argument it is essential to always maintain a proper testimony. Examine your heart to find your true motives.

ASK Y♥URSELF BEF♥RE ACTING

- Are you simply trying to prove you are right?
- Will God be glorified?
- Will there be any benefit to the other person if you make your case?

PICK A MEM⇔RY VERSE ACTIVITY

Activity suggestions located on page 96.

QUESTIONS FOR REFLECTION

- 1. How can you avoid being drawn into senseless arguments?
- 2. How can you avoid being the person who draws someone into a senseless argument?

ACTIVITY

Dinner Time Discussion: Read about 6 Wars Fought for Ridiculous Reasons. Notice how even something minor that pricks our pride can cause all out war.

http://www.history.com/news/history-lists/6-wars-fought-for-ridiculous-reasons

Connecting the Dots

DAY FIVE

It is possible to maintain a modest heart and a sense of humility while still dressing stylishly. We have learned that clothing is not the "heart" of modesty, yet we know a primary way we express ourselves is through our outward appearance.

I Peter 3:4 (KJV)

But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

It is time to discuss the "hidden man of the heart". The intent of the heart will determine if you display yourself or Christ. Your heart needs to be directed toward Christ and the Word and not hair, make up, or clothing. A heart focused on self will dress to impress the outside world by using clothing to garner attention. The attention may be on the body or having expensive clothing. A heart focused on modesty will judge the clothing choices and spirituality of another girl and turn good intentions into legalism. A heart focused on Christ will reflect purity and direct attention to God's glory. While the discussion on modesty always falls to clothing, the focus is not on what you wear but who you represent. Dress the heart first with God's Word and through prayer, then dress the body.

When I was young my intention was to dress trendy. I did not think about the fact I was drawing attention to self as opposed to God. We say we are expressing ourselves through clothing choices, but really it is an expression of the world. When we dress "trendy" we are following the world's view on what fashion is for us. I had to ask myself if I wanted to dress man's way or God's way. After deciding on God's way, I had to determine what that looked like. Did I have to toss my lipstick and cute shoes? Should I just pack up everything and start over?

Psalm 139:14 (KJV)

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

I discovered I didn't need adornments. I am God's handiwork and I did not need lipstick or a trendy shirt to be accepted. My primary purpose was to honor God and help the lost find their way to the kingdom. With a heart focused on God, I was able to accept myself and not look to the world for validation. It was then that I picked the lipstick back up and put my cute shoes back on. It wasn't about clothing after all.

Now, don't misunderstand. There is a connection between modesty and clothing that cannot be denied. Yet the connection is natural when the heart is properly focused on the Lord. If you have any questions on "how" to dress, I suggest you pray and consult your parents. Your parents are given divine charge over you and will pray with you to make decisions on how you can outwardly reflect a pure heart for Christ.

MENØRY VERSE QUIZ

Quiz pages provided on page 101.

QUESTIONS FOR REFLECTIONS

- 1. Who do your clothes reflect?
- 2. Do you think about modesty and reflecting Christ when picking out clothing?
- 3. Are you convinced that cute and modesty are not mutually exclusive?

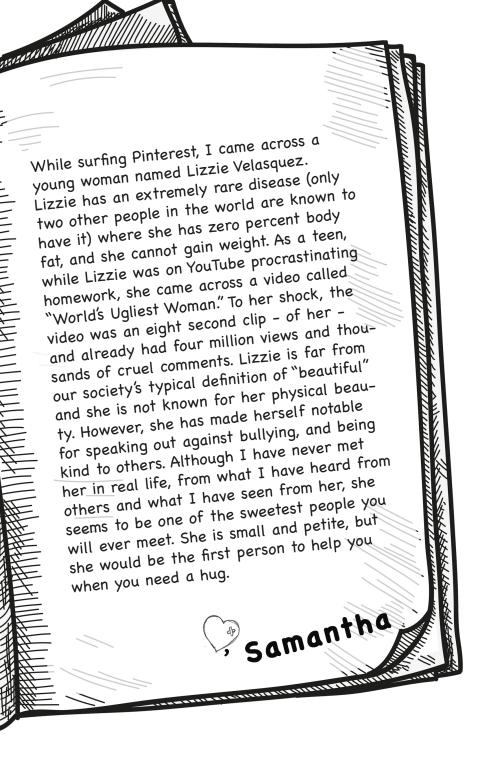
ACTIVITY

I am Fearfully and Wonderfully Made Frame

Take a picture of yourself and place it in the frame printable provided to remind yourself of this verse. You are beautiful. You are not dressing for the world but for Christ. You have a unique style and talents and allow that to come to the surface in a beautiful way.

Printable for this project in the Activity Printables located on page 114.

Samantha Says





What Mom says about a modest heart
<u></u>
What Dad says about a modest heart

WEEK 3 NODEST APPEARANCE

DAY ONE

Modest Appearance

When you think of modest clothing, what do you think of? Often girls will think of skirts, turtle necks, clothing items that cover the majority of their body. Did you know that modesty for women looks different around the world in various cultures and religions, for both dress and behavior? The strictest of the Islamic communities require what is called a full burqa, which is fabric that covers the entire body, sometimes even including the eyes. In certain rural tribes in South America or Africa, women may not be required to cover all of their body. We would think that this was immodest, but in their culture it is completely accepted as the norm. Modesty can vary depending on both one's culture and religion, but we are Christian. We are disciples of Christ, so we go to the Bible to be directed on how to dress to honor God.

SCRIPTURE CONNECTION

1 Peter 3:3-4 (ESV)

Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Women do a lot to make themselves more presentable. We buy fancy clothes, flashy jewelry, and trendy shoes. We take spa days, do our makeup, and have our nails done. In more extreme cases, women get plastic surgery to look younger, thinner, or different in some way that they believe will conform them to societal expectations.

God, who is the Creator of everything, has told us that none of these things matter. What matters is what the heart contains, not what the body is wearing. We are to have a "meek and quiet spirit." This is "of great price" to God. It is a precious treasure to God our Father. We will further unpack the meaning of these verses in the lessons to come.

Copywork located on pages: 79 & 80 (KJV), 90 & 91 (ESV)

QUESTIONS FOR REFLECTION

- 1. What does modest dress look like to you?
- 2. What do you think about the fact that modesty can look so different around the world?
- 3. Why do you think the Bible even addresses the way we clothe ourselves?
- 4. How do you think what is in our hearts comes out in our dress and behavior?

ACTIVITY

Consider researching a little about the trends of modest dress throughout history. Do this research under the guidance of a parent or guardian.

If it is possible, contact a missionary with whom your church has partnered and interview them as to what their culture finds acceptable in terms of modesty.

DAY TWO

First Impressions

First impressions are very important. We all know the saying that it is not the cover of the book, but the content that counts. However, when it comes to being introduced to another person, it is human nature to immediately judge the person based on their appearance. For example, if a man walks into a professional interview dressed in ripped jeans and a stained t-shirt, do you think that the first impressions of the employer will be good?

The man walking into the interview may be the best person for the job, but the employer will have a very difficult time looking past that man's unprofessional attire in order to grant him the position. That employer actually hears a message in this man's appearance. This message says that this man is disrespectful and has little regard for the company or position. It says that he does not really care if he is hired or not. It indicates that he is not a professional man of integrity. Is it wrong for the employer to judge this man for his appearance and not give him the position? Not necessarily, because appearance indicates what is in the heart.

This is not true across the board, but it is something to consider and to be discerning of in a Christ-like manner. What is the message that we are always supposed to be proclaiming to the world? The Gospel is that message, right? As Elisabeth Elliot put it in her book *Discipline: The Glad Surrender*, "It may be scorned as a form of pride ('who are you trying to impress'), but it may be genuine humility of the same sort that would prompt one to polish the silver, get out the beautiful tablecloth, and have candlelight and flowers for someone greatly loved." The way we dress can speak the same of us: vanity or humility. What does your dress say about your heart?

We cannot proclaim the Gospel in clothing that would draw attention away from God, or cause men to sin. We also are not proclaiming the Gospel if we are in sin ourselves. If we are sending a message of vanity, then we are sending a message about ourselves, not about God.

"As in water face answereth to face, so the heart of man to man." -Proverbs 27:19

Our dress is a reflection of our heart. If our heart is filled with Christ then it will reflect Christ, but if it is not filled with Christ then it will only reflect sin and self.

SCRIPTURE WORK

Copy each word of the memory verse down on index cards or pieces of construction paper. Shuffle and then put in the proper order to create the verse.

QUESTIONS FOR REFLECTION

- 1. We discussed the example of an employer and interviewee. What is different scenario where a quick judgment would be an unjust conclusion to jump to based on a first impression?
- 2. Discuss what discernment means, and how that would apply to "first impressions." You can discuss examples where it is good and proper to make quick judgments such as with strangers approaching and possible dangers vs. meeting a new friend and maybe not liking something about them.
- 3. Discuss a time when you met someone for the first time and you had a bad impression of them at first, but your mind was positively changed after getting to know them.

ACTIVITY

Play First Impression Charades. You will find this printable located in the Activities Printables on page 115.

Let's Explore

DAY THREE

Honor God in Your Body

Much of how we dress our bodies has to do with what we think about ourselves or what we would like others to think about us. Don't you think? If we were to wear short skirts and deep, low-cut tops, maybe one could think we were trying to draw a boy's attention. If we were to wear lots of expensive jewelry and flaunt it about, one could think we might want others to think we are wealthy.

What about cosmetics? Usually, when we wear cosmetics we are trying to cover up something whether it is acne, dark circles, wrinkles, or other imperfections because we do not want others to know that they are there. We desire for others to think we are flawless - perfect.

Modesty is not all about taking a ruler to a skirt or shirt. Jewelry and cosmetics are not inherently wrong. The issue is our heart's intent behind them. Paul tells the Church in Corinth:

"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? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19-20

This verse was not written within the context of modesty, but there is application and truth within that can extend to other areas of our lives, like the way we dress ourselves. It is very important that we look to glorify God in all that we do. When it comes to our appearance, this can be particularly important because of the messages that it can send. Paul reminds those found in Christ that they are "bought with a price." God sent His Son to suffer and die for you so that you may know mercy through salvation. If you have a personal relationship with Jesus, then His Holy Spirit resides within you. Your body is a temple, and what you do with it matters to God.

You are His creation, His work of art, special in every way. His purpose for you is that you glorify Him while on this earth. If you are a Christian you belong to Christ, therefore you are to honor Him in your body and that includes your clothing.

What Kind of Clothing Honors God?

This varies according to family. Some families prefer skirts and covering tops only. Other Christian families just desire that a woman's clothing be feminine and modest in the sense that it covers all of the important parts. Some families have set ages for when make-up is able to be worn or ears are allowed to be pierced, and yet other families do not allow any jewelry or cosmetics in their home. It is good and right as a child living under the family roof that you obey what your parents determine proper modesty to look like.

Pick a nen⇔rx verse activitx

Activity suggestions in the Memory Verse Printables and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. Discuss what it means when it is said your body is the Temple of God.
- 2. How does it make you feel knowing that your body is not your own to do with however you like? How does this affect other areas of your life?
- 3. What are your house rules concerning modesty?

ACTIVITY

Sculpting Craft - Whether you use modeling clay, or actual sculpting clay, create an object to your liking. Read Isaiah 29:15-16. Discuss these verses in light of the craft. The purpose is to gain a better understanding of who God is and who we are in Him. He is the potter and we are the clay, we are not our own.

Try this fun recipe to make your own play dough.

GHØGØLATE SGENTED PLAX DØUGH
(Not Edible)
1 1/4 cups flour
1/2 cup cocoa powder
1/2 cup salt
1/2 tablespoon cream of tartar
1/2 tablespoon cooking oil
1 cup boiling water.
Mix flour, cocoa powder, salt, and cream of tartar together. Add cooking oil and boiling water to the mixture. Stir quickly and mix well. Cook over low heat until dough forms a ball. When cool, hand mix. Store in an airtight container.

Heart Exam

DAY FOUR

Psalm 139:14 (KJV)

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

God created each human being to be a special individual whose purpose is to glorify Him upon this earth. We learned in our last lesson about how, if we are a Christian, then our body is the temple of God. It is where the Holy Spirit resides. The Bible shows us that there is even more to this, as every human being is created in the image of God and is "fearfully and wonderfully made."

Genesis 1:27 (KJV)

So God created man in his own image, in the image of God created him; male and female created he them.

If you are created in the image of God and you are the temple of God as His child, is this not a great responsibility? Does knowing this affect how you treat others? If you are created in the image of God and your body is His temple then others are as well. The way we treat others is directly indicative of who we perceive God to be and how we understand God to operate in our own lives. Our outward actions and our inward heart display our most deeply held convictions. If we mock others because of the way they look, then we do not respect and hold sacred the fact that all humans are created in the image of God. We are literally mocking the image of God. If we hate our own bodies to the point of anxiety and spend our lives trying to cover it up or perfect it, are we saying to God that He made a mistake in creating us?

A sinful world does come into play in the fact that our bodies are sometimes deformed, become sick, and eventually die, but there is a certain unhealthy anxiety concerning our looks and what we do to try and fix them in the eyes of the world. A standard of perfection within this world is only what we make it. The only standard of perfection that is valid is that measuring stick of God's Word, and it speaks to the heart.

PICK A MEMORY VERSE ACTIVITY

Activity suggestions in the Memory Verse Printables and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. What does being created in the image of God mean to you?
- 2. Discuss various ways that one might try to cover up imperfections on their bodies. How can you take better care to not do these things with an attitude of anxiety and distrust in God's design?
- 3. Why is it is so important that we do not make fun of others? How does it make you feel when someone is mocking you?

ACTIVITY

Read 1 Corinthians 13:12:

"For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known."

When man was first formed in the garden the image of God emerged much more clearly than it does now that we are marred with the sin nature passed down from Adam. For those that know Christ and follow Him the Holy Spirit makes them more like Christ every day.

You will need two mirrors for this activity.

Stand two people back to back and have them look at each other through the two mirrors, each one holding a mirror. Discuss how it is not the same to look at someone like this through mirrors versus face to face in front of each other. You do not see the whole picture. This is how the image of God is displayed in us now after sin entered into the world. It is a "dim" picture as Paul says, but we are promised in Heaven when we are with Christ that we will have a much more clear picture and deeper knowledge of God is and His plan for this world.

Connecting the Dots

DAY FIVE

Self-Confidence or Confidence in Christ?

Our society talks a lot about self-worth, having confidence in yourself, your abilities, and your looks. Marketers would like you to think that certain clothes make you look more confident and certain products make you feel more confident. The world also perpetuates the message, "whatever makes you feel good, do it, because your personal happiness is the most important thing in your life."

On the other hand, God tells us that we are not to be concerned with ourselves. We are only to be concerned with Him and for others.

Matthew 22:34-40 (KJV)

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets."

When we dress our bodies in ways that show our vanity – concern for self – we are not loving God with all our heart, soul, and mind, but only our love for ourselves. When we dress our bodies in ways that cause men to stumble by intentionally stirring lust we are not being concerned for our "neighbor" but again, for ourselves.

It is Important that We See Our Bodies as God Sees Our Bodies.

- •Our bodies are His artwork (Psalm 139:14).
- •We were created in His image (Genesis 1:27).
- •Our bodies are a temple where the Holy Spirit resides if we are Christ followers (1 Corinthians 6:19-20).
- •A woman of integrity is a priceless treasure to her Lord and Savior (1 Peter 3:3-4).

There is everything in God's Word to give you all of the self-worth you need in life. You are fearfully and wonderfully made by a God who loves you so much that He bought you at a great price through His Son's death on the cross. This truth not only gives you self-worth, it also equips you to love others more than yourself. Because you have a great peace in knowing a God who created you, loves you, and sustains you, you ought to desire to share His love with those around you, because you desire them to know what they are worth in the eyes of a loving Father.

MEN♥RY VERSE QUIZ

Quiz pages provided on page 101.

QUESTIONS FOR REFLECTION

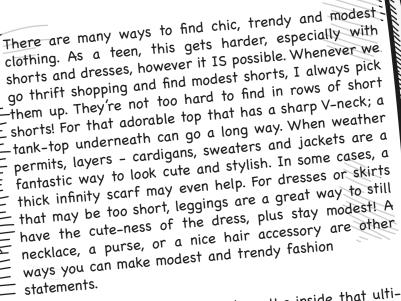
- 1. List as many ways that you can think of concerning how the world thinks a person can find happiness. Then list what the Bible says is the way to true happiness.
- 2. Review the ways that God sees us. What does this mean to you?

3. What is your understanding of the Gospel and Christ's love for you and message for their world. Answer any questions your child might have. This is a great time to be able to share and reaffirm the Gospel to your children.

ACTIVITY

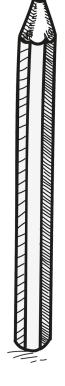
Make your own commercial. Come up with a product and market it the way the world would to show how it could bring someone happiness and more. You can be over the top with this to make it fun, but discuss how very silly it is when the world promotes the consumerism and materialism as the thing that will make a person happy.

Samantha Says...



As always of course, it is what's on the inside that ultimately counts. I know this is so cliche, and it can be hard to remember. You may not feel it in a certain moment, to remember. You could be the ugliest person with the but ultimately, you could be the ugliest person with the ugliest clothes in the whole wide world, but if you have ugliest clothes in the whole won't care. On the flip side, a pure, giving heart, people won't care. On the flip side, you may have the trendiest clothes in school, but physical appeal becomes less and less attractive if a person ical appeal becomes less and less attractive if a person is mean. Think of it this way: if a blind person were to meet you, what would they notice?







What Mo	m says about a modest appearance
	<u>~***</u> ⊙••⊙∰••• <u>~**</u>
Vhat Dad	d says about a modest appearance

WEEK 4 NODEST SPECI

Modest Speech

DAY ONE

What is speech? According to Merriam-Webster's Dictionary one way speech may be defined is as "a spoken expression of ideas, opinions, etc. ... the power of expressing or communicating thoughts by speaking."

Our tongue, the very tool we speak with, is a very powerful thing. It can be used to lift someone up and encourage them, or it can be used to tear someone down and destroy them.

There are great people throughout history who gave incredibly memorable speeches. The 16th President of the United States, Abraham Lincoln, gave a speech called *The Gettysburg Address*, and it has lived on in our history books. This speech was only 272 words and 3 minutes long. Due to its sincerity honoring the lives of over 10,000 American soldiers who had just died in a grievous battle, and the call to action it expressed to the ones who were left behind, it is now arguably one of the most famous American speeches of all time.

A more modern day example of a woman who has used her words for good is Elisabeth Elliot. For the last 50 years, Elisabeth Elliot has been using her words to share the Gospel with hundreds of thousands of people. She is a best-selling author and a well-known Christian speaker. She has served as a missionary to bring the message of Christ to those around the world. She is one of the most influential Christian women of our time.

There are so many examples of how words have both helped and hurt throughout the history of the world. As a young woman looking to glorify God with your speech, it is important that you realize the power of the tongue.

The Bible frequently mentions the tongue and how we use it. God obviously takes the nature of our speech very seriously, and so should we.

Modest speech is speech that aligns itself with God's Word. We will explore this concept further as we continue in the following days.

SCRIPTURE CONNECTION

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. ~Ephesians 4:29

Because words carry such power, we must handle them with care. We ought to be intentional with our words, ensuring that they are full of love and grace toward others, not hurtful gossip or slander. What about edification? Edification is speech that encourages someone to grow. It is not just flattering words to make someone happy. Edifying words are intentional words meant to help that person be better, do better. What is better for someone? It is that they know and live for Christ. All of our speech should be glorifying to God as we share Christ with others and encourage them to do the same.

Copywork located on pages: 81 & 82 (KJV), 92 & 93 (ESV)

QUESTIONS FOR REFLECTION

- 1. What is the definition of speech?
- 2. What is edifying speech?
- 3. Why do you think the Bible talks about our tongues, our speech so much? What do you think God is trying to tell us and why?
- 4. If you could pick any topic to speak publicly about to your entire country what would it be and why? How would you expect this to affect the nation?

ACTIVITY

- •Give a speech!
- •Write your own speech or take Abraham Linclon's Gettysburg Address and practice your public speaking ability in front of your family and/ or friends.

Alternate activity

- •Watch this video by Elisabeth Elliot telling their story https://www.youtube.com/watch?v=WU7BC TS-So
- •Write a short essay about what you learned about the Elliot's testimony and legacy.
- •Discuss exactly how you feel the Elliot's ability to "speak" was used by God.

The Untamable Tongue

DAY TWO

Today's bible reading is James 3, where he speaks quite a bit about the tongue.

Descriptions James Uses for the Conque:

- •The tongue is like a bit in a horse's mouth.
- •The tongue is like the rudder of a ship.
- •The tongue is like fire.

What does a bit do? A bit controls the horse. It is a metal bar that attaches to the reins around the horse's head. The rider on the horse pulls the bit to the right to make the horse turn right. The rider pulls to the left to make the horse go left. The rider pulls backwards to make the horse stop. It is not the reins in and of themselves that cause the horse to do this but the bit in the horse's mouth that causes the horse to obey. James also mentions the rudder of a ship. The rudder is small, but it controls the entire ship as the captain steers it back and forth from above. Fire starts out small as kindle but spreads very quickly and destroys irreversibly. In the same way that the bit controls the whole body of the horse and a rudder steers a massive ship and a little bit of kindle sets aflame everything in reach, the tongue controls our whole body because it is speaking from the heart.

Matthew 15:18 says, "But those things which proceed out of the mouth come forth from the heart; and they defile the man."

The Bible is clear that what is in the heart will eventually come out of your mouth. Do you have a bad attitude? You might be able to pretend that you have a good attitude for a while, but you will notice that the longer you wallow in your bad attitude it will show outwardly in how you talk to others and your overall demeanor.

"Out of the mouth proceedeth blessing and cursing ... No fountain can both yield salt and fresh ... but the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy." James 3:10, 12, 17

It is important that you realize exactly what your tongue is capable of, how much it can both hurt and help people. James says that no fountain can yield both salt water and fresh water. A water source cannot produce two different types of water. If you are in Christ you are made new, and you desire the things of Christ. If sin comes out of you, it will be distasteful to you. The Holy Spirit does not allow those He resides in to continue in sin, because that is not what is glorifying to God. When you are saved, the Holy Spirit makes you more like Christ and cuts those things out of you that make you look more like the world.

SCRIPTURE WORK

Copy each word of the memory verse down on index cards or pieces of construction paper. Shuffle and then put in the proper order to create the verse.

QUESTIONS FOR REFLECTION

- 1. Why do you think that James focused so much on the tongue in his book of the Bible?
- 2. What are some different ways that the tongue can be used for good or evil?
- 3. What is something you have said recently that you know was hurtful to someone? Have you asked for their forgiveness?

ACTIVITY

Choose an activity:

- 1. Contact a local stable. Visit and take tour, asking them to show you exactly how the bridle and bit works to control a horse.
- 2. If you live near a shipyard a local museum, visit and take a tour asking specific questions about how the ship is steered and how the rudder works.
- 3. Learn to build your own fire with an adult! Watch how it starts with just a spark and grows very quickly!
- 4. Role Play: create a scenario where you and another "actor" have good attitudes and then bad attitudes. Listen to how one another speaks and then discuss how those words may have hurt or helped.

DAY THREE

Let's Explore

Did you know the Bible talks a lot about women in reference to their speech?

Proverbs 21:9 It is better to dwell in a corner of the housetop, than with a brawling woman in a wide house.

Proverbs 21:19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

Proverbs 31:26 She openeth her mouth with wisdom; and in her tongue is the law of kindness.

1 Timothy 3:11 Even so must their wives be grave, not slanderers, sober, faithful in all things.

The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; that they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed. -Titus 2:3-5

Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives; While they behold your chaste conversation coupled with fear.

-1 Peter 3:1-2

Why do you think that the Bible specifically mentions women and their words so often?

Women speak an average of 20,000 words per day, and men only speak an average of 7,000 words per day, research shows. That is a rather large difference, and while this isn't always true for every individual, you will see a trend just by observing the general population. Women do have a tendency to be more talkative, and due to those extra words coming out of our mouths, we also can potentially say some things we shouldn't. The media often portrays little girls as having bratty attitudes mouthing off to their parents, teenage girls being gossips with their friends, and women as being nagging wives to their husbands. If we have 20,000 words in a day we better use them wisely and not feed these stereotypes placed upon us by society. God puts these warnings in His Word so that we might be able to guard our tongues in an effort to speak love and not spew hate.

PICK A MEM♥RY VERSE ACTIVITY

Activity suggestions in the Memory Verse and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. What is gossip? Discuss a definition and give examples.
- 2. Think of a time that you know you have gossiped recently. Discuss why it was wrong, and pray and ask for forgiveness. Commit to think before speaking next time.
- 3. We know that words said to a person can be hurtful, but why are hurtful words said behind someone's back hurtful as well?
- 4. Review the stereotypes listed above. How do you think that these stereotypes are true and how do you think they are false? How do they make you feel?

ACTIVITY

Do a little people watching. Go and sit in a public place and spend about 30 minutes observing those around you. Take notes specifically about the way people are talking to each other. Does the man or woman talk more? Who seems more animated when they speak? Who seems more interested in the conversation? Try to let go of the stereotypes we discussed and attempt to look at the genders with fresh eyes and then report back what your findings are.

Heart Exam

DAY FOUR

What kind of girl do you think you are?

What do you think that others think about you?

What kind of woman do you hope to be?

We often hear that we should not care what others think of us. To a certain extent, this is true. We should not care what people think about us when it comes to superficial things like how popular we are at school. On the flip side, we should care what people think about us when it comes to important things like our faith and witness. The legacy we leave will last much longer than our physical bodies. Abraham Lincoln lived a life that affected the course of an entire nation. His words still echo from the history books today. Elisabeth Elliot is still alive and is being used by God to spread the Gospel all around the world. She is a prolific writer and an incredibly encouraging speaker challenging women in a myriad of ways to glorify God. She will be remembered after she passes into glory because her words stand as a testimony to the life she lived and the God she loved.

It is important to assess in our own lives what kind of legacy we think we might be leaving. We ought to be in prayer that God would use us for His glory, not for our own selfish gain, but because He first loved us, we might share His love with the world. What an honor. What a legacy.

PICK A MEM⇔RY VERSE ACTIVITY

Activity suggestions in the Memory Verse Printables and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. What do you think people see in you? Are you the kind of person that people might remember? What do you think they would they remember you for?
- 2. How is God using you that you might have a lasting effect for Him on this earth?
- 3. Discuss what a legacy is. After researching further about Jim and Elisabeth Elliot the other day, how has their legacy affected you?

ACTIVITY

Contact someone local whether it be a family member, a friend, or even someone from the community that is notable. Sit down and interview them about their life. Write a short essay about what you learned and what kind of legacy you think they are leaving.

Connecting the Dots

DAY FIVE

Read 1 Samuel 1.

This is the story of Hannah, the mother of Samuel, the boy who grew to be a Prophet called by God to anoint Goliath's slayer, David as King.

There was a man named Elkanah. He had two wives, Hannah and Peninnah. Peninnah had children and Hannah was unable to, she was barren. Every year when Elkanah went to Shiloh to worship God and offer sacrifices, Peninnah would "provoke" Hannah.

1 Samuel 1:6-7, 9

"And her adversary also provoked her sore, for to make her fret, because the LORD had shut up her womb. And as he (Elkanah) did so year by year, when she went up to the house of the LORD, so she provoked her; therefore she wept, and did not eat. ... and she was in bitterness of soul, and prayed unto the Lord, and wept sore."

Peninnah was very cruel to Hannah and it was primarily because she could not have children. Peninnah had children of her own and she knew that Hannah desired to have her own children, and yet she mocked her for that. Just imagine what that would feel like. The Lord does give Hannah the desire of her heart, but this story includes such a valuable lesson in the poison that the tongue can spread.

NENØRY VERSE QUIZ

Quiz pages provided on page 101.

QUESTIONS FOR REFLECTION

- 1. Think of an example to relate from your own life to this story. Have you ever known someone who had some thing really nice and they made fun of those who did not have it? Have you done this to someone or has it been done to you?
- 2. What is a better way to handle that kind of situation to encourage someone rather than discourage them?
- 3. A legacy is what you leave behind. What was Hannah's legacy through the son that God provided her?

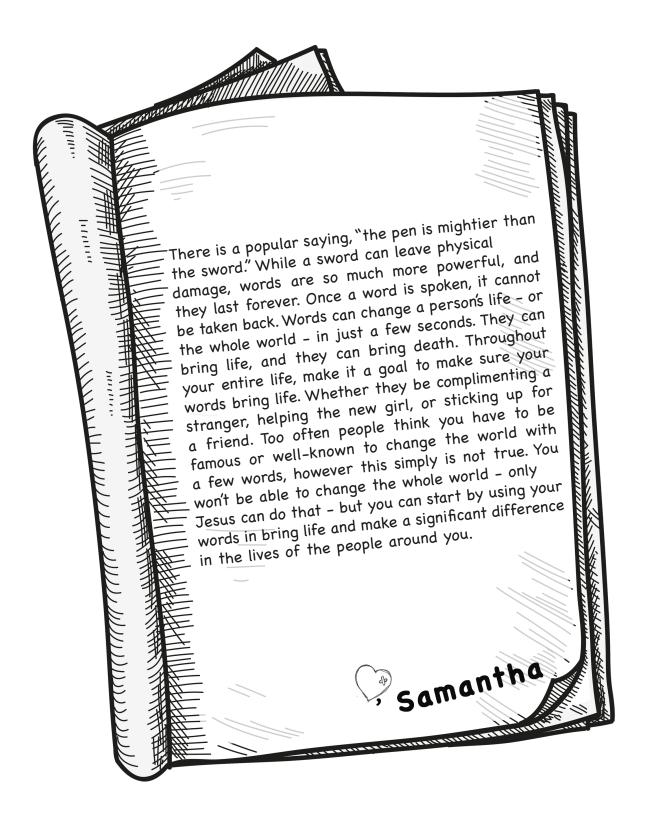
ACTIVITY

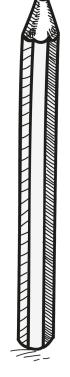
Notes of Encouragement

Challenge yourself for one week to go out of your way to encourage someone around you. At the end of the week discuss as a family how it made you feel to be more encouraging.

Find activity printable in the Activity Printables section of the book on page 116.

Samantha's Say...







That M	lom says about a modest tongue
	<u>~~**.~~~</u>
Vhat Do	ad says about a modest tongue

WEEK 5 NODEST BEHAVIOR

Modest Behavior

DAY ONE

The Proverbs 31 Woman

What do you think of when you think of "modest behavior"?

Maybe you think of proper etiquette and having manners. You might have thought of the days gone by of flowing dresses on women and top hats on men. Often, when we think of those times in history, we think of classy women with modest clothing and intelligent speech.

I want to take some time to look at what the Bible has to say about proper behavior for a woman. The Proverbs 31 woman is God's example to us, written in His Word about what a woman after His own heart should look like.

SCRIPTURE CONNECTION

Let's look at a few key highlights from Proverbs 31:10-31, about this Godly woman.

- •A Godly woman is virtuous. (v.10)
- •A Godly woman is trustworthy. (v.11)
- •A Godly woman "works willingly". (v.13)
- •A Godly woman serves her household. (v.15)
- •A Godly woman is a good steward of her money. (v.16)
- •A Godly woman is a good steward of her body. (v.17)
- •A Godly woman is not idle. (v.18-19)
- •A Godly woman is concerned for the needs of others. (v. 20)
- •A Godly woman is thoughtful toward preparation and organization (v.21-22)
- •A Godly woman is intelligent and ingenuitive. (vs. 24)
- •A Godly woman is modestly dressed. (v.25)
- •A Godly woman is wise and kind in speech. (v.26)
- •A Godly woman is attentive to the needs of her home. (v.27)
- •A Godly woman is praiseworthy. (v.28)
- •A Godly woman is not deceitful or vain. (v. 30)
- •A Godly woman fears the Lord. (v.30)

After looking through all of those qualities of a Godly woman, what stands out to you most?

The majority of these verses highlight the heart of a woman, someone that is not centered on self, but is others-centered. A Godly woman is one that "works willingly" to serve others in all that she does. A woman like this truly is a "price far above rubies."

Your memory verse for this week is Proverbs 31:30.

Copywork located on pages: 83 & 84 (KJV), 94 & 95 (ESV)

QUESTIONS FOR REFLECTION

- 1. How do you think you measure up to this description of a Godly woman?
- 2. Why do you think that the description includes being a good steward of one's money and body? What would this look like?
- 3. Name different ways that a woman can be creative or show ingenuity.
- 4. How can a daughter serve her household while she is still at home?

ACTIVITY

Create something. Get those juices flowing and try a new domestic hobby such as sewing or crocheting, cooking or maybe even jewelry making.

Virtuous Behavior

DAY. T.WO

I think that by looking at our list from yesterday about The Proverbs 31 woman attributes we can come up with a specific list of those pertaining to the heart.

- •A Godly woman is virtuous. (v.10)
- •A Godly woman is modestly dressed. (v.25)
- •A Godly woman is praiseworthy. (v.28)
- •A Godly woman is not deceitful or vain. (v. 30)

Did you know that a woman can be both vain and dress modestly at the same time? Vanity is taking excessive pride in one's appearance or achievements.

It is a normal human emotion to enjoy receiving a compliment or to enjoy someone congratulating us on a job well done. Sin creeps in easily, however, when we allow that kind of praise to overwhelm us and drive us. We must live for God and not for others. We must glorify God for the talents he has bestowed up on us.

What about virtue? A virtuous person is one that has high moral standards. We can look at our society's history and see that moral standards for our culture have drastically changed over the last 50 years. Little clothing, foul language, and a rebellious lifestyle are all considered normative. Being a virtuous person can invite derogatory attitudes from those who may feel judged. How does one keep high moral standards without judging others?

Read Luke 18: 10-14

Here Jesus is ridiculing the Pharisees for their unjust judgment of others. The Pharisee went to pray, and in his prayer loudly proclaimed how he was so much better and godlier than those that stood around him. When the tax collector – the job was considered deceitful and the men working it dishonorable – got up to pray, he cried out to God asking for forgiveness for his sin. Jesus says, "everyone that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

The virtuous woman may have high moral values but she does not puff herself up thinking that she is better than the rest. The virtuous woman sees herself through the lens of her own sin and God's gracious salvation of which she did not deserve.

A virtuous woman is a praiseworthy woman. When there is a Christ-honoring balance between virtue and a humble attitude, it is hard for people not to take notice.

Being "praiseworthy" is like being "humble." If you think you have achieved it then you are no where near the mark. This is something that others see in you, but you cannot see in yourself.

SCRIPTURE WORK

Copy each word of the memory verse down on index cards or pieces of construction paper. Shuffle and then put in the proper order to create the verse.

QUESTIONS FOR REFLECTION

- 1. Describe a scenario where accepting a compliment might turn into vanity.
- 2. When is judging others appropriate and when is not? How should this be done by individuals and within the church?
- 3. Discuss further how humbleness and praiseworthiness is not something that you "achieve" but is something that others would think of you.

ACTIVITY

Provers 31 Flash Cards/Memory Game. Printables for this activity can be found on page 97.

Let's Explore

DAY THREE

Responsible Behavior

Why don't we break down those attributes of a Godly woman that show mature and responsible behavior.

- •A Godly woman is trustworthy (v.11)
- •A Godly woman is a good steward of her money. (v.16)
- •A Godly woman is a good steward of her body. (v.17)
- •A Godly woman is not idle. (v.18-19)
- •A Godly woman is thoughtful toward preparation and organization (v.21-22)
- •A Godly woman is intelligent and ingenuitive. (vs. 24)

These attributes are more challenging because how the world would define them is very different then how God would define them. The world suggests that young girls should follow their hearts and do what makes them happy even if it means disobeying their parents. God, on the one hand, commands you to be "trustworthy" by honoring your father and your mother. This is a commandment with a promise! Blessings come from that beautiful relationship between parents and their children. The world suggests that you get a credit card and rack up debt because it is more important to have everything than to have only the necessities. God tells you to be a good steward of the money that he has given you. The world promotes thin, voluptuous, immodestly dressed bodies as perfect, but God created you to look the way that you do because He sees you as beautiful. You were made in His image!

The world would have you sit and watch television all day or drown in computer games. The Proverbs 31 woman is not idle. This does not mean that she never rests, but it means that she spends her time wisely. The world would tell you to "live in the moment," but a wise woman is prepared and organized for what may come. One cannot be surprised when trials come, because be assured trials will come, as Christians we are promised this. The world, in word, will tell women that they are smart and can accomplish anything, but, in action, will oppress women with the messages that it sends concerning what a woman should be and look like. Being an intelligent woman does not mean that you are the smartest girl in your class. Acquiring knowledge and learning new skills is a part of life and something that we all should aspire to.

Do you see the difference in the world's list versus God's list for the Proverbs 31 woman?

Pick a nen⇔ry verse activity

Activity suggestions in the Memory Verse Printables and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. How can you be a better steward in your money, body, and time?
- 2. Why do you think the world's list is so opposite in nature to God's list?
- 3. Are there any fresh wounds between you and your parents? Consider talking about these with your parents and healing those together.

ACTIVITY

Take a drive and write down notes about the different billboards that you see along the road. When you get home discuss the themes these billboards promoted and discuss what the Bible says in comparison. You can also use magazines or a stroll through the mall to complete this activity.

Heart Exam

DAY FOUR

Did you notice how the Proverbs 31 woman spends her days? She uses her time wisely while serving her family and those in need. Isn't that wonderful?!

- •A Godly woman "works willingly". (v.13)
- •A Godly woman serves her household. (v.15)
- •A Godly woman is concerned for the needs of others. (v. 20)
- •A Godly woman is wise and kind in speech. (v.26)
- •A Godly woman is attentive to the needs of her home. (v.27)

I think the word "willingly" is key here. We all have to work, but how often do we do it willingly? That is a tough one. We ought to do all things to the glory of the Creator, including our work. What about the word "attentive"? Not only are you willing to work, but you are anticipating the needs of those around you. A Godly woman tends to the needs of her home and those in need. Did you know that even as a daughter you can serve your household? You can help take care of the family by helping clean, cook, and care for the other children. Think of how much this would help and bring joy to your mother to have a willing set of hands at work beside her.

PICK A MEM♥RY VERSE ACTIVITY

Activity suggestions in the Memory Verse Printables and Activities section of the book on page 96.

QUESTIONS FOR REFLECTION

- 1. What are some jobs that would be appropriate for you to do around the home?
- 2. What gifts or talents do you possess that you could utilize in service to others?

ACTIVITY

With your parents, come up with a list of people or families you would like to serve. Create a schedule for the upcoming month or two and create an organized plan for who you would like to have over to show hospitality to as a family, who you would like to make meals for, and who you might be able to go help or visit to be a blessing.

Connecting the Dots

DAY FIVE

The final attribute of the Proverbs 31 Woman is that of "fearing the Lord." We are going to revisit our verses from our lesson on Modest Dress.

1Peter 3:3-4

Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Let's do a little Bible exploration on these two words, "meek" and "quiet", and see where they are located in other parts of the Bible.

In Matthew 5:5, when Jesus says, "Blessed are the meek: for they shall inherit the earth," this is an allusion to Psalm 37:11 which says, "But the meek shall inherit the earth; and shall delight themselves in the abundance of peace."

Let's look at that verse Psalm 37:11 within its context.

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

Those who are meek "inherit the earth" (vs.11). Those who inherit the earth, "wait upon the Lord" (vs.9). Those who wait upon the Lord "Rest in the Lord, and wait patiently for Him" (vs.7).

"Favor is deceitful and beauty is vain: but a woman that fears the Lord she shall be praised."

The Godly woman fears the Lord. Why would someone be meek and quiet before the Lord? Fear of the Lord is a realization of your standing before Him as a depraved sinner and His glory before you, as the Holy Creator of the universe. This ought to evoke a sense of awe and fear. It is an overwhelming gratitude for His grace and mercy that produces a meek and quiet Spirit in His presence. We are told here that women ought to have a meek and quiet spirit in 1 Peter. This should come out of the abundance of the heart, not what adorns the outside. The worth of a woman is in her heart before God, and this worth is in the sight of God of great price, far above rubies.

NEN♥RY VERSE QUiZ

Quiz pages provided on page 101.

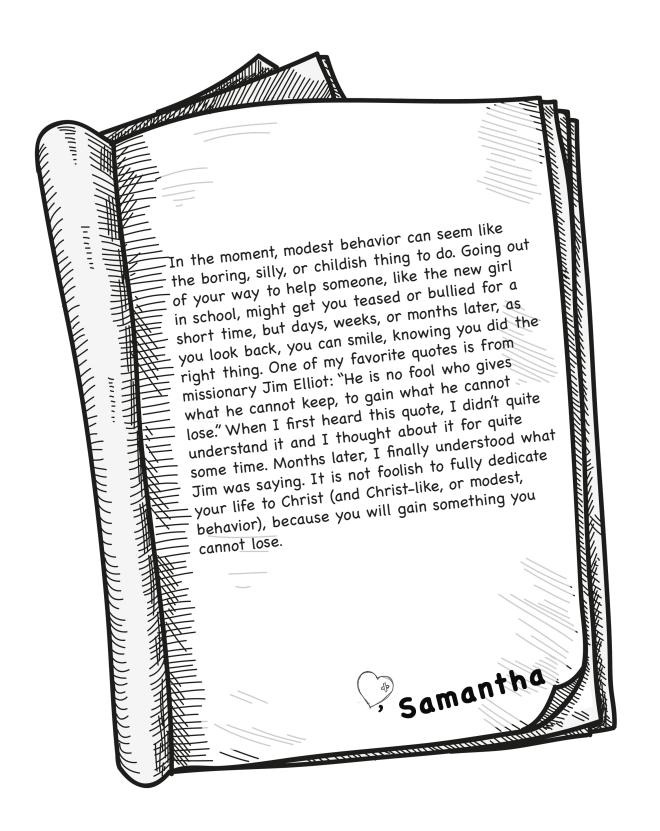
QUESTIONS FOR REFLECTION

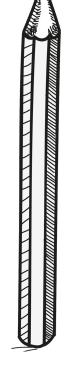
- 1. What do you think "meekness" looks like?
- 2. Why do you think the Lord uses the words "quiet" or "still" to indicate the way we should patiently wait upon Him?
- 3. Why do you think that this heart attitude is worth so much to God?

ACTIVITY

Read Luke 18:10-14 and act out the scene between the Pharisee and the tax collector. If you have more than one child have the children act as the characters, use puppets, or even read create a screenplay/ monologue and read it for a family member with much dramatics.

Samantha Says...







What Mom says about behaving modestly
<u>©***</u> ⊙••⊙₩⊙•••⊙***°•
What Dad says about what behaving modestly

MENORY VERSE PRINTBLES AND ACTIVITIES

SERIPTURE CARDS

In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works.



1 Timothy 2:9-10, KJV





Keep thy heart with all diligence; for out of it are the issues of life.



Proverbs 4:23, KJV

Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

1Peter 3:3-4, KJV

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.



Ephesians 4:29, KJV





Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Proverbs 31:30, KJV

Likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire, but with what is proper for women who profess godliness—with good works.

1 Timothy 2:9-10, ESV





Keep your heart with all vigilance, for from it flow the springs of life.

Proverbs 4:23, ESV





Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

1Peter 3:3-4, ESV

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.



Ephesians 4:29, ESV



Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.



Proverbs 31:30, ESV



KJV EOPYNORK



In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works.

	limothy	



In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works.

/Jimothy 2:9-/0



Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23



Keep thy heart with all diligence; for out of it are the issues of life.

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Whose adorning let it not be that outward adorning of plaiting the hair and of wearing of gold, or of putting on of apparel; But let it be the hid—den man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

1 Peter 3.3 4

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79	



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1 Peter 3:3-4



Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Ephesians 4:29



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Ephesians 4:29



Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Proverbs 31:30



Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Proverbs 37:30

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Likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire, but with what is proper for women who profess godliness—with good works.

	Timothy	29-10



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	Timothy	2:9-/0



Keep your heart with all vigilance, for from it flow the springs of life.

Proverbs 4:23



Keep your heart with all vigilance, for from it flow the springs of life.

Proverbs 4:23



Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

Feter Sid-



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Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear

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Proverbs 3/:30

NENORY VERSE GAMES

Pass It On

Use a ball, bean bag, or another similar object, to pass from person to person. The person holding the object must say the first part or word of the verse. Continue passing the object until the verse is completed successfully. If you have several children, you may want to pass a surprise box. Fill a small box with stickers. When the child is passed the box, she may take a prize if she recites the next portion or word of the verse correctly.

Complete the Verse

Write the verse on a white board. Say the verse out loud. Allow the child to erase a word or portion of the verse and then repeat it aloud filling in the missing section. Continue until the entire verse is erased.

Act it Out

Create hand motions or actions that correspond with the verse. You may want to look up sign language for some words if the child is interested.

Bible Verse Hangman

Play like hangman but instead of guessing letters for one word, the child will guess the words for the memory verse. Draw enough spaces for each word on a white board or piece of paper. You can allow the child to guess letters for each word, if you wish, but that may take some time. Instead of using the classic image for hangman you may want to try building a church. Building a church may allow a few more chances for longer memory verses since you will draw the sides, roof, windows, doors, etc.

Hopscotch

Create a hopscotch board either outside with chalk or indoors with painter's tape. Use each space for a word or portion of the memory verse. Have the child jump from space to space in order of the verse while reciting each portion or word. Go slowly at first and then build up speed.

Bean Bag Voss

Tape the words or portion of the memory verse to the floor or use sidewalk chalk outside. Have your child toss the bean bag on the words in order as she recites each word or portion of the verse.

Color Play

For longer verses, you may want to write each portion down on a piece of paper or poster board in different colors. Breaking it up by color will help the child not feel too overwhelmed and assist with memory.

MENORY VERSE FLASI CARDS

Proverbs 23

Itimothu 2:9-10

Ephesians 29

lpeter 3:3-4

TWO-IN-ONE

The following printables can be used as a matching game or as front/back flash cards.

PRINTING Flash Cards: print the pages with the version of your choice first. Then print the scripture references on the back of those pages.

NAIGHING Game: Choose the version of the Bible which you prefer and print all of those pages as is plus the scripture references. Cut out all squares and turn them all over where they are blank squares facing you on a flat surface. The purpose of the game is to challenge your memory matching scripture reference to its verse. Each person takes a turn flipping 2 squares over at once. 1-2 players.





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; But (which becometh women professing godliness) with good works.





Keep thy heart with all diligence; for out of it are the issues of life.



Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.



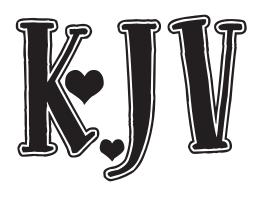


Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.



Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.







Likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not wit braided hair and gold or pearls or costly attire, but with what is proper for women who profess godliness—with good works.





Keep your heart with all vigilance, for from it flow the springs of life.



Do not let your adorning be external— the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.





Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.



"Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.





MENGRY VERSE QUIZZES

QUIZ WEEK 1

QUIZ WEEK 2

QUiz Week 3

QUIZ WEEK 4

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QUIZ WEEK 5

ACTIVITY PRINTABLES

Brown Sugar Body Scrub

:Ingredients:

- 1 cup raw oats
- 1 cup brown sugar
- 1 cup olive oil
- 1 small container with lid



Directions

- 1. In a mixing bowl combine raw oats, brown sugar and olive oil. Make sure ingredients are mixed well.
- Pour mixture into jar or container until you are ready to use.

Honey and Orange Body Scrub

Ingredients:

- 1 cup sugar
- 2 tablespoons orange juice
- 4 tablespoons honey
- 1 small container with lid



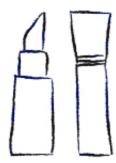
Directions

- 1. In a mixing bowl combine sugar, honey and orange juice mix until all ingredients are well blended.
- 2. Pour mixture into a jar or container until you are ready to use

Peppermint Lip Scrub

Ingredients:

- 1 teaspoon coconut oil
- 1 teaspoon honey
- 1 1/2 teaspoon sugar
- 3 drops of peppermint oil



:Directions

Combine all ingredients and place in a small container.

NX PRAXER LOG

MEMORY VERSE	PRAISES/THINGS I AM THANKFUL FOR
DD AVEDO FOD OTHERO	**************************************
PRAYERS FOR OTHERS	PRAYERS FOR MYSELF
PRAYERS FOR OTHERS	PRAYERS FOR MYSELF
PRAYERS FOR OTHERS	PRAYERS FOR MYSELF
PRAYERS FOR OTHERS	
PRAYERS FOR OTHERS	
PRAYERS FOR OTHERS	

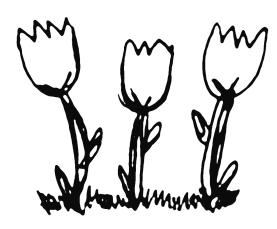
SYMPTOM OF A PRIDEFUL OR HUMBLE HEART?

Determine if the following represents a prideful or humble heart. Write a "P" for prideful or "H" for humble.

1. Must be right all the time and feels the need to prove it
2. Motivated to serve others without requiring anything in return
3. Demands attention
4. Easily offended or feels overlooked if not picked for something
5. Eager to give credit to others
6. Wants to get credit for a task or does tasks publicly for the purpose of being appreciated
7. Needs to control everything to ensure it is done "right"
8. Yielding spirit
9. Looks for the best in others
10. Compassionate
11. Criticizes others
12. Emphasizes the charity or ministry work he/she does as a sacrifice in such a way that it evokes sympathy or a need for affirmation
13. Has an understanding that he/she is not needed to serve but blessed to serve
14. Putting others before him/her
15. Rejoices when others are lifted up
16. When complimented he/she is happy to put the focus God or another person
17. Repentant and grieves her/his own sin
18. Wants to someone to come to him/her to be the first to apologize
19. Will admit failure and ask for forgiveness
20. Quick to blame others.

Vellellel

Journal of Thankfulness and Loving Thoughts



ellellell!

J'm Sorry



Jam
GRATEFUL

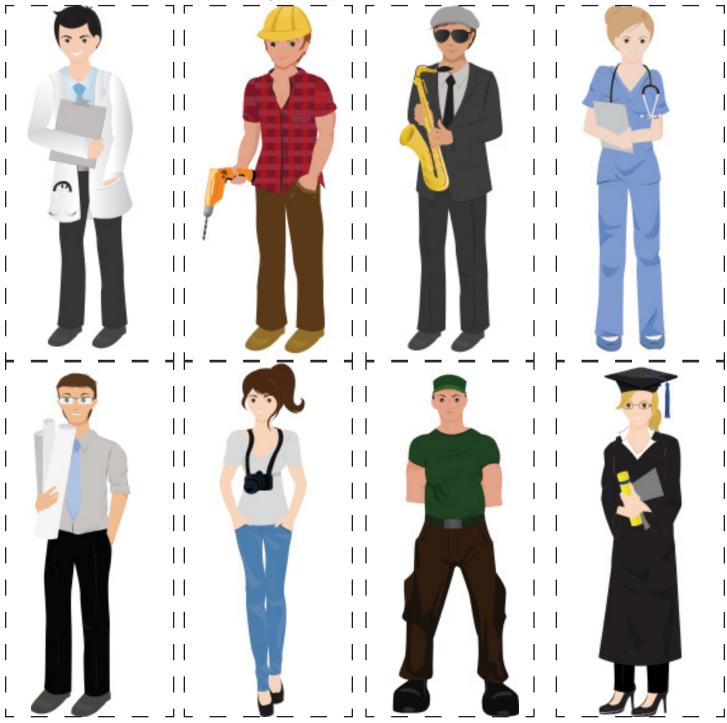
for you

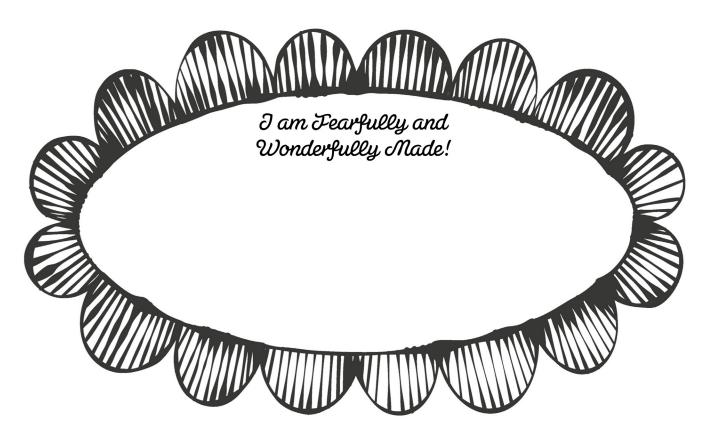
It's the Heart, not the Hemline

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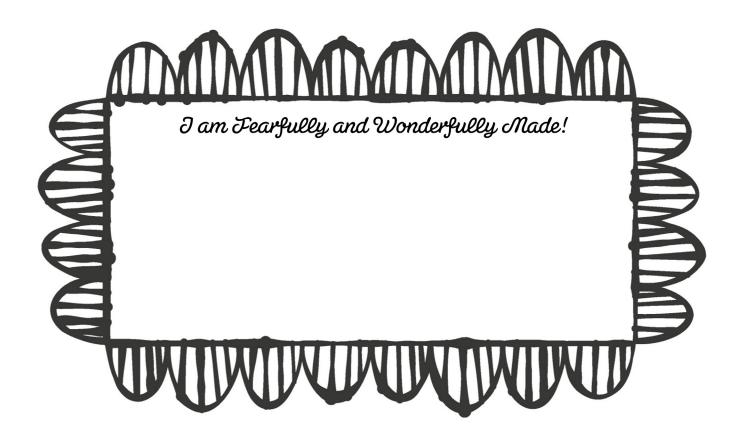
Cut out the people. Show each one to your child and ask the following questions: What does this person do? How would you expect him or her to act? What would you think if this person acted contrary to what you said? Would it give you a negative impression of the job they represent if they acted poorly? What preconceived notions did you have just by seeing what they represented? So, how should we represent Christ? How is a doctor who does not heal or a construction worker who does not know how to use a drill compare to a Christian who does not honor Christ?

Alternative Play: Try charades. Put the cut outs in a bag and pick one out without letting anyone see. Act out the person on the card and see if the other player(s) can guess who you are.





Directions: Cut out frame and place image in white space and laminate.



FIRST INPRESSION CHARADES

A person interviewing for a new job. A toddler throwing a tantrum.

A student studying for a test.

A talking parrot.

Eating hot sauce. cAn athlete playing hockey.

An athlete playing hockey.

A princess going to a ball.

A lawyer in court.

A doctor performing surgery.

A bug trying not to be stepped on.

A busy mom.

A scientist performing an expirament.

A politician running for office.

Little Red Riding Hood.

Someone with "brain-freeze" after eating ice cream

Jack-in-the-box

A circus performer.

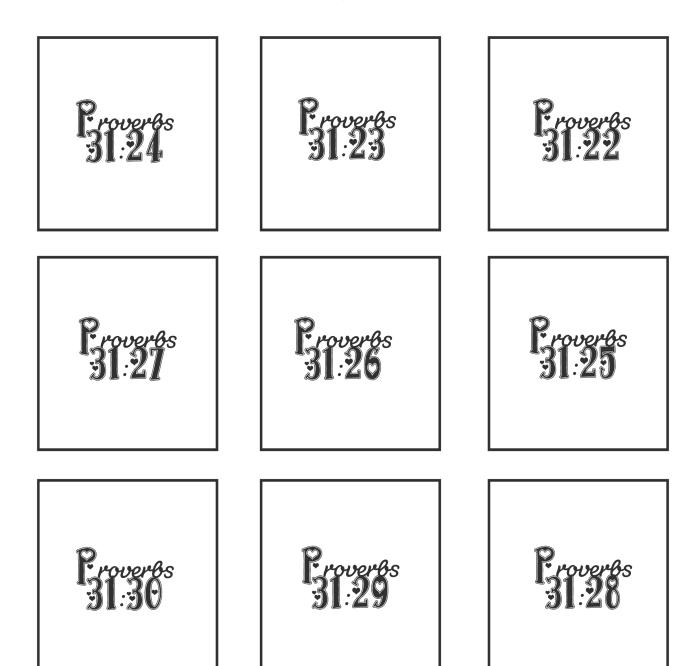
Directions: Cut out the character prompts above. Fold them in half and add them all to a bag and mix them up. Each player takes a turn pulling one out of the bag. The one who it "it" is to silently play that character attempting make the audience guess what they are.

Gou and Covad

Jam
GRATEFUL
for you

you make me

5 Miller



TWO-IN-ONE

The following printables can be used as a matching game or as front/back flash cards.

FRINTING Flash Cards: print the pages with the version of your choice first. Then print the scripture references on the back of those pages.

NATCHING Game: Choose the version of the Bible which you prefer and print all of those pages as-is plus the scripture references. Cut out all squares and turn them all over where they are blank squares facing you on a flat surface. The purpose of the game is to challenge your memory matching scripture reference to its verse. Each person takes a turn flipping 2 squares over at once. 1-2 players.



Proveres 31:11 Proverbs Proverbs Proverbs 31:13 Proverbs Proverbs Proverbs Proverbs Proverbs Proverbs 31.19 Proverbs Proverbs 31:20

Who can find a virtuous woman? for her price is far above rubies.

The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

She will do him good and not evil all the days of her life.

She seeketh wool, and flax, and worketh willingly with her hands. She is like the merchants' ships; she bringeth her food from afar. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.

She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night.

She layeth her hands to the spindle, and her hands hold the distaff. She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy. She is not afraid of the snow for her household: for all her household are clothed with scarlet. She maketh herself coverings of tapestry; her clothing is silk and purple. Her husband is known in the gates, when he sitteth among the elders of the land. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.

Strength and honour are her clothing; and she shall rejoice in time to come.

She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness.

Her children arise up, and call her blessed; her husband also; and he praiseth her.

Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Give her of the fruit of her hands; and let her own works praise her in the gates.



cAn excellent wife who can find? She is far more precious than jewels.

The heart of her husband trusts in her, and he will have no lack of gain.

She does him good, and not harm, all the days of her life.

She seeks wool and flax, and works with willing hands.

She is like the ships of the merchant; she brings her food from afar. She rises while
it is yet night and
provides food for her
household and
portions for her
maidens.

She considers a field and buys it; with the fruit of her hands she plants a vineyard.

She dresses herself with strength and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night.

She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor and reaches out her hands to the needy.

She is not afraid of snow for her household, for all her household are clothed in scarlet. She makes bed coverings for herself; her clothing is fine linen and purple.

Her husband is known in the gates when he sits among the elders of the land. She makes linen garments and sells them; she delivers sashes to the merchant.

Strength and dignity are her clothing, and she laughs at the time to come.

She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness.

Her children rise up and call her blessed; her husband also, and he praises her:

"Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.

Give her of the fruit of her hands, and let her works praise her in the gates.



WALL ART

by Samantha Shank

It's the Heart Not the Hemline / Samantha Shank Whose adorning let it not be that outward adorning of plaiting the hair and of wearing of gold or of putting on of apparel But let it be the hidden man of the heart in that which is not corruptible even the ornament of a meek and quiet spirit, which is in the sight of Configuration of great price 1 PFTFR 3:3-4

In like manner also, that women adorn themselves in modest apparel with shamefacedness & sobriety not with broided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works. 1 Timothy 2:9-10

It's the Heart Not the Hemline / Samantha Shank



It's the Heart Not the Hemline / Samantha Shank

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life

Proverba 4:23

MEET THE AUTHORS





Richele is a homeschooling mom who doesn't own a globe. She has perfectly polished nails or hair perfectly in place but never both. Navigating through mountains of laundry and scaling piles of notebooks, she finds her office (favorite chair in the living room) and creates lessons and unit studies. Her obsession with fonts and dreams of hex colors led her to co-create **Crisp Apple Design**.

Find her other titles, such as Princess Training: For the King's Glory, <u>here</u>. Delve deep into her little corner in cyberspace, on <u>Under the Golden Apple Tree</u>.





Lindsey is owner and author at <u>The Road to 31</u>. She is also co-owner of <u>Crisp Apple Design</u>. Lindsey is a homeschooling mom of many with a passion for her faith and her family. The Road to 31 is her journey of sanctification toward becoming the Proverbs 31 woman. She enjoys writing on topics of faith, motherhood, homemaking, and alternative living. Other titles Lindsey has published are <u>The ABC's for Godly Children Bible Curriculum</u> and <u>The Homemaker's Companion: A Home Management System</u>





Samantha is a teenage homeschooler from Indiana, USA. She is interested in WWII history, Israel, and politics. Her specialities are words, frugality, homeschooling, and procrastination. When not blogging, Samantha spends her time reading, trying to speak Hebrew, and wasting time on Pinterest. Visit her on her blog, Le Chaim~On the Right.