

Modesty for Men

“I put on righteousness, and it clothed me; My justice was like a robe and a turban.” - Job 29:14

“Put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.” - Romans 13:14

But since we are of the day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation. - 1 Thessalonians 5:8

First, a heart check

“While male modesty is not as crucial as female modesty since females are not as visually stimulated, for the Christian man, modesty is still an important issue because he represents the Lord Jesus Christ. How he dresses will reflect his heart. A man should examine his motives and goals of the way he dresses. Is his intent to reveal a humble heart devoted to worshipping God? Or is it to call attention to himself and flaunt his masculinity? Or worse, to attempt to lure women sexually? Or is he to the opposite extreme of being so independent that he has no concern for how he looks? Sloppiness is not reflective of God’s character. A man who focuses on worshipping God will consider carefully how he is dressed, because *his heart will dictate his wardrobe and appearance.*”

- ☛ What statement do my clothes make about my heart?
- ☛ In choosing what clothes to wear today, whose attention do I desire and whose approval do I crave? Am I seeking to please God? Impress others? Or just please myself?
- ☛ Is what I wear consistent with biblical values of modesty and righteousness or does my dress reveal an inordinate identification and fascination with sinful cultural values?
- ☛ Who am I trying to identify with through my dress? Godly individuals and the Lord Jesus Christ or the latest fashion?
- ☛ Have I sought the evaluation of other godly individuals regarding my wardrobe?
- ☛ Does my clothing reveal an allegiance to the gospel or is there any contradiction between my profession of faith and my practice of godliness?

So, I'm ready to leave the house, but I still have to do a modesty check. What are some things I should look for as I stand in front of my mirror?

- ✓ Are my pants or shirt excessively tight? Get a larger size or loose some weight.
- ✓ Does my shirt open to reveal more than a V-neck T-Shirt would? Button it up or change shirts.
- ✓ Is my shirt made to wear out or does it have tails that should be tucked in? Sloppiness reflects an indifference to others. Tuck in the tails or get a square cut shirt.
- ✓ Does my underwear (or more) show when I bend over or lift my hands? If so, is it because my pants are too low? Either my shirt needs to be longer or I need to find pants that sit higher.
- ✓ Are my short pants too short? I can't just check them standing up. I need to see how much they reveal when I sit down. If I see too much, I need a longer pair.
- ✓ Can I see through my light colored pants to what is underneath? I need to change my pants or my underwear.
- ✓ Is my bathing suit large enough and of the proper color to hide all that they are supposed to hide?