Is Modest Hottest?



Intro Question: You've been kidnapped. You can call on characters from one television show to make a rescue attempt. Who do you call for help?

How would you define modesty? How does it relate to purity, chastity, abstinence, or celibacy? What other topics relate to or are part of a discussion on modesty?

«Purity is a precious jewel, and the owner of a precious stone would never dream of making a show of his riches in the presence of thieves.» -Saint John Bosco

To what extent do you think modesty is just about covering up "the goods"? Is modesty a fashion choice or is there more to it than that?

Often, modesty is taught as there are good and bad parts of the body which can be shown, and showing bad parts is immodest. What do you think about that approach? Can this style of discussing modesty be helpful or not?

«Modest is Hottest» -90's Christian Aphonism

When we frame the conversation by phrases like this one, what are communicating about the purpose of being modest? Do you think that is a helpful lens through which to view this topic?

Modesty is often about *perception* – dressing and acting in such a way that you are viewed by others in the way you want to be viewed. Is it possible to always be perceived in the way you want to be?

Being modest isn't just a task for young women, and yet we often only cover the topic in that way. Why do you think that might be? How is modesty also a guy's issue and in what ways should they be mindful?

«If you take out uncovered meat and place it outside on the street, on in the garden on in the park, on in the backyard without a cover, and the cats come and eat it ... whose fault is it, the cats on the uncovered meat?»

-Sheik Taj Aldin al-Hilali, (controversial) Islamic Saying on Modesty

What does this quote sound like it is talking about? What do you feel about it? How does it relate to our discussion of modesty?

Sometimes, modesty is discussed as dressing and acting in a way so as not to tempt the other sex (almost exclusively girls not tempting boys). Is this fair? Do we owe it to our peers to not tempt them? To what extent are we responsible?

«Jesus straightened up and said to hen, "Woman, where are they? Has no one condemned you?" She said, "No one, sin." And Jesus said, "Neithen do I condemn you. Go your way, and from now on do not sin again."» - John 8:10-11

If by purity we mean something like "having never sinned sexually," is such a thing a realistic goal? How do we treat those who have sinned in this way but desire to change?

God desires holiness from us; that is, He desires us to live as we were created to be – His sons and daughters, with all the rights, privileges, and responsibilities. Should one act, speak, dress, or even think a certain way because they are a son or daughter of God?

How should we treat one another so as to affirm the dignity of each person?

«Do not think more highly of yourself than you ought to think.» -Romans 12:3

Have you ever heard of emotional modesty – taking care of your emotional and spiritual self to protect yourself from manipulation and not inadvertently manipulate others either? What do you think about that concept?

How as a high school teen can you guard your heart from being used and abused by others while still being open to loving and being loved? Is such a proposition really possible?

«Love, when it is genuine, is all-embracing, stable, and lasting, is an invesistible spun to all forms of henoism.» -Pope Saint Paul UI



Virtue is difficult – being prudent, temperate, just, fortitudinous, faithful, hopeful, and loving requires effort and sacrifice. What do we find difficult (or, perhaps, distasteful) about being virtuous? What makes us prefer apathy or vice to virtue?

God is not intimidated by our crap, he wants to enter even into our very brokenness, awkwardness, and fear. What areas of your life do you wall off from God? Is there anything you do that you think God doesn't desire to be a part of? Why?