

A woman who focuses on worshiping God will consider carefully how she is dressed, because her heart will dictate her 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 or impress others?

Is what I wear consistent with biblical values of modesty, self-control, and respectable apparel, or does my dress reveal an inordinate identification and fascination with sinful cultural values?

Who am I trying to identify with through my dress?

Is my standard the Word of God or is it the latest fashion?

Have I asked other godly individuals to evaluate 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?

#### **Before you leave the house, do a modesty check.**

What are some things you should look for as you stand in front of the mirror?

#### **From the Top**

When I am wearing a loose-fitting blouse or scoop neck, can I see anything when I lean over?

If so, I need to remember to place my hand against my neckline when I bend down.

Does this button-down top cause gaping holes that expose my chest? I need to turn sideways and move around to see. If there are revealing gaps, I've got to grab the sewing box and pin between the buttons. What about this sleeveless shirt? When I move around, can I see my bra? If I can, I need the pins again. Am I wearing a spaghetti-strap, halter, or sheer blouse? Not even pins will fix this problem! Most guys find these a hindrance in their struggle with lust. It's time to go back to the closet.

Can I see the lace or seam of my bra through my shirt? In this case, seamless bras are a better option. Does my shirt reveal any part of my cleavage? Does my midriff show when I raise my hands above my head?

Is my shirt just plain too tight? If the answer to any one of these questions is yes, then I need to change my outfit.

#### **Moving on Down**

Does my midriff (or underwear) show when I bend over or lift my hands? If so, is it because my skirt or my pants are too low? Either my shirt needs to be longer or I need to find a skirt or pants that sit higher.

Is what I'm wearing too tight around my backside, or does the outline of my underwear show? (You'll have to turn around to get a look here.) If so, I know what I have to do!

Do these shorts reveal too much when I sit down? To see how much of my leg is exposed, I can't just check them standing up. If I see too much leg, I need a longer pair.

Does this skirt or dress pass the sit-down check? I must remember to keep my skirt pulled down and my knees together when I'm seated

Does my skirt pass the sunlight check? Is it see-through? If so, I need a slip.

What do these high heels do to the length of my skirt? I must remember to do this modesty check with my shoes on. Heels may make my dress or skirt appear shorter.

And don't forget—the modesty check applies to formal wear as well. A note on swimwear: It's not easy, but you can still strive to be modest at the pool or beach. Look for one-piece bathing suits that aren't cut high on the leg and don't have low necklines.

*Taken from "Worldliness: Resisting the Seduction of a Fallen World" C. J. Mahaney*

# Central Mountains Baptist Church

## AUGUST 30, 2015

*(Psalms 139:23-24) "Search me, O God, and know my heart; Try me, and know my anxieties; [24] And see if there is any wicked way in me, And lead me in the way everlasting."*

#### **TV etc**

#### **Time Questions**

Am I skipping or delaying something important in order to watch this now?

What are my other social/entertainment options besides watching television or going out to see a movie? How much time have I already spent on media today?

How much time have I spent surfing the Internet?

How much time have I spent blogging or maintaining an online presence through social network sites?

In the last week, how much time have I spent on the spiritual disciplines, building relationships, or serving in my local church compared to time spent consuming media?

After investing the time to view this, will I look back on it as time well spent?

#### **Heart Questions**

Why do I want to watch this program or film?

What do I find entertaining about it?

Am I seeking to escape from something I should be facing by watching this?

Am I seeking comfort or relief that can be found only in God?

What sinful temptations will this program or film present?

Do I secretly want to view something in it that's sinful?

Am I deceiving myself by saying, "I'll fast-forward through the bad parts"?

Similarly, am I telling myself, "I'll just visit this web site once, and I won't click on any other links I find there"?

Am I watching because I'm bored or lazy? If so, what does that reveal about my heart?

Am I watching simply because others are? Am I trying to be relevant or to fit in?

How have my online relationships impacted my face-to face relationships?

How has my online activity impacted my soul? For better or worse?

What motivates me to create and maintain a blog, MySpace, or Facebook presence? Am I attempting to impress others? Am I being prideful, slanderous, deceitful, or self-righteous?

#### **Content Questions**

What worldview or philosophy of life does this program or film present? What's the view of man's nature? What's the view of sin? Is sin identified as such?

What's the view of God ordained authority figures? And how do these views relate to God's view?

What does this program or film glamorize? What is valued or considered important?

Who are the heroes of the story? Why are they heroic?

Is sin shown as having negative consequences? Or is sin glorified or rewarded? Is sin presented in



# People

## Standards of a Godly Man II

There are three areas that are battlegrounds for holiness in our modern world:

### 1. M \_\_\_\_\_, Ephesians 5:1-12

**(Romans 1:32)** "who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them."

**(Philippians 4:8)** "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things."

**(Psalms 101:3)** "I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me."

**(1 Timothy 1:19)** "having faith and a good conscience, which some having rejected, concerning the faith have suffered shipwreck,"



### 2. M \_\_\_\_\_, Ephesians 5:18

**(Job 38:6-7)** "To what were its foundations fastened? Or who laid its cornerstone, {7} When the morning stars sang together, And all the sons of God shouted for joy?"

**(Ezekiel 28:13)** "You were in Eden, the garden of God; Every precious stone was your covering: The sardius, topaz, and diamond, Beryl, onyx, and jasper, Sapphire, turquoise, and emerald with gold. The workmanship of your timbrels and pipes Was prepared for you on the day you were created."

**(Colossians 3:16)** "Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."



**(1 Samuel 16:23)** "And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him."

**(Proverbs 14:15)** "The simple believes every word, But the prudent considers well his steps."

**(Proverbs 13:20)** "He who walks with wise men will be wise, But the companion of fools will be destroyed."



### 3. M \_\_\_\_\_,

**(1 Timothy 2:9-10)** "in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, {10} but, which is proper for women professing godliness, with good works."

**(1 Timothy 2:8)** "I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;"

**(1 Timothy 2:1-4)** "Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, .. {3} For this is good and acceptable in the sight of God our Savior, {4} "who desires all men to be saved and to come to the knowledge of the truth."



an appealing or seductive way?

What is humorous in this work? How are people made fun of? What is mocked?

Does violence appear as a natural part of the story, or is it used gratuitously to entertain?

What's the sexual content? Is there nudity? Sensual or seductive dress? Are there images, language, or humour that are sexually impure?

Is sinful self-sufficiency honoured? Are the heroic characters concerned for others or merely for themselves?

Does the program or film portray materialism as "the good life"?

Will I benefit in any way from viewing this program or visiting this web site? Does its content or artistry reflect truth, beauty, or goodness?

Online, do I communicate graciously, patiently, and humbly? Do I use crude or arrogant speech? Is my speech consistent with the gospel, or does it reflect worldliness?

### Clothing

#### Start with a Heart Check

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

Is her intent to show the grace and beauty of womanhood? . . . Is it to reveal a humble heart devoted to worshiping God? Or is it to call attention to herself, and flaunt her . . . beauty? Or worse, to attempt to allure men sexually?