**MODEST DRESS: Exposing Legs, Ankles, Feet?**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**“EDUCATE, EDUCATE, EDUCATE....IN THE DRESS...”** {TSA 87.2}

**“No education can be complete that does not teach right principles in regard to dress. Without such teaching, the work of education is too often retarded and perverted…”** {ED 246.1}

As I have been traveling around the U.S. for the last almost 5 months, I have come to the realization that God's professed women may not be aware of what we have been counseled regarding dress and instead of judging anyone, I would like to touch on this subject a bit.

**PLEASE READ THE FOLLOWING QUOTE AND THEN WE WILL MOVE ONTO THIS SUBJECT**

**“Many dress like the world...If they would have a true and saving influence, let them live out their profession, show their faith by their righteous works, and make the distinction plain between the Christian and the worldling. The words, the dress, the actions, should tell for God...”** {CH 598.1}

**“...We have much to unlearn and much to learn again.”** {EW 67.2}

**Q: What does MODEST MEAN when the Bible says to dress modestly?**

**SHOULD GOD'S PROFESSED SDA WOMEN BE EXPOSING THEIR LEGS IN PUBLIC?**

**WHAT ABOUT THEIR ANKLES AND FEET?**

**We will look at a few verses and then some quotes.**

**VERSES:**(Please look these up in your Bibles)

“In like manner also, **that women adorn themselves in modest apparel,** with shamefacedness and sobriety; not with broided [hair](https://www.biblegateway.com/passage/?search=1+Timothy+2%3A8-10&version=KJV), or gold, or pearls, or costly array.” (1 Timothy 2:9)

**WHAT DOES MODEST MEAN? WE WILL LOOK AT A COUPLE OF DEFINITIONS AND THEN SOME QUOTES**

**MODEST, a.** [L. modestus, from modus, a limit.](1828 Noah Webster's Dictionary)

**1. Properly, restrained by a sense of propriety; hence, not forward or bold; not presumptuous or arrogant; not boastful; as a modest youth; a modest man.**

**2. Not bold or forward; as a modest maid. The word may be thus used without reference to chastity.**

**The blushing beauties of a modest maid.**

**3. Not loose; not lewd.**

**Mrs. Ford, the honest woman, the modest wife.**

**4. Moderate; not excessive or extreme; not extravagant; as a modest request; modest joy; a modest computation.**

**MODEST**

[mod-ist]

SYNONYMS|EXAMPLES|WORD ORIGIN

[**See more synonyms for modest on thesaurus.com**](https://www.thesaurus.com/browse/modest)

adjective

Having or showing a moderate or humble [estimate](https://www.dictionary.com/browse/modest) of one's merits, importance, etc.; free from vanity, egotismboastfulness, or great pretensions.

Free from ostentation or showy extravagance: a modest house.

**Having or showing regard for the decencies of**behavior, speech, **dress,** etc.; decent: a modest neckline on a dress.

Limited or moderate in amount, extent, etc.: a modest increase in salary.

**NAKEDNESS = OPPOSITE OF MODEST**

**Q: WHAT DOES THE BIBLE EQUATE TO NAKEDNESS?**

**“...make bare the leg, uncover the thigh, pass over the rivers.  Thy nakedness shall be uncovered, yea, thy shame shall be seen: I will take vengeance, and I will not meet [thee as] a man.” (Isaiah 47:2-3)**

**TO SHOW THE UPPER OR LOWER LEG IS CALLED NAKEDNESS IN THE BIBLE**

**Leg = lower leg in this verse**

**Thigh = Upper leg in this verse**

**Q: Does the Spirit of Prophecy have anything to say about this?**

**“...DRESS. Their limbs are nearly naked, while modesty and health clothe the limbs...Fashion and false modesty look upon these girls who have their limbs clad in reference to comfort, modesty, and health, with horror, but smile upon those whose dresses are quite as short, and whose limbs are uncomfortably, immodestly, and unhealthfully exposed. Here come the cross and the reproach, for simply doing right, in the face of the tyrant—Fashion. God help us to have the moral courage to do right, and to labor patiently and humbly in the great cause of reform.”**{HR September 1, 1868, par. 13}

**TRUE MODESTY COMPLETELY CLOTHES THE LEGS, top and bottom.**

**Q: WHAT ABOUT THE FEET, LIMBS AND ANKLES?**

**“Some say we do not think it is modest to expose the feet and the limbs as they must be exposed in wearing the short dress. This is the very thing we seek to guard against in adopting the reform dress...”** {HR May 1, 1872, par. 17}

**“We cannot, if we would, conceal the fact that women have feet and limbs that were made for use. But in regard to the exposure, this is on the other side of the question. We have traveled extensively the past twenty-five years, and have been eye-witnesses to many indecent exposures of the limbs.**

**But the most common exposure is seen upon the streets in light snow, or wet and mud. Both hands are required to elevate the dress, that it may clear the wet and filth.**

**It is a common thing to see the dress raised one-half of a yard, exposing an almost unclad ankle to the sight of gentlemen, but no one seems to blush at this immodest exposure. No one’s sensitive modesty seems shocked for the reason that this is customary. It is fashion, and for this reason it is endured. No outcry of immodesty is heard, although it is so in the fullest sense”.** {HR May 1, 1872, par. 18}

**“But does the popular style of woman’s dress always hide her feet from the public gaze? See that lady passing over the muddy street, holding her skirts nearly twice as far from the ground as ours, exposing, not only her feet, but her nearly-naked limbs. Similar exposures are frequent as she ascends and descends the stairs, as she is helped into, and out of carriages. These exposures are disagreeable, if not shameful; and a style of dress which makes their frequent occurrence almost certain, we must regard as a poor safeguard of modesty and virtue. But we did not design an exposure of this false modesty in relation to woman’s feet, but simply a defense of the style of dress which we regard, in every way, truly modest.”** {HR May 1, 1872, par. 19}

**Wearing things like sandals and flip flops that expose a woman's feet or ankles is considered “immodest” dressing, but we as SDA women have come to accept it because it is a popular “fashion”**

**We must cover our upper legs, lower legs, feet, and ankles, not only for health, but especially when in the sight of the opposite sex.**

**This is something we need to unlearn and learn again. If not, we are being disobedient.**

**HERE ARE SOME MORE POWERFUL QUOTES ABOUT DRESS:**

**“God calls upon us to stand upon the broad platform of temperance in eating, drinking, and dressing…”** (CG 409.4)

**“Nothing that pertains to physical perfection should be looked upon as of little importance. In eating, drinking, and dressing, the laws of health should be diligently followed…”** (CE 124.1)

**“THERE IS BUT ONE IN A THOUSAND WHO CLOTHES HER LIMBS AS SHE SHOULD...” (HL 124.2)**

**\*\*\*Sister White mentions covering the extremities/limbs of the body many, many times**

**“The limbs were not formed by our creator to endure exposure, as was the face...”** (2T 531.3)

**“Satan invented the fashions which leave the limbs (arms and legs) EXPOSED...”** {2T 531.3}

**“...in the preparation of their clothing…can they seek the Lord's blessing...?”** {RH, December 6, 1881 par. 8}

**“It is manifest that most women do not think and act in reference to dress from reason and reflection.  They accept, without questioning, that which society and fashion imposes upon them.... ”** {HR, May 1, 1872 par. 2}  (Acts 9:6)

**“Very many feel impatient and jealous because they are frequently disturbed with warnings and reproofs which keep their sins before them...those who are reproved by the spirit of God should not rise up against…it is God, and not an erring mortal who has spoken to save them from ruin. Those who despise the warning will be left in blindness to become self-deceived...”** {3T 256.3-257.1}

**“...The testimony of the true witness is not a smooth message ...”** {3T 257.2}

**“God leads his people on step by step. He brings them up to different points calculated to manifest what is in the heart. Some endure one point, but fall off at the next. At every advanced point the heart is tested and tried a little closer…if the professed people of God find their hearts opposed to this straight work, it should convince them that they have a work to do to overcome, if they would not be spewed out of the mouth of the Lord. Said the angel: “God will bring his work closer and closer to test and prove every one of his people.” Some are willing to receive one point, but when God brings them to another testing point, they shrink from it and stand back, because they find that it strikes directly some cherished idol. Here they have opportunity to see what is in their hearts that shuts out Jesus...individuals are tested and proved a length of time to see if they will sacrifice their idols and heed the counsel of the true witness…if any will not be purified through obeying the truth...the angels of God have the charge: “they are joined to their idols, let them alone,” and they pass on to their work, leaving these with their sinful traits unsubdued, to the control of evil angels. Those who come up to every point, and stand every test, and overcome, be the price what it may, have heeded the counsel of the true witness, and they will receive the latter rain, and thus be fitted for translation…”** (1T 187.1)

**“...Elevate the standard of truth and urge the people to come up to it...it is this pointed testimony that will bring them up to decide. A peaceful testimony will not do this......God's servants must bear a pointed testimony, which will cut the natural heart and develop character...”** (1T 248.2-249.2)

**“If those who have been in the church for weeks and months have not learned the straightness of the way, and what it is to be Christians, and cannot hear all the straight truths of the word of God, it were better they were cut off from Israel. It is too late in the day to feed with milk. If souls a month or two old in the truth, who are about to enter the time of trouble such as never was, cannot hear all the straight truth, or endure the strong meat of the straightness of the way, how will they stand in the day of battle?  Truths we have been years learning must be learned in a few months by those who now embrace the third angel's message ...”** (1MR 33.3)

**WHAT DRESS/FASHION IS DOING TO OUR PEOPLE:**

**“Fashion is deteriorating the intellect and eating out the spirituality of our people. Obedience to fashion is pervading our Seventh-Day Adventist Churches and is doing more than any other power to separate our people from God. I have been shown that our church rules are very deficient. All exhibitions of pride in dress, which is forbidden in the word of God, should be sufficient reason for church discipline...”** {4T 647.2}

**“God has been testing his people. He allowed the testimony concerning dress to become silent, that our sisters might follow their own inclination and thus develop the real pride existing in their hearts....”** (4T 639.3)

**OUR DRESS REVEALS & DEVELOPS CHARACTER:**

**“We judge of a person's character by the style of dress...a refined taste, a cultivated mind, will be revealed in the choice of simple and appropriate attire.”**  {CH 601.2}

**“...DRESS...reveal that which is most treasured by those who claim to be pilgrims and strangers on the earth...”** (5T 188.4)