

# Project Modesty

How to Honor God with Your Wardrobe While  
Looking Totally Adorable in the Process



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OF GIRLDEFINED.COM

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# Chapter One

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How Much More Can  
We Really Take Off?

## Project Modesty

Gallons of alligator tears. Heated discussions. Crossing our arms in rebellion. This was how the two of us reacted one evening when our parents brought up the topic of “modesty.” Our parents were lovingly trying to encourage us to wear modest clothes, and we didn’t like it. As young teenage girls, we viewed their suggestions more like the “wardrobe police” coming in for an arrest.

What was this particular discussion about? Well, our parents felt like our shorts were getting a little too short, so they brought it to our attention.

“You’re both really tall girls,” our dad said lovingly. “That means shorts on you are even shorter than on an average girl.”

We both squirmed in our seats. We liked the length of our shorts and already felt like we were on the fringe of old fashioned. Any longer and we might as well put on pants!

“Look,” our mom chimed in with a smile, “I’m sure we can find some fashionable shorts that offer a little more coverage. Your dad and I just don’t think the shorts you’re both wearing are very modest.”

With crossed arms, we stole a quick glance at one another. Longer shorts? Really? The two of us wanted to be cool and in style. We wanted to blend in with everyone else. Modesty seemed like something for frumpy old women, not trendy teenage girls.

*In our minds, the only way to be fashionable and cool was to wear what everyone else was wearing.*

Thankfully, in spite of our pushback, our parents didn’t give up on us that easily.

As the conversation continued, our hard hearts began to slowly soften. Deep down we knew our parents were only speaking out of love for us. They cared about us and wanted what was best for their daughters. We knew this. Instead of continuing to push against them, we begrudgingly accepted their suggestions.

And off to the store we zoomed in search of longer, more modest shorts.

## THE START OF OUR JOURNEY

This was only the beginning of our journey to understanding modesty. As we both entered our mid-teen years, we were faced with some really hard challenges. We starting noticing that modesty wasn't a popular trend. Not even in our Christian circles.

Most of the girls our age weren't into dressing modestly, so we often felt like the odd ones out. Then, there was the constant pressure from our culture to wear less and show off more skin. Pop culture told us that the "popular" girls were the ones who dressed provocatively.

*Can you relate to us here?* We're guessing you have similar feelings. Maybe you're reading this book because you're the only girl around interested in dressing modestly and you want some encouragement. Or, maybe you're reading this book because your parents are forcing you to and you feel like the "modesty police" are on your case.

Whether you're excited about this book or hesitant, we can relate to you on some level. We've been there. We know what it's like to want to blend in with the crowd. We know what it's like to want to be totally up on the modern fashion styles. We know what it's like to want to dress in a way that turns a guy's head.

## WE'RE RIGHT THERE WITH YOU, GIRL

We're not asking you to jump up and down at the sound of "modest fashion" right off the bat. We're not asking you to love this book immediately. We're not even asking you to take our word for it.

**We're simply asking you to join us on a journey to discover what modesty is all about for yourself.** We're asking you to put your preconceived ideas and defenses down for just a moment. We're asking you to wipe your brain clean of any negative or positive thoughts on modesty and start with a blank slate.

We're average girls just like you, but over the last few years something major happened that rocked our wardrobe world. We've learned some mind blowing truths and insights about modesty that have radically changed our lives.

The two of us were living in a cultural “fashion box” before this, and we now feel free to be who God made us to be. We feel more real, beautiful, and true to who we are than ever before. We’ve thrown away the culture’s female cookie cutters and have embraced God’s unique design for our femininity. We can’t help but share our fashion discoveries with you!

Before you read any further, we have one challenge for you. Stop and take one minute to pray.

*Ask God to soften your heart and open your eyes to His truths about clothing.*

*Ask God to show His best for your wardrobe.*

*Ask God to give you a desire to honor Him in every area of your life.*

We can’t do this without God’s help. Ready? Let’s go!

## THE UNDRESSING OF SOCIETY

We live in a culture where “less is more.” Less clothing is considered more sexy. The more skin you show off, the more beautiful you will become. That’s the pressure the two of us feel, and we’re guessing you feel it too.

Not too long ago our family took a vacation to Chicago. We were staying in a quaint suburban town but took many excursions into the downtown area to explore the city. It was summer time, so the weather was really warm.

At one point the two of us, along with our sisters and mom, broke off to do a little clothes shopping. As we walked into one trendy clothing store, we instantly noticed huge letters plastered on the wall. These words clearly summed up the mindset of our modern culture. They read, “Forget the rules. If it makes you happy, wear it!”<sup>1</sup>

*That is the thinking of most 21st century females.*

Forget the rules. Forget the boundaries. Forget the standards. Forget morality. Forget modesty. If it brings you the slightest amount of personal happiness and fulfillment, wear it. Flaunt it. Show it off. Current popular fashion trends include



everything from the micro-mini skirt, to transparent shirts, to dresses that barely cover the essential areas.

## THE MODERN MINDSET

Here's a quick breakdown of how modern fashion stores want you to think about your clothing choices:

- Shorts are no longer intended to cover up the body, but to show off as much of the leg and rear as possible. It doesn't matter your age or body type, just wear the shortest, tightest shorts you can find and you will be a fashion diva.
- Midriff is all the rage. Girls who can rock the tiny crop top \*confidently\* are right on point. The tinier the shirt, the better.
- Transparent shirts are the best way to show off your undergarments. In fact, undergarments are no longer considered a private piece of clothing. Don't worry about wearing a camisole under your transparent shirt, just wear a hot pink bra and you will be set.
- Undergarments are now optional. If you feel like wearing a tight shirt without anything under it, go for it. In fact, shorts are so tiny these days you don't even need to bother with underwear. Forget the rules ladies. If it feels good, do it.
- Wear as little as possible when hanging out during the summer time. If you choose to wear an outfit that decently covers up your body, you may be the only girl in the entire area dressed that way. Modesty and decency are sooo last year.

Sadly, this type of thinking has influenced millions of girls and women today. We're taught that it's completely normal to uncover 90% of our skin. We're told that it's fashionable to expose parts of our rear, breasts, and stomach to anyone passing by.

We, as women, have completely lost our sense of dignity, self-worth, and respect.

## RETHINKING YOUR DIGNITY

Just because our culture is undressing doesn't mean we have to. As Christian women, we have to live by a different standard. We can't blindly follow our secular

culture. We are accountable to God for the way we dress, and we should take that very seriously.

In contrast to pop culture, we want to take a moment to remind you of three basic facts about your God-defined femininity:

## 1. You are a Lady.

You aren't an object. You aren't something to be consumed. You are a beautiful creation crafted by God's hand. "For you formed my inward parts; you knitted me together in my mother's womb" (Psalm 139:13). You were formed to be feminine and breathtakingly beautiful. You are a lady. You were created as a woman to display the dignity and radiant purity of Christ.

## 2. You are Valuable.

You were created with value. You were created in the image of the King of the universe. You have a maker in Heaven who cares about you more than any guy ever could. You don't have to prove your worth to anyone. No one can add a single bit of value to your life. God already says you are completely valuable in His sight. He created you and patterned you after His own image. "So God created man in his own image, in the image of God he created him; male and female he created them" (Genesis 1:27).

## 3. Your Body is Precious.

You have the body of a female. Beautiful, soft and full of lovely curves (Song of Solomon 4:1-16). Your body is different from a man's body on purpose. You are unique. You are designed to be a woman. You are precious because God is your designer. You (if you are a Christian) are a daughter of the King. You are precious because you are His child. "But to all who did receive him, who believed in his name, he gave the right to become children of God" (John 1:12).

*As Christian women, we are called to be set apart (holy)  
for God's glory.*

We don't have to give into the pressures of our culture. We can raise the bar. We can set higher standards. We don't have to tramp around in clothing smaller than our underwear. We can become influencers.

We can dress in a way that reflects virtue, honor, and dignity. We can dress in a way that reflects respect for ourselves, for our King, and for those around us.

## WHY WE WROTE THIS BOOK

Just because the culture has the loudest voice out there about fashion doesn't mean they're right. Just because the fashion industry pressures us to take off more clothes, doesn't mean it's best. Just because famous movie stars and singers wear micro-minis doesn't mean we have to.

We are here to throw a flag on the field of modern fashion and say enough is enough. They're feeding us lies. They're cheapening our value. We are women created in the image of God with dignity and worth and it's time we started living that way. It's time we, as Christian women, started asking God what He thinks about our clothing.

It's time we started living according to the Word and not the world.

*It's time we started dressing in a way that causes the lost world around us to stop and notice something beautifully different.*

The battle isn't easy though. The two of us get it. We're right there with you. It's not easy living in a culture where decency and modesty are viewed as old fashioned. It's not easy living in a culture where beauty is equated with how much skin you show off.

Dressing modestly is an upstream swim, and we know that. However, over the years we have learned that dressing modestly is undoubtedly worth it. Not only is it worth it, it's totally doable. Modesty doesn't have to be a stressful and burdensome task, and that's exactly why we wrote this book. We want to show you the purpose for dressing modestly and how to do it in a fun and fashionable way.

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Yes, modesty and fashion can go hand-in-hand. Yes, you can look adorable and still stay covered.

We don't know how this book ended up in your hands...but we do know this: it wasn't an accident.

Our prayer is that this book will challenge you, convict you, and inspire you to honor God in every area of your life, including your closet.

This book is your step-by-step guide to dressing fashionably modest in the 21st century.

We're going to share with you our secret tips, tricks and how-to's for making modesty happen. We're also going to reveal dozens of photos of the two of us, along with our three younger sisters, wearing some of our favorite modest outfits. Get ready to be inspired.

If the two of us can courageously do this whole modesty thing, *we know you can too!*

# Chapter Two

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## The Naked Truth About Why We Wear Clothes

The two of us, along with our friend Katrina, ran down the stairs of our hotel and sprinted across the windy parking lot towards the hot tub. We had checked the hot tub from our hotel window and it was empty. Perfect timing to take advantage.

After about fifteen minutes of soaking up the warm water, Katrina turned to the two of us and in an almost annoyed sounding voice asked, “I don’t get it. Why don’t the two of you wear bikinis?” Yikes! Katrina’s pointed question totally caught us off guard. The two of us knew we didn’t see eye-to-eye on the topic of modesty with Katrina, and we weren’t interested in getting into an argument with her.

To our discomfort we were only a foot away from her in a tiny hot tub so there was no escaping it. With much hesitation and slight nervousness I (Bethany) went on to explain what the two of us thought about modesty. She didn’t like my answers, we all felt awkward, and thankfully we just dropped the topic and moved on.

That conversation took place during our mid-to-late teen years. Since then we have discovered an entirely new way to look at modesty. In addition to encouraging guys toward purity and honoring our future (or current) husbands, we’ve discovered that clothing has a much bigger purpose and significance. One that we didn’t fully realize until more recently.

### WHY SHOULD I WEAR CLOTHES?

Have you ever wondered why you wear clothes? They can be so cumbersome and it’s often just plain stressful finding the right outfit. So, why do we even bother with them? That may seem like a ridiculous question, but we are being dead serious when we ask it. Understanding the answer to that question is the foundation for why you should wear what you wear.

Clothes are so much bigger than encouraging guys toward purity, honoring your future husband, or even looking sweet and feminine. When you understand God’s original purpose for clothing it totally changes everything.

### THE WHY BEHIND CLOTHING

You know the story. Eve listened to Satan and ate the fruit. She offered it to her

husband, Adam, who was with her and he ate the fruit as well. In that moment their eyes were opened and they were no longer sinless humans. They disobeyed God and sin entered the world. Things would never be the same.

Before they chose to disobey God they were not ashamed of their nakedness. “And the man and his wife were both naked and were not ashamed” (Genesis 2:25). Up until this point sin had not entered the world. Adam and Eve were completely pure and in perfect fellowship with God. There was no reason to cover up.

*It wasn't until after sin entered the world that their nakedness became shameful.*

“Then the eyes of both of them were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths...But the Lord God called to the man and said to him, ‘Where are you?’ And he said, ‘I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself...And the Lord God made for Adam and for his wife garments of skins and clothed them” (Genesis 3:7, 9-10 & 21).

There you have it. The very first set of clothes in human history. Before this moment in time clothes were non existent (in a good way). Adam and Eve didn't need them. They were perfect, living in a perfect world, and in perfect fellowship with God. It wasn't until after sin entered the world that clothing came onto the scene.

Notice (from the verse above) that immediately after Adam and Eve sinned, they grabbed fig leaves and tried to cover themselves up. They were no longer perfect humans and their nakedness was now a reminder of their sin.

### OUT WITH FIG LEAF FASHION

Thankfully, God didn't leave them to their fig leaves, which we are so grateful for. Can you imagine if “fig leaf fashion” had carried through to our modern days?

God, being the amazing God that He is, did something incredible. He killed an animal by the shedding of blood and clothed them with skins. Their fig leaves just wouldn't cut it. The Bible makes it very clear that, "Without the shedding of blood there is no forgiveness of sins" (Hebrews 9:22b).

**"God was illustrating to Adam and Eve that there had to be payment for their sin. In covering them, He was showing them that there had to be death and bloodshed to take away their sin. The clothing of Adam and Eve is a picture of the Gospel."<sup>1</sup> – Ken Ham**

Did you catch that last line? The clothing of Adam and Eve is a picture of the gospel. Think about it. Adam and Eve disobeyed God, sin entered the world, and they were no longer able to live in perfect fellowship with Him. Their eyes were opened to their nakedness and they now needed a payment for their sin.

God, being the forgiving and loving God that He is, didn't leave them alone. He killed an animal (shed its blood) to cover the sins of Adam and Eve. He used the animal's skin as clothing to cover their nakedness and remind them that sin has a price. Blood must be shed to pay for sin.

## HOW DOES THAT RELATE TO US?

We, as women, are no different than Adam and Eve. We are sinners and we need a Savior. We need the shedding of blood to cover our sins. We need a covering as well. Thankfully, Jesus came to earth and shed His blood on the cross so that our sins could be forgiven. "In him we have redemption through his blood, the forgiveness of our trespasses [sins], according to the riches of his grace" (Ephesians 1:7).

When we believe in the gospel, Jesus covers our sins with His blood. We no longer have to pay the price. He paid it for us.

Adam and Eve's freshly made animal clothing was a very sobering reminder to them of what took place to pay for their sin. Our clothing, like theirs, is a reminder of the price Jesus paid and the blood He shed to cover our sins. *When we cover up our bodies, we are stating through our clothing that we are imperfect sinners in need of a Savior.* Clothing is a constant reminder that innocent blood had to be



shed to pay for our sins.

## BIGGER THAN MODESTY

When we learned these truths for the first time our mindset about modesty was radically changed. We finally understood that clothes are so much bigger than “just being modest.” We realized that clothing is a constant reminder of the price that had to be paid for our sins.

*Clothing is a representation of Christ shedding His blood  
to save us.*

When we, as Christian women, start to view clothing from that lens, covering our bodies makes so much more sense. Wearing clothing started back in Genesis and should continue until we are ultimately perfected in Heaven with God.

## UNDRESSING IS A LAUGH IN GOD’S FACE

Back in high school the two of us did a lot of babysitting. What teen girl doesn’t like extra shopping money? I (Bethany) vividly remember one time when I arrived at a sweet Christian family’s house and found myself very unsettled by the show playing on their television.

I was familiar with the show (a modeling reality show) but hadn’t seen more than a minute or two of the program. This specific episode was a big deal because it presented a “model challenge” that previous episodes had never featured. The girls were all competing in an “artful” (aka, clothes free) photo challenge.

The models on the show explained that this photoshoot made them feel “free and comfortable.” One model said something to the effect of, “It really wasn’t as bad as I expected.”

As I lay in my bed that evening, I tried to pinpoint why undressing (going nude) was so wrong. I knew it was bad, but I just couldn’t pinpoint why it was so bad. I didn’t get an answer to my “why” until several years later. I was reading a book by Mary Kassian called *Girls Gone Wise* where she talked about this very topic.

She explained the history of clothing (like we just talked about) and helped me understand the significance and importance of covering up.

In that moment I realized the truth. When we, as women, choose to strip down to nothing (or to very little), we are basically telling God that we don't need Him. We are saying through our actions that we don't need His plan for covering our nakedness and we don't need Jesus' sacrifice on the cross.

*Going nude doesn't take us back to pre-fall perfection.*

We live in a fallen world and nudity is something God covered and should remain covered until the New Heaven and New Earth.

When those models uncovered for the cameras, they weren't "free" of their shame. They may have felt invigorated, excited, or had feelings of accomplishment, but the truth is their actions were a rebellious act in God's face. They were uncovering what God specifically covered up. Their clothing (like ours) exists for a reason. Who are we to change the rules? Who are we to say we no longer need a covering for our nakedness or the shedding of blood for our sin?

### A NEW MOTIVATION

The two of us have been radically impacted by these truths. Our motivation for dressing modestly skyrocketed when we realized the significance our clothing held. Our clothes truly are a direct reflection of our need for a Savior. By wearing clothing, we humbly acknowledge that we need God. Who would have guessed that something as simple as clothing would be connected to the gospel?

Now that we've given you a brief overview of why we wear clothing, we are curious how you will answer this question:

**Why do *you* wear clothes?**

Knowing the answer to that question is extremely important. If you still feel a little fuzzy on the *why*, check out these blog posts on the GirlDefined website [here](#).

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If you are feeling somewhat confident in your answer to the *why* question, we want you to take it a step further by answering three more questions:

1. If God created clothing to cover, why would you choose to uncover (or wear something revealing)?
2. If your clothing represents the gospel, how can you dress in a way that represents it well?
3. How does your new understanding of clothing and the gospel change the way you view modesty?

The next time you go into your closet to pick out an outfit, stop and remind yourself of what your clothing represents. After you get dressed look in the mirror and ask yourself if your outfit represents the gospel well.

Remember, covering up is so much bigger than simply, “dressing modestly.” Covering up is an opportunity for you to acknowledge your lack of perfection and show your desperate need for a Savior.

# Chapter Three

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## Modesty from the Inside Out

Back in high school, the two of us were invited to a big, fancy birthday party. We were told to dress up in formal evening dresses, which we loved doing. However, as we all know, it's almost impossible to find modest formal dresses off the rack. After hours and hours of searching, we finally found some. And we loved them! We especially loved how we looked in them.

After finishing our makeup and styling our hair, we headed downtown to meet our friends. Although our dresses were the most modest in the group, our hearts were far from modest. We walked with a strut in our step and a swing in our hips.

As we walked around downtown, we secretly relished the gazes from random guys who looked at us. We held our heads high and soaked up every passing glance. People noticed us and we liked it. We were proud of how we looked. We were proud of the attention we received.

Yes, our outfits were modest, but our hearts were far from modest. We thought modesty was only about our clothes. We thought modesty was about how “covered” we were compared to everyone else.

If someone had asked us the question, “Why do you dress modestly?” We would have said, “Because God wants us to...and we don't want to cause guys to stumble.”

Sure, that answer is okay, but it completely misses the entire point for dressing modestly.

### MODESTY DOESN'T START WITH THE OUTFIT

As our understanding of modesty deepened, we realized how off target we had been that night downtown. Yes, our clothes were modest, but our hearts were not. We were prideful, self-centered girls who loved the spotlight. We looked like modest little Christian girls on the outside, but our hearts were far from honoring Christ.

We quickly realized that wearing modest clothes was only half of the equation. The attitudes and intentions of the heart are just as important as the clothes themselves. If you're dressing modestly, but your heart is self-righteous and prideful, you're completely missing the point. If you're only dressing modestly

because your parents force you to, you're completely missing the point. If you don't care about dressing modestly and you wear whatever you want, you're missing the point too.

As Christian girls, our clothes matter. But they aren't about us. They're about helping us do our job as Christians. Modesty has to start by addressing the motivation of the heart.

As C.J. Mahaney says, "Any biblical discussion of modesty begins by addressing the heart, not the hemline."<sup>1</sup>

## GETTING TO THE HEART OF THE MATTER

If you were told to imitate your best friend, what would you do? You would probably change your voice to sound like hers, put on something she normally wears, mimic some of her trademark mannerisms, and other things, right? You would act just like her.

Being a "mimicker" is exactly what we're called to be as Christians.

Ephesians 5:1 says, "Therefore, be imitators of God, as beloved children."

This verse is telling us to imitate, or mimic, God himself. And how do we know how to mimic God? We look at the life of Jesus. If you are a true Christian, you're a Christ-follower. And all Christ-followers are called to imitate their Master. We are commanded to be like Jesus.

That means every area of our lives should imitate and reflect Christ. From the words we say, to the movies we watch, to the thoughts we think, to the clothes we wear...everything we do should point others to Christ.

## STEALING THE SHOW

Humility and selflessness are key ingredients to imitating Christ and those were the exact ingredients we were missing that night downtown. Our outfits were modest, but our hearts were drenched in pride. We weren't concerned with pointing others to Christ. We weren't concerned with glorifying God.

We were stealing the show, and we loved it.

Pride is the opposite of humility. A prideful heart says, “I don’t care if my life brings God glory, I’m going to dress the way I want.” Pride also says, “I’m going to wear modest clothes to look godly, but I still want to be in the spotlight.” Both are wrong.

Both of these attitudes are rooted in pride. Do you know what God says about proud people? “God opposes the proud, but gives grace to the humble” (James 4:6b).

Pride was the downfall of Satan and it’s the downfall of all humanity. As sinners, we’re naturally prideful. Pride is what drives us to “steal the show.” Pride is what drives us to wear clothes that draw attention to our bodies. Pride encourages us to wear what “feels good” versus what will honor God.

Why do you think the modern fashion industry promotes clothes that are sensual and seductive? Because these clothes draw attention to us. These clothes take the spotlight off of God and put it on our bodies. These clothes are designed to appeal to our prideful, self-centered hearts. We’re drawn to them because they appeal to our pride.

*Sadly, most of the modern fashion trends are not designed to bring God glory.*

They’re not designed to reflect God’s purity. They’re not designed to promote godly femininity. They’re intentionally designed to put the spotlight and attention on our bodies.

As C.J. Mahaney says so well,

“Modesty means propriety. It means avoiding clothes and adornment that are extravagant or sexually enticing. Modesty is humility expressed in dress. It’s a desire to serve others, particularly men, by not promoting or provoking sensuality. Immodesty, then, is much more than wearing a short skirt or low-cut top; it’s the act of drawing undue attention to yourself. It’s pride, on display by what you wear.”<sup>2</sup>

## CLOTHES SPEAK LOUDER THAN WORDS

When someone looks at you, what do they see? Where are their eyes drawn? To your face? Your cleavage? Your hips? Your thighs? Where do your clothes tempt someone's eyes to look?

Whether we like to admit this or not, our clothes speak louder than our words. What we choose to wear sends a message.

"I'm sexy, look at me!"

"I'm hot, want to catch a glance?"

"I'm dressed modestly, but this body language says it all!"

"I might be covered, but I still want your flirty attention!"

What do your outfits and actions say? What kind of messages do they send?

## MODESTY QUIZ

We have a little quiz for you. Which girl are you most like:

**Girl #1:** She has no standards for what she wears. If it makes her happy, she wears it. She doesn't like people telling her what to wear. In fact, she gets really defensive if anyone mentions modesty.

**Girl #2:** She wears what she looks good in. She's not intentionally trying to draw attention to herself, but doesn't really think about her clothing choices. Modesty sounds fine, but isn't something she knows much about.

**Girl #3:** She has strict modesty standards. In her heart, she believes her standards are the best ones out there. If someone wears something "less modest" than her standards, she secretly judges them. She believes everyone should dress just like her.

**Girl #4:** She admits she doesn't know everything about modesty, but truly wants to honor God with her wardrobe. She cares about God's glory, and genuinely tries to reflect Christ through her life. She views modesty as an opportunity to bring glory to God.



## WHICH GIRL ARE YOU MOST LIKE?

We have a confession. Over the years we've been a lot like Girl #2 and #3. God has been refining the two of us and showing us that modesty isn't about rules or legalism, it's about humility. It's about dressing in a way that puts the attention on Christ.

John MacArthur says,

"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 lure 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."<sup>3</sup>

Modesty is about putting Christ on display. It's rooted in a sincere desire to worship God in everything we do. It's not about us. It's about Him.

## WHY IS MODESTY IMPORTANT TO GOD?

As we began to understand the right heart behind modesty, it made so much more sense. God wants us to be like Himself. He wants our clothing to reflect well on His image. He wants Christian women to be set-apart (holy) in this modern age. What we wear matters. If we don't reflect the holiness of Christ through our dress, who will?

"The women in the church should not look exactly like the ungodly, seductive women in the world. Women in the church are to be different. They should stand out not because of their revealing clothing but because of their distinctively modest heart and dress."<sup>4</sup>

Over the years, we have thought through the following questions and we want you to think about them too:

**Do I have a proud heart that wants others to look at me? Do I care if I steal God's glory?**

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**Do my clothes reflect the purity of Christ or the immorality of the culture?**

**Deep in my heart, if I could wear anything I wanted to (no rules), what would I wear? (This is a good indicator of where your heart is).**

**Am I willing to give up certain styles in order to honor God through my wardrobe?**

*Modesty is so much more than the clothes we wear.*

God wants us, as Christian women, to be completely devoted to Himself. He wants our actions and desires to align with every part of His character. He wants our lives to be built upon a foundation of humility. Then, from that place of humility, our wardrobe and actions should naturally follow. Modesty is simply us making the choice to glorify God in every area of our lives.

# Chapter Four

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## A Guy's Perspective on Modesty and Fashion

Trying to view life from the male mind, as a female, is like trying to climb Mount Everest in flip flops. Yeah, basically impossible.

I (Kristen) remember having one of those “Mount Everest” conversations with my husband, Zack, several years ago. During the conversation, I did my absolute best to try to view life from a male lens. Let’s just say, I failed miserably. My mind was baffled as we each gave our perspectives on what we considered to be modest clothing.

I personally thought several pieces from my wardrobe were totally fine. My husband had a different opinion.

I was shocked by how differently we viewed the exact same outfit. I looked in the mirror and thought to myself “cute and fashionable,” while my husband looked at me and thought to himself, “that outfit definitely has the potential to be a temptation for guys.”

Having Zack share his thoughts with me on my clothing choices has been a huge help in my journey toward modesty. His inside scoop on the “visual guy brain” has helped me tremendously in making clothing choices that honor God and bless the guys around me.

We (Kristen and Bethany) wish that each one of you could have a “Zack” in your life to give you the inside scoop on the male mind. Since that may not be possible we’ve decided to bring the godly guys to you.

### THE GOAL OF THIS CHAPTER

Our hope is that this chapter will give you the inside scoop on the male mind and motivate you to dress in a way that pushes guys toward purity. This chapter includes several comments from godly guys who’ve opened up their hearts and shared their thoughts on the topics of fashion and modesty.

We have found their comments to be extremely insightful and we think they will be for you as well.

Keep in mind that we are fully aware of the fact that guys are responsible for their

own personal choices to lust or not to lust. This chapter is not intended to condemn you or manipulate you into dressing modestly. This chapter is simply designed to give you insight into how God created the male mind, so that you can do your best to humbly serve the guys around you.

*We, as Christian women, should have a desire to humbly help our brothers-in-Christ succeed in their fight for purity.*

In an attempt to help get you that “guy perspective,” we’ve gathered a few quotes from various leading Christian authors on the male and female differences. We want you to see for yourself just how differently men and women view life and how these differences should affect your clothing choices.

### THE DIFFERENCES BETWEEN MEN AND WOMEN

**“Men tend to be physically oriented, whereas women tend to be relationally oriented. Men are usually stimulated by images and sight, while women are stimulated by feelings, smell, touch, and words.”<sup>1</sup>**

Did you catch that line? Men are usually stimulated by images and sight. Hmmm...we as women should seriously take that to heart as we get dressed each day. If men are stimulated by images and sight, we should do our very best to dress in a way that would not pose a temptation to the men around us.

**“A woman is stimulated more by touch and romantic words. She is far more attracted by a man’s personality, while a man is stimulated by sight. A man is usually less discriminating about those to whom he is physically attracted.”<sup>2</sup>**

Again we see that guys and girls view life extremely differently. Girls tend to be more focused on personality and guys tend to be more focused on physical attraction. Guys tend to be visually oriented and are stimulated by sight. With this in mind, we should strive to dress in a way that directs the focus to our face and not our body.

**“Men struggle with visual temptation. This means the vast majority of men respond to visual images when it comes to women. And, this doesn’t just mean the guys with wandering eyes. Even the most godly husband cannot avoid noticing a woman who dresses in a way that draws attention to her body. Even if it is just a glance, these visual images are stored away in the male brain as a sort of ‘visual rolodex’ that will reappear without any warning. Men can choose whether to dwell on these images and memories or dismiss them, but they can’t control when these images appear.”<sup>3</sup>**

This author points out that all guys, including the most godly husbands, are visual. We as Christian girls need to stop and think about this difference. When we get dressed in the morning, are we mindful of what we’re putting on? Do we dress in a way that will encourage guys toward purity?

The world we live in has enough temptations for guys without us adding to them. Let’s choose to be a breath of fresh air to the guys around us by acting and dressing in modest way.

### A WORD FROM THE GUYS

Now it’s time to hear from the guys themselves. We’ve gathered comments from several godly guys. Some we know personally and some are Christian authors. These comments are written directly to us, as girls. Let’s jump in.

#### Guy (Age 21)

**“You probably already know this, but I’ll say it anyways: Guys are extremely visual. I believe that men are 100% accountable for where they put their eyes, and what they do with what they see once it enters their mind. But I also know this: it sure is a blessing and encouragement when a woman makes the effort to dress modestly.”<sup>4</sup>**

Did you catch that last line? This guy says that it’s a blessing when women make efforts to dress modestly. Do you realize that you are a blessing to so many guys when you choose to dress modestly? Keep this quote in mind if you ever feel like guys don’t care about the way girls dress.

### Guy (Age 23)

“Almost every time a woman’s cleavage is left exposed before a man’s eyes, the man will mentally acknowledge that part of the woman’s anatomy, and be tempted to sin. Now, I understand that our culture’s dress code allows for women to show certain parts of their breasts. The sad fact of life, though, is that when men see a small part, it’s very easy for them to imagine the whole thing. I don’t want anyone to hear me say that girls are responsible for my sin if I lust after them though. I have the power that comes from Christ to cut off the chain immediately after I’m tempted and keep myself from sinning. I just want girls to know that I have a huge appreciation for those of you who are sensitive to the weaknesses found in their brothers-in-Christ, and who are kind enough to cover their intimate areas so that I am not sorely tempted to sin against God.”<sup>5</sup>

*This college guy narrows in on a specific area (cleavage) and tries to help us understand what takes place when we expose that area of our bodies.*

The next time you get dressed, remember his comment and ask yourself if you are exposing any areas that could be a temptation for guys.

### Guy (Age: Twenty-Somethings)

“To the girls who are ignorant: please serve your brothers in Christ and have your dad [or husband] screen your wardrobe. Ask him how you can better choose holiness over worldliness. He’s a guy, and he knows more about the temptations men face than you do. And to the girls who don’t follow the pattern of the world: thank you a million times over. You are following Scripture’s commands and are helping your brothers in the process. Despite all that godly men are doing to defeat the sin of lust, they still need help, and they need you to provide it.”<sup>6</sup>

This guy gives a great piece of advice. He encourages us to have a guy (husband or dad) screen the outfit before we leave the house. Who better to ask about our outfits than them?

## From a Pastor

“Godly men find modesty attractive. They appreciate women who dress with self-control and restraint. They’re grateful for women who serve them by helping them fight the temptations to lust.”<sup>7</sup>

For those of you who are already striving towards modesty, know that godly men find modesty attractive. Don’t get discouraged by the lack of modesty and purity in our culture. In the same way that you are striving for purity, there are godly guys out there doing the same thing.

## GODLY GUYS APPRECIATE MODESTY

We are so grateful that these guys allowed us to peek inside their male minds. We find it so encouraging to know there are still godly guys out there striving for purity.

Did you notice how each one of those godly guys shared very similar thoughts? They acknowledged that guys are visual, they clarified that they are responsible for their own sin, they humbly asked for our help and they appreciate a girl who dresses modestly.

To help us out even further, one guy shares his tips on how we, as girls, can dress in a way to bless our brothers-in-Christ. Let’s see what he has to say.

## 3 Tips From a Guy on How to Dress Modestly:

### “1. Dress modestly!

Cover up the cleavage, ditch the short shorts, and go for some fashionable, but modest clothing. Convictions in this area will differ, but I think we can all agree that clothing which blatantly draws attention to certain parts of your body isn’t modest. Do the Modesty Mirror Check before heading out the door.

### 2. Think twice before posting that photo to social media.

Are you holding your photos on Facebook and Instagram [and Snapchat] to the



same standards you yourself hold in real life? Could the photos you post cause others to stumble? Here's a great post by Kristen about seductive selfies that will challenge your posting standards.

### 3. Ask good questions.

Ask yourself this catchy little phrase: *Is it too high at the bottom, too low at the top, or too tight around the curves?* Then respond appropriately.”<sup>8</sup>

The bottom line of this chapter comes down to this - will you choose to humbly serve the guys around you by intentionally dressing modestly? Or will you selfishly ignore the comments from these guys and continue to dress in whatever makes you feel good?

Our hope is that this chapter has challenged you to rethink your current wardrobe choices. Choose to dress in a way that reflects humility, thoughtfulness and care for the guys you interact with.

# Chapter Five

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## A Peek Inside Our Wardrobe

When we were teen girls we would have died for the opportunity to peek inside an older girl's closet. We loved fashion and we loved seeing how other girls put outfits together. As the topic of modesty became more prevalent in our lives, we often wondered what kind of convictions and standards some of the older, more mature girls had.

We wanted to know why they dressed the way they did and we wondered what their specific modesty standards were.

We weren't interested in copying what they were doing, we simply wanted to learn from their experiences and grow in our own personal convictions. Although we never had the opportunity to peek inside an older girl's closet, we learned a lot of great and valuable truths elsewhere. However, we wonder how much faster this modesty topic would have "clicked" if an older girl would have sat down and taken the time to show us why she did what she did.

**Well, now that we're the older girls, that's exactly what we want to do for you!**

We want to give you a peek inside our personal wardrobes and explain to you why we wear what we wear. We also want to show you some of our favorite outfits as a way to challenge, encourage, and motivate you in your journey towards modesty. We are definitely not the epitome of fashion and we, in no way, feel like our standards are the perfect standards. We are just real girls, striving for modesty, hoping to encourage a few of you along the way.

## SISTERS MAKIN' IT HAPPEN

For those of you who don't know us super well, we want to give you a quick scoop on our family. We are the two oldest girls in a family of eight kids and two amazing parents. We have an older brother (Michael), two younger brothers (Stephen and Timothy) and three younger sisters (Ellissa, Rebekah, and Suzanna). Our three younger sisters were extremely generous and volunteered to help us make Project Modesty a reality.

Not only will you get a peek inside our two wardrobes, you will also get a peek inside our three sisters' wardrobes as well. That's a total of five peeks into five wardrobes. Not a bad deal.

## 4 THINGS TO KEEP IN MIND AS YOU PEEK:

1. Modesty starts in the heart. Modesty must start out of a desire to honor God. Your clothing choices are simply an overflow of that desire.
2. The question shouldn't be "How much can I take off and get away with?" but, "How can I represent the gospel well through my clothing choices?"
3. Your brothers-in-Christ are often blessed or hindered by your clothing choices. Remember, godly guys view clothing differently than you do, so keep them in mind.
4. Dressing modestly doesn't mean you are ashamed of your body, it simply means you are valuing what has value. You are respecting the body God gave you by presenting it in a dignified and God honoring way.

We want you to know that you aren't alone in this journey towards modesty. Although it may feel lonely at times, we are on the same path heading in the same direction. We are in this together. Let's get peeking!

# Chapter Six

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When it Comes to Shirts...

Shirts are essential to life. You really can't, and shouldn't, go anywhere without them. From a fashion standpoint they can make or break an outfit. From a modesty standpoint they can be a blessing or a distraction to those around you.

*As Christian women, the goal of our shirts should be to tastefully cover our upper body and put the focus on our face.*

Here's our personal guide of what shirt styles we avoid, how we make difficult shirts work, and how we combine fashion and modesty. As we mentioned before, this guide was developed out of our own personal convictions on modesty and shouldn't be construed as legalistic.

We believe these standards are how the two of us can best honor God through our clothing. Each person must individually study God's word, pray and use wisdom for creating their own modesty standards. We're giving you a peek into our closet for the purpose of inspiring and encouraging you!

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# Step One

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## What We Avoid and Why

**TIGHT SHIRTS:** Whether it's a t-shirt, blouse, button up, or other style, tightness doesn't have to equate to cuteness. Tight shirts can be a distraction for others by putting more emphasis on our tightly hugged curves than on our smiling faces.

**LOW-CUT SHIRTS:** God gave us beautiful female bodies, but that doesn't mean we should display our cleavage to any passerby. Low cut shirts tend to reveal too much of what God intended for one man's eyes alone (aka, our husbands).

**CROPPED TOPS:** Although this style is all the rage, it's not something to be raving about. Personally, we don't believe God intended for our belly button and stomach to be put on public display. This style can instantly encourage others to look at our middle area rather than our face.

**STRAPLESS SHIRTS:** To stay consistent with our goal of pointing others to our face, we have chosen not to wear strapless shirts. This style reveals far too much skin, cleavage, and back to the general public than we're wanting to reveal.

**TRANSPARENT SHIRTS:** You'd think a transparent shirt would be an obvious no-no...but it's not. As popular as this style is, let's keep in mind that the bra is an "undergarment" for a reason. It's meant to be hidden "under our garments." Transparent shirts put bras, cleavage, stomach, and our backs on display and reveal far too much of what the public should never be looking at.

**SHIRTS WITHOUT ENOUGH COVERAGE:** We're talking about everything from the spaghetti strap, halter, one shoulder, super low backs, etc. These shirt styles tend to reveal a lot of extra skin around our chest and back area, and tend to tempt glances in the wrong places.

# Step Two

## How We Make Difficult Shirts Work

### Low-Cut Shirt

Add a scarf on top to cover the low-cut area and give more coverage.



### Low-Cut Shirt

Add a camisole underneath to raise the neckline.





# Step Two

## How We Make Difficult Shirts Work

### Tight Shirt

Add a cute scarf on top for extra coverage in the chest area.



### Transparent Shirt

Add a sleeveless shirt underneath to add coverage.



# Step Two

## How We Make Difficult Shirts Work

### Not Enough Coverage

Add a shirt underneath to creatively provide more coverage.



# Step Three

## How We Wear Fashionably Modest Shirts





# Step Three

## How We Wear Fashionably Modest Shirts



# Chapter Seven

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When it Comes to Pants...

When it comes to pants, Christians are all over the spectrum on what they believe is appropriate to wear. Some people think all pants are wrong, others think some styles are wrong, and still others think all pants are fine. The two of us fall somewhere in the middle. We have come to the personal conclusion that wearing certain pant styles are fine for us.

*We believe women can be feminine and modest while wearing pants.*

As always though, you must do your own study, research, and prayer to find out what is best for you.

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# Step One

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## What We Avoid and Why

**SUPER TIGHT PANTS:** Say hello to the rear and thighs. Super tight pants are the norm in the fashion industry, but they don't have to be the norm for us. We constantly remind ourselves that pants should fit comfortably and fashionably, without showcasing the curvy areas underneath.

**ULTRA STETCH JEANS:** The name itself gives away the purpose of these jeans. If we have to work hard just to get into our jeans, that's a sure fire sign that they're way too tight. We want our jeans to fit nicely without attracting attention to the bottom half of our bodies. The goal is to draw attention to the eyes, not the figure under the stretch jeans.

**JEGGINGS:** Jeggings were designed to mold to your body making them the most comfortable pants on the planet. While they are very comfortable they are also very tight allowing anyone around to get a glimpse of your cute figure. In our opinion, jeggings are simply too tight.

**LEGGINGS:** Pants made out of 100% stretch material are guaranteed to hug and show off everything underneath them. We don't want people clearly seeing what's underneath our pants, so we've opted out of sporting the increasingly popular leggings.

**JEANS WITH TEARS AND RIPS:** Classy and feminine are the two key words we keep in mind when choosing an outfit. We don't want our jeans to look like they got stuck in a car engine. We also don't want to show off pieces of our upper thighs through the peek-a-boo holes these tears expose.

**JEANS WITH REAR BLING:** Wearing jeans with bling on the back pockets is like wearing jewelry on the rear end. We don't want to wear sparkles on our pockets that purposely draw attention to that area. We want people to focus on our smiles and faces not on our rears.

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# Step One

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## What We Avoid and Why

**ULTRA LOW-CUT PANTS:** These pants tend to cause us major issues when we sit down...if you know what we mean. Without a good solid belt keeping the pants from inching down, one wrong move fully exposes parts of the rear that are not intended to be exposed. No thanks!



# Step Two

## How We Make Difficult Pants Work

### Super Tight Pants

Wear an extra long shirt over your pants to provide coverage over the rear and thigh areas.



### Ultra Stretch Jeans

Wear a fun dress on top to give these jeans a modest and classy look.



# Step Two

## How We Make Difficult Pants Work

### Tight Khakis

Tie a denim shirt around the waist to add style and provide coverage over the rear area.



### Leggings

Wear a casual long shirt-dress over the leggings for a fun layered and modest look.



# Step Three

## How We Wear Fashionably Modest Pants





# Step Three

## How We Wear Fashionably Modest Pants



# Chapter Eight

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When it Comes to Shorts...

*J*ust like pants, Christians have a wide variety of views and standards on shorts as well. Shorts come in all shapes and sizes and bring with them quite a few challenges. If you're a tall girl, a shorter girl, or an in-between girl, the same pair of shorts will fit each person differently.

*A certain length might look modest on one and not on the other. All of these factors are important to consider.*

Personally, being very tall girls ourselves (6'1"), we have found that longer shorts (bermuda style) tend to look the most modest on us. When wearing shorts, our rule of thumb is to wear something that covers our thighs and doesn't draw extra attention to our legs.

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# Step One

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## What We Avoid and Why

**TIGHT SHORTS:** It's a popular trend to show off the rear by wearing figure-hugging-tight-shorts. This style doesn't leave much to the imagination though. Our goal isn't to put our booty on display, so we've said, "no thanks" to the booty-hugging style.

**SHORT SHORTS:** When summer hits, mini shorts become an instant rage. Since when did showing off all of our legs become so acceptable? This style reveals far too much of our thighs and encourages onlookers to give us an "up-and-down" glance. We avoid short shorts in order to keep the focus further north (aka, our faces).

**HIGH WAISTED CUT-OFFS:** The 90's are back with the high waisted, tight, wedgie-encouraging cut-off styles. These shorts reveal much more in the backside than is necessary for anyone's good. We prefer not to have a permanent wedgie or reveal all of our legs for everyone to see.

**BLING ON REAR POCKETS:** As silly as this may sound, bling on the rear pockets can reflect light and create a "sparkling" effect on the backside. Whether we like it or not, a shining rear can unintentionally solicit attention to the wrong places.

**LACE SHORTS:** We're huge fans of lace because it screams femininity. However, we're disappointed in the wrong turn lace has taken with the miniature lace shorts. Although these might look cute, they're designed to be feminine and sexy, drawing attention to the rear and thighs. We've chosen to pass on this provocative style and pursue other feminine styles that provide more modest coverage.

**LEATHER SHORTS:** Tight, small, leather shorts are back. We're not a fan of this style for fairly obvious reasons. These shorts typically land somewhere between seductive and naughty, so we've chosen to opt out altogether.

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# Step One

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## What We Avoid and Why

**ROMPERS:** Who would have guessed the modern “onesie” would come back in style? Sadly though, if the romper isn’t too short on the bottom, it’s typically too revealing on the top. This style isn’t usually generous with it’s fabric coverage, so we’ve made the choice to pass altogether.

**SHORTERALLS:** Farmer Jane is making a comeback; only this time it’s the shorteralls instead of overalls. This farmer/country look has taken a modern twist by chopping off the length and revealing a modern, more “sexy” version. Typically worn with skimpy shirts underneath, we’ve chosen to say no to farmer Jane because it reveals too much leg for us.

**SCALLOPED SHORTS:** We’re big fans of scalloped fabric, just not when they’re putting our upper thighs on display. Even though this style is typically marketed as a “classy” look, these shorts rarely come in longer lengths. Since our goal is to keep the attention on our faces, we’ve chosen to say no the short scalloped shorts.



# Step Two

## How We Make Difficult Shorts Work

### Create Your Own Shorts

If you can't find long shorts in the store, you can easily create your own! Here's how.



### Cut Capris at Knee Length

Hold the capris up to your waist and have a friend cut them off right at the knee.



# Step Two

## How We Make Difficult Shorts Work

### Roll Into Shorts

Roll up each leg 2-3 times to achieve the perfect length.



### New Bermuda Shorts

Now you have a brand new, adorable, and modest pair of shorts!



# Step Two

## How We Make Difficult Shorts Work

### Turn Jeans Into Shorts

Turn a pair of long jeans into bermuda shorts by following the same steps on the last two pages.



### Unroll Shorts

Some shorts come designed with pre-rolls on the bottom. Unroll and iron out for longer length.





# Step Two

## How We Make Difficult Shorts Work

### A Little Too Tight

Wear a long shirt or long cardigan to help cover the rear area.



# Step Three

## How We Wear Fashionably Modest Shorts



# Step Three

## How We Wear Fashionably Modest Shorts



# Chapter Nine

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When it Comes to Skirts...

There's a wide variety of skirt options out there, from the ultra-mini to the long maxi. However, all skirts aren't on equal ground. When striving to be modest, careful thought should be given to the length, cut, fit, and fabric.

*Some skirts look cute on the rack, but once on, can draw unnecessary attention to the wrong areas.*

When done right, skirts can become a fashionable, modest and staple piece of your wardrobe. Personally, the two of us love skirts because they have the ability to transform a ho-hum outfit into something feminine and adorable.



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# Step One

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## What We Avoid and Why

**MINI SKIRTS:** When the word “mini” is included in the title of a clothing item, we know it’s probably not for us. Mini means the skirt was made small and short on purpose. When a skirt holds the risk of literally showing off our underwear, we know it’s probably a good idea to pass.

**TIGHT SKIRTS:** Tight skirts do a fabulous job of making an outfit look extra hot and curvy. If “hot and curvy” was our goal we would be set to go, but it’s not. Sometimes we have to intentionally buy a skirt three sizes bigger just to get a modest fit. Tightness is something we always take into consideration when buying skirts, even if they are a modest length.

**CLINGY SKIRTS:** We’ve noticed that skirts made out of thin cotton material almost always cling to our bodies a little too well. Even if we stack slips and spanx on underneath, these thin clingy skirts find a way to accentuate whatever areas they are touching. We’ve learned to spot these skirts a mile away and have chosen to avoid them.

**SKIRTS WITH HIGH CUT SLITS:** These skirts fall under our “at risk” category of clothing for two reasons: 1. Ripping at any unexpected moment. 2. Showing off seriously unwanted cellulite. We aren’t interested in taking those risks and we aren’t interested in wearing skirts that expose our mid to upper thighs (even if it’s just a sliver).

**SHEER MAXI WITH MINI SLIP UNDERNEATH:** These skirts are like a cruel joke to the girl striving for modesty. They appear modest on the rack only to trick you when you put it on and realize it’s missing half a slip underneath. We avoid these for the same reasons we avoid the minis. Too much leg, not enough coverage.

# Step Two

## How We Make Difficult Skirts Work

### Short Skirts

Unhem the skirt to add a few extra inches to the bottom for length.



### Short Skirts

Sew an extra piece of material to the bottom for length.



# Step Two

## How We Make Difficult Skirts Work

### Short Skirts

Add a longer skirt underneath to give the skirt a longer look.



### Skirts with High Cut Slits

Sew the slit up using thread, or pin it closed with a safety pin.



# Step Two

## How We Make Difficult Skirts Work

### Make Your Own

Bethany made this skirt from a super simple pattern. You can find free and easy tutorials online.





# Step Three

## How We Wear Fashionably Modest Skirts



# Step Three

## How We Wear Fashionably Modest Skirts



# Chapter Ten

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When it Comes to Dresses...

*We* love dresses. But honestly, shopping for dresses is one of our least favorites items to shop for because they're the hardest thing to find modest off the rack.

*However, over the years we have learned how to think outside the box.*

With a few tricks, you can transform almost any dress into a modest outfit and look feminine and fashionable at the same time.



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# Step One

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## What We Avoid and Why

**STRAPLESS DRESSES:** From the flirty sundress to the formal evening gown, the strapless style consumes a large portion of the dress industry today. However, we've chosen to go against the grain because this style tends to reveal too much of our chest, shoulders, and back areas. In fact, I (Kristen) even opted to wear a non-strapless dress for my wedding ([more on that story here](#)).

**DRESSES WITHOUT ENOUGH COVERAGE:** We're referring to the spaghetti strap, halter, one-shoulder, low-cut back, and everything in-between. Dresses come with varying amounts of coverage on the top. As a rule of thumb, we strive to steer clear of any styles that put our cleavage, chest, and back on display.

**EXTREMELY FITTED DRESSES:** As girls who are trying to keep the attention on our face, curve hugging dresses don't aid us in that goal. If the fabric tightly wraps around our chest and/or rear, we instantly know it's too tight. Sometimes this means we have to simply buy a larger size, or pass on the particular dress altogether.

**MINI DRESSES:** Whether it's the summer cotton mini, or the dazzling evening mini, anything with the keyword "mini" isn't going to cut it for us. When the dress is short enough to be a shirt, we know it's too short. Revealing our thighs isn't on the menu when it comes to modesty.

**CLINGY DRESSES:** Clingy dresses have a special way of making what's underneath them come to life. These dresses can be very tricky to spot because many of them come in styles that provide a lot of coverage. We like to take a good look in the mirror before buying a dress to make sure it doesn't cling or "bring to life" what's underneath. If the dress clings, it's back on the rack.

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# Step One

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## What We Avoid and Why

**LOW-CUT DRESSES:** Deep v-cuts and low scooping necks are nearly impossible to avoid when shopping for a dress. Every dress on the rack seems to reveal cleavage in one way or another. Although it's difficult to find dresses that decently cover cleavage (or look good with a camisole underneath) we've chosen to put the extra time in to find something that works.

**SHEER DRESSES:** The two of us never imagined that sheer dresses, or partially transparent dresses, would actually become an acceptable piece of clothing. We were wrong in our imagining. Sheer dresses are not only normal, but very acceptable in the culture. Wearing a partially see through dress can cause distraction and temptation to guys. Our goal is to humbly serve, not hinder, so we've opted out of the sheer.

**TWO PIECE DRESSES:** Two piece dresses have made a slamming comeback in the fashion industry. With the most popular celebrities parading in the two piece, it's no wonder Christian girls feel the pressure to measure up. The stomach and midriff section is an area the two of us have committed to keeping covered. We don't want to draw eyes to our stomach by exposing it in a two piece dress. Despite the popularity of this style, we've decided to skip it.

# Step Two

## How We Make Difficult Dresses Work

### Strapless

Wear a chambray shirt on top to create extra coverage.



### Spaghetti Strap

Wear a cardigan over the dress to cover exposed areas.



# Step Two

## How We Make Difficult Dresses Work

### Sheer Dress

Wear layers underneath to add extra coverage to the dress.



### Low Cut

Wear a camisole underneath to cover the cleavage.





# Step Two

## How We Make Difficult Dresses Work

### Not Enough Coverage

Wear a button up underneath for style and coverage.



### Too Short

Add a layer to the bottom or wear a skirt underneath.



# Step Three

## How We Wear Fashionably Modest Dresses





# Step Three

## How We Wear Fashionably Modest Dresses



# Chapter Eleven

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When it Comes to  
Athletic Wear...

The two of us walked into our local women's fitness gym hoping to snag a quick workout before the day got rolling. As we scanned the semi-crowded gym, we quickly noticed two things. One, we were the tallest girls in the building and two, our workout clothes covered more of our body than anybody else's.

Committing to take modesty into the gym isn't always easy. Most of the women wore bright colored yoga pants or mini running shorts paired with a stylish athletic tank top. We probably stuck out like a sore thumb. T-shirts and basketball shorts weren't exactly trending on anybody's fashion list.

During our one hour workout, we watched a lot of different women walk in and out of the gym. Almost all of them sported cute ponytails, matching workout clothes, brand name tennis shoes, and a hip water bottle.

Okay - we have a question. Since when did working out and getting sweaty become so "fashion conscious?" Since when did working out require a person to look "hot and sexy?" For crying out loud. We're at the gym. We're gross. Do we have to feel fashion pressure here too?

Sadly, the answer is yes.

Working out isn't so much about working out anymore as it is about looking drop dead gorgeous and sexy while doing it.

### GET YOUR SPANDEX ON!

The current fashion trends encourage us, as women, to strip down to our sports bra and spandex shorts. If you want more coverage, the options are skin tight yoga pants and a tight polyester tank top. Either way, every curve (good or bad) is being totally exposed and put on display.

Working out is now about you wearing a hot and sexy workout outfit, taking mirror selfies, then posting your "hot bod" all over social media.

That's what's trending right now. Have you felt it? We sure have. As girls who are highly acquainted with the athletic scene, we've felt immense pressure to undress.

As the two of us have wrestled with balancing cuteness and modesty in this area, one pressing question keeps popping into our heads. *Why is it okay to “undress” at the gym, but not okay in everyday life?”*

If we're not okay with wearing skin-tight pants and a bra to the grocery store, why would we be okay with wearing that to the gym? If we're not okay with revealing our thighs in everyday life, why would we be okay with wearing mini athletic shorts on a run?

*As Christian women, we realized it doesn't make sense for us to be gung-ho about modesty in one location, then drop all the “convictions” in another.*

What changed? Our bodies didn't change. The guys around us didn't change. Reflecting Christ didn't change. The only thing that changed was the location.

### TAKING MODESTY INTO THE GYM

Despite the intense pressure we feel to undress and look sexy at the gym, we have opted to honor Christ instead. We have decided to maintain the same standard no matter where we are. And guess what?! Once we got the hang of modest athletic wear, it's really not that hard. We have learned how to pair cute shorts with fun shirts to create a stylish, yet modest athletic look.

We've unashamedly worn our modest gear while playing sand volleyball, going for a run, working out at the women's gym, playing basketball, and even running a marathon!

I (Bethany) ran a marathon not too long ago decked out in my modest athletic gear. Was I the most modest girl running? Probably. But I was totally okay with that! Being different isn't always a bad thing. My outfit made a statement that said, “I can be cute, athletic, modest and still run a tough marathon. I don't have to uncover 80% of my skin just because the athletic fashion industry says I should.”

The two of us are well aware that what we're saying is completely countercultural.

We know it's not always easy. We know how tough it can be to go against the grain. That's why you have to have a bigger reason for why you'll do it. Since our biggest goal is to point others to our Savior, it makes dressing modestly a whole lot easier.

We are driven toward modest clothes out of our love for our Savior and our desire to reflect well on His image. We are driven to wear modest athletic clothes out of a love for our brothers-in-Christ and a desire to bless them. If dressing modestly will aid in those goals, it's totally worth it to us.

Not to mention, it takes off all the pressure to look "perfect!" Working out isn't about showing off our "hot bodies." It's about having fun and staying healthy. That's really what it should be about.

### LET'S DO THIS THING!

We hope you'll prayerfully consider what kind of athletic clothes you're going to wear from here on out. We're not asking you to jump on board and do exactly what we're doing. We're simply asking you to carefully consider what kind of athletic clothes you will wear and why.

*We challenge you to examine your motives for why you wear what you wear.*

Do you have a double standard? Are you caving into the pressure to look "sexy and alluring?" Are you focused on honoring Christ, or drawing attention to yourself?

Modesty doesn't mean dreary. Our athletic clothes can be fun, fashionable, classy, and modest all while getting sweaty!

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# Step One

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## What We Avoid and Why

**SPORTS BRA TOPS:** Any piece of clothing with the word “bra” should probably be kept under our shirt. Even though athletic bras are all the rage for workout clothes, we’ve opted out of wearing this item as a solo piece. It’s hard to maintain a modest look while exposing large portions of your upper half.

**TIGHT SPANDEX SHIRTS:** Anything that hugs your skin as tightly as spandex instantly poses a problem. In our opinion, modesty and spandex don’t exactly go hand-in-hand. Outlining every curve of our chest and upper body doesn’t aid in keeping the attention on our face.

**T-SHIRTS WITH WIDE LOOSE ARMHOLES:** Wearing shirts with wide arm holes complimented by a neon colored sports bra are all the rage. However, exposing our sports bra (and potentially a lot more) does one thing: tempt onlookers to peer inside. For that reason, we’ve kindly said no to this loose fitting, much-too-breezy athletic shirt.

**YOGA PANTS:** Whether you’re in shape or not, young or old, yoga pants have become the universal athletic staple for every woman. Just because something is hugely popular doesn’t mean it’s best though. Yoga pants are typically extremely tight revealing every curve of your rear, thighs, and legs. These pants are one step away from being painted on, leaving little to the imagination. We’ve chosen to swim against the current on this one.

**SPANDEX SHORTS:** Small, tight, revealing. That pretty much sums up spandex shorts. Out of a desire to keep the attention on our faces, we’ve declined the culture’s invitation to wear these mini shorts.

**SHORT RUNNING SHORTS:** While much less form fitting than spandex or yoga pants, short running shorts still expose large portions of leg. In an attempt to keep our thighs covered, we’ve chosen to say no to the short running shorts.



## Step Two

### How We Make Difficult Athletic Wear Work

In our opinion, there's not a lot you can do to make immodest athletic wear work. It's much easier to purchase modest shorts and shirts from the beginning.

*Just because everyone else is wearing these styles doesn't mean you have to.*

Our personal goal is to be as feminine and cute as possible while still maintaining modesty.

# Step Three

## How We Wear Fashionably Modest Athletic Wear

### Capri Sweatpants

Wear fun colored capri sweatpants paired with a baseball cap.



### Loose Cap Sleeve

Wear a fun cap sleeve basic tee paired with long shorts or pants.



# Step Three

## How We Wear Fashionably Modest Athletic Wear

### Essential Tops

Stock up on essential Dri-FIT workout tees for all of your athletic needs.



### Loose Fitting Capris

Loose fitting capri pants are a must for the modest girl's workout wardrobe.



# Step Three

## How We Wear Fashionably Modest Athletic Wear

### Bright Shorts

Bright colored long athletic shorts are a staple in our wardrobes.



### Long Sleeve Tops

Long sleeve tops are a great way to look fashionable and modest.





# Step Three

## How We Wear Fashionably Modest Athletic Wear

### Modern Tees

Modern classic fitting tees are a great way to add a touch of style.



### Basketball Shorts

Long basketball shorts are our go-to when it comes to athletic wear.



# Step Three

## How We Wear Fashionably Modest Athletic Wear

### Long Pants

Long loose fitting pants are a great option for a less intense workout.



### Bright Colored Shoes

Bright colored shoes are a fun way to spice up boring outfits.





# Step Three

## How We Wear Fashionably Modest Athletic Wear

Modesty and athletic wear can totally go hand-in-hand.



# Chapter Twelve

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When it Comes to  
Swimwear...

Bikinis are the standard when it comes to summer swimwear. Not that long ago the two of us walked into a store and the first thing to greet us was a mountain of bikinis. If a store is stocking up like that, girls must be buying them.

In fact, American women spend more than 8 million dollars a year on two-piece bathing suits alone.<sup>1</sup>

Bikinis must have something going for them or girls wouldn't buy them year after year. Here are a few reasons the two of us think girls are so bikini obsessed:

- The fashion industry says they're cute!
- It's the most popular swimsuit style.
- Everyone else is doing it.
- You get the opportunity to showcase your body and it's totally acceptable.
- You can get some serious attention from guys.
- Your friends might think you're weird if you don't wear one.
- You don't think you'd look cute in anything else.
- You don't want to look old fashioned.
- What else would you wear swimming?

If you've read the first couple of chapters in this book you can probably guess where the two of us stand on the bikini thing. It's pretty straightforward – we don't wear bikinis. And to be even more honest with you, we don't even wear regular one-piece bathing suits. However, we didn't always think this way.

### OUR SWIMSUIT JOURNEY

Growing up the two of us thought bikinis were the bomb. In fact, we would fight over who would get to wear the hot-pink-polka-dotted-bikini to the pool. We thought bikinis were top notch fashion and would instantly make us beyond cool.

As we grew up and got a little bit older, our parents started talking to us about the concept of modesty. Slowly but surely our perspectives on bikinis and swimwear started to change.

When we hit our teen years we came to the conclusion that a bikini is basically

like a bra and underwear but designed for water. We realized that although the bikini is culturally acceptable, that doesn't make it right.

Neither of us would go anywhere in our bra and underwear, so why would we go swimming in something that covered the same amount of body? After we thought about it from that angle, bikinis made less and less sense. We decided to up our swim standards to a tankini top and very short board shorts.

### THE JOURNEY CONTINUES

Even though we didn't wear short shorts in real life, or string strap shirts that showed cleavage every time we bent over, this was swimming. Somehow it was different. Right? We convinced ourselves that the water world was different than the dry world. We just assumed that guys weren't affected by the excess of legs, stomach, and cleavage in the water world.

*Slowly but surely God worked on our hearts and convicted us that we needed to be consistent.*

We both truly wanted to help our brothers-in-Christ, honor God, and have consistent standards. Ugh, we didn't like what we were realizing. Being convicted by the Holy Spirit can be really inconvenient sometimes.

We knew we needed to change. We knew we needed to be consistent. We knew we needed to uphold the same modesty standards for every situation and circumstance. We couldn't have a double standard. We knew we had to sacrifice our pride and obey the Lord's leading, despite how unpopular our new swimsuit standards would be.

Choosing to get rid of our tankinis wasn't an easy decision. We knew the Lord was convicting us and we knew we needed to be consistent, but it was still very difficult. We didn't like being the "different" ones. We just wanted to blend in with the crowd. We didn't want to give an explanation for why weren't wearing the normal swim attire.

Despite our uncomfortableness we took the plunge and threw our old swimwear

away. We headed to the store to update our wardrobe with new swimwear.

To our surprise we were able to find some great pieces that were completely consistent with our “dry world” modesty standards. We were shocked. We thought finding anything bigger than a one piece and mini board shorts was going to be impossible. We left the store with our new swimwear in hand and haven’t looked back since that day. We’ve continued to uphold our “wet world” standards to our “dry world” standards no matter the circumstance or location.

### WET WORLD VS. DRY WORLD

Here is the biggest thing God showed us on our swimsuit journey: we have to be consistent. We can’t uphold one standard for the dry world and another for the wet world. We have to hold ourselves to the same modesty standards despite the location.

Looking back the two of us realize how inconsistent our earlier thinking was. We realize now how little sense our reasoning and logic made. We had a double standard for modesty and didn’t even realize it.

*We thought wearing skimpy swimwear was somehow totally fine and God honoring, because we were splashing around in water.*

The two of us have a hunch that many of you are in that very same position. You have a double standard just like we did. Your dry world standards and your wet world standards are completely different. You wear things in the water that you would never wear in regular life. We totally get it because we’ve been there. We had the same double standard for many, many years.

We want to clarify one thing before we continue. We know we still have a lot to learn in this whole bathing suit area. By no means are we claiming to be perfect or do we assume that everyone should do what we do. This is simply what God has shown the two of us and our goal is to be honest with you about where we’ve been and where we are heading.

Our encouragement to you is this – just because the culture says it's okay doesn't mean it's right. Just because bikinis are totally acceptable, doesn't mean they are the best. Just because everyone else is wearing them, including other Christians, doesn't mean that you should too.

### WHAT IS THE BIKINI?

Stop for a second and think with us. What is a bikini? A bikini is typically two tiny waterproof triangles to cover the chest area and a tiny underwear like fabric to cover the bottom area. It's literally so skimpy that it barely covers the essential areas.

Somehow Christians, as a whole, have taken the bait and bought into the lie that this tiny piece of clothing is decent and acceptable. We've never even stopped to consider the fact that the bikini is literally smaller than the normal size bra and underwear.

With that in mind we want to challenge you to take a step back and seriously consider your current swimsuit standards. Do you have a double standard? Do you have one set of modesty standards for the dry world and another set of standards for the wet world? If so, why do you have two separate standards?

*We want to challenge you to come up with your own standards for modesty and then stick to them.*

Be confident in your convictions and carry them over to every area of your life. Remember, you have an audience of One you are trying to please. Dress to impress your Creator, not His creation.

Don't let the culture push you around any longer. You have much more at stake than getting nods of approval from the world. You have a King to bring glory to, a future husband (or current husband) to honor, and brothers-in-Christ to help encourage towards purity.

The two of us want to encourage you to take some time to think through these questions. Be totally honest with yourself and see how your answers turn out.



## Project Modesty

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1. What are your thoughts on the bikini?
2. Do you think the bikini is an appropriate bathing suit to wear in front of guys? Why or why not?
3. Knowing that God created clothes to cover, how should that impact your future bathing suit choices?
4. Do you need to change your “wet world” standards to match your “dry world” standards? In what ways do you need to change them?

We hope this chapter will continue to prick your thoughts and cause you to think about swimwear and modesty in a new way.

*God truly cares about every area of your life including your swimwear.*

Strive to be a girl that is set-apart in our culture and truly honors Christ in the water and out.

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# Step One

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## What We Avoid and Why

**BIKINIS:** A Bikini is typically two tiny pieces of waterproof fabric covering the most private areas on the body. The goal is to only cover the absolute essentials while leaving everything else exposed. We have chosen to completely avoid wearing bikini's because of the drastic amount of skin they showcase.

**TWO PIECE:** The two piece bathing suit is basically a bikini with a little more coverage. In reality it's still an extremely revealing swimsuit. This bathing suit leaves cleavage, stomach, back, legs, bottom of the rear and so much more exposed. We do not believe this a modest choice and so we've chosen to completely avoid it.

**TANKINI:** This was our go-to suit in high school. Looking back at pictures, we can now see how much of our skin was still exposed. Cleavage, slight midriff, lots of chest, back and arms. In reality it doesn't offer a ton of coverage and so we've decided to avoid wearing it.

**ONE PIECE:** The one piece has typically been known as the modest swimsuit. It's one piece, how could it be inappropriate? In our minds, the one piece bathing suit has a couple of issues: 1. It's extremely tight, hugging every curve it comes in contact with. 2. The legs are completely and fully exposed. 3. There is a lack of coverage on the shoulders, chest and back area. Despite the fact that it's looked upon as modest, we've decided to test it against our dry world standards and it simply doesn't pass.

# Step Two

## How We Make Difficult Swimwear Work

In our opinion, there's not a lot you can do to make most modern swimwear work. For us, it's easier to purchase modest board shorts and swim shirts from the beginning.

*Just because everyone else is wearing skin revealing swimsuits doesn't mean we have to.*

Our goal it to be as cute as possible while maintaining modesty.

# Step Three

## How We Wear Fashionably Modest Swimwear

### Surf Shirts

Surf shirts are one of the best options for modest and modern tops.



### Multi-Colored Shorts

Bright colored long board shorts are a great way to style up your swimwear.



# Step Three

## How We Wear Fashionably Modest Swimwear

### Dri-FIT Athletic Top

Wear a sleeveless Dri-FIT athletic top in place of a swimsuit top.



### Quick-Dry Sleeveless Top

A solid colored quick-dry top is modest and goes with almost any pair of board shorts.





# Step Three

## How We Wear Fashionably Modest Swimwear

### Swimsuit Underneath

Replace your undergarments with a basic swimsuit.



### Bathing Suit Cover-Ups

Bathing suit cover-ups are a great way to add style before hitting the water.





# Step Three

## How We Wear Fashionably Modest Swimwear

Modesty and swimwear can totally go hand-in-hand.



# Chapter Thirteen

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Join Us in Setting a New  
Trend!

We are so excited you made it this far in the book! Way to go. Not many girls have the courage to read, much less complete a book on the topic of modesty. The two of us are so proud of you. Since you made it this far, we're guessing you have a desire to dress modestly.

At this point you might be feeling overwhelmed...or maybe excited...or maybe confused...or maybe all three! You might be thinking, "Okay, I'm totally on board with honoring God with my wardrobe, but I have no idea where to start!" Or you might be thinking, "I'm still not sure about this whole modesty thing, but I'm open to learning more." If so, that's great. In fact, GirlDefined.com is a great place to start. We pray you will continue to study, read solid books, and pray about how you can honor God best with your personal wardrobe.

For those of you who are totally on board with modesty, you might be hoping for some practical, down-to-earth next steps. Well, you're about to get them. The two of us are all about practical next steps, so here we go.

### MAKING IT HAPPEN

We challenge you to look in your closet and drawers and pull out any "questionable" pieces of clothing. This goes for formal wear, shirts, pants, shorts, dresses, skirts, swimwear, and athletic wear. Pull out anything and everything that you believe is potentially immodest.

Next comes the fun part. You get to decide what goes and what stays. Grab three separate bags and head to your closet. Sort through all of your questionable clothes and place them in the appropriate bag. Like this.

**Bag 1:** Ditch it (trash this item because it's too immodest for anyone to wear or alter).

**Bag 2:** Donate it (maybe this item is too small for you, but would work on a smaller girl).

**Bag 3:** Design it (with a few alterations or adjustments you can redesign this item to become modest).

This exercise is so helpful in deciding what to do with your clothes. And just so you know, the two of us have done this little exercise many times in the past. It's extremely helpful no matter how far along you are in your modesty journey.

Depending on how much clothing you got rid of, you might need to do some replenishing. With your new modesty standards in mind, head to the stores and purchase new and modest clothes to fill in the gaps. You don't have to shop at expensive stores either. We buy a lot of our clothes at second hand stores. See a complete list of where we shop [here](#).

### LET'S SET A NEW TREND

As we've mentioned many times throughout this book, modesty must start in the heart. It must start with a humble desire to honor God in every area of your life. It's humility on display through your wardrobe. Dressing modestly for any other reason than God's ultimate glory is a slippery slope to legalism.

We encourage you to pray and seek God about how you can best honor Him in this area. Don't copy what we do or what anybody else does unless you genuinely share the same convictions.

*Modesty isn't about a list of rules. It's about reflecting God's glory and purity through your clothing.*

That may look a little different for each person.

In the end, our hope and prayer is that this book was an inspiration to you! We hope your personal view of modesty and fashion has been challenged. We hope your motivation for why you wear what you wear has been questioned. We hope your love for Jesus and His glory has been strengthened.

Dressing modestly doesn't mean throwing out fashion. Dressing modestly doesn't mean being ashamed of your body. Dressing modestly is simply you valuing what has value. Dressing modestly is you honoring your King. *It's time to set a new trend. Will you join us?*

# Appendix

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# Modesty Mirror Check

Once you're dressed and ready for the day, stop and do a quick modesty mirror check. Here are a few things to look for:

## When it Comes to Shirts...

- Bend forward while standing in front of the mirror. What does your neckline reveal? If you can see down your shirt, so will everyone else. Fix this by adding a tight fitting camisole underneath or remember to place your hand on your neckline every time you bend over.
- Raise your hands in the air, then bend down and touch your toes. If you can see your midriff or lower back, so will everyone else. Fix this by wearing a long tucked in camisole, or changing the shirt for a longer one.
- Move around in front of the mirror. Does your shirt reveal any part of your bra (e.g. gaping armholes, gaps between button-up shirt, transparent fabric, wide neckline, etc.)? Fix this by adding a sleeveless shirt underneath, use safety pins, or change the shirt.

## When it Comes to Pants & Shorts...

- Turn around and look at your backside in the mirror. Do your underwear lines show through? If so, your pants/shorts are probably too tight. Fix this by wearing a longer shirt, or put on looser fitting pants/shorts.
- Pinch the fabric on your back pockets. Can you pinch at least an inch? If not, your pants/shorts are probably too tight. Fix this by wearing a longer shirt, or put on looser fitting pants/shorts.
- While wearing shorts, sit down in a chair in front of the mirror. How much of your thighs are exposed? Place your finger tips at the top of your knee and lay your hand flat? If your shorts aren't touching your hand, they're probably too short. The only way to fix this is by wearing longer shorts (bermuda shorts are great!).

## When it Comes to Skirts & Dresses...

- When it comes to the top half of your dress, apply the same guidelines as you would for the "shirts" category.
- Slowly spin around in your skirt or dress and look at every angle. Is your figure clearly outlined? If so, your skirt/dress is probably too tight. Fix this by adding a loose layer on top, tie a chambray shirt around your waist, or put on a looser fitting skirt/dress.
- Sit down in a chair in front of the mirror. How much of your thighs are exposed? Apply the same guidelines as you would for the "shorts" category. Sit in several different positions. Can you see up your skirt/dress? If so, be extra careful to avoid sitting in that position while in public.



# Where We Shop

**T.J. Maxx:**

Classy Knee-Length Dresses  
Maxi Skirts  
Blouses

**Marshalls:**

Knee-Length Skirts  
Chambray Shirts  
Casual Shirts

**Old Navy:**

Bermuda Shorts  
Long Dress-like-Shirts  
Classic Button up Shirts  
Denim Jackets  
Modest Fitting Jeans

**Gap:**

Knee-Length Dresses  
Knee-Length Skirts  
Capris

**Banana Republic:**

Blouses with Great Coverage  
Classy Knee-Length Skirts  
Classy Jeans

**Anne Taylor Loft:**

Casual Shirts  
Cardigans  
Bermuda Shorts

**Target:**

Accessories  
Shoes  
Camisoles  
Maxi Dresses/Skirts

**Shabby Apple (online):**

Skirts  
Dresses

**Swimwear and Athletic Wear****Academy:**

Long Board Shorts  
Athletic Shirts  
Long Athletic Shorts  
(also look in men's section)

**Dick's Sporting Goods:**

Long Board Shorts  
Surf Shirts

**Old Navy:**

Surf Shirts

**Sports Authority:**

Surf Shirts  
Long Board Shorts  
Long Athletic Shorts

# Extras

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# About the Authors



Bethany

Kristen

*Kristen Clark* is married to her high school sweetheart, Zack and is the co-founder of GirlDefined Ministries. She is passionate about promoting the message of biblical womanhood through blogging, speaking around the country, mentoring young women, and hosting Bible studies in her living room. In the end, she's just a fun-lovin' Texas girl who loves all things outdoors and eats dark chocolate whenever possible.

*Bethany Baird* is a Texas born and raised girl doing life with her parents and seven siblings. She is the co-founder of GirlDefined Ministries and is passionate about spreading the truth of biblical womanhood through blogging, speaking and mentoring young women. To her family and close friends, she is simply a tall blonde girl who loves any form of competition, drinks way too much coffee, and can't get enough of her little fluffy dog.

# Social Media



[contact@girldefined.com](mailto:contact@girldefined.com)



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[www.youtube.com/user/girldefined](https://www.youtube.com/user/girldefined)



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[instagram.com/girldefined](https://instagram.com/girldefined)

# Special Thanks

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*Zack* (Kristen’s Husband): Thank you for encouraging us to write this book and for editing the entire thing.

*Liza Proch:* Thank you for designing and drawing the adorable dress on the front cover of this book. We love it! Find Liza on Instagram [@lizaproch](https://www.instagram.com/lizaproch)

*Fonts Cafe:* [www.fontscafe.com](http://www.fontscafe.com)



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## Notes

### Chapter 1:

1. H&M Store in Chicago

### Chapter 2:

1. Ken Ham of Answers in Genesis. Copyright © 1995, 2002, Answers in Genesis.

### Chapter 3:

1. C.J. Mahaney, *Worldliness: Resisting the Seduction of a Fallen World* (Wheaton, IL: Crossway Books, 2008), 119
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What we wear matters. Modesty is about putting Christ on display. It's rooted in a sincere desire to worship God in everything we do. Modesty isn't about us. It's about Him.