

# Modest is Hottest

## Creating My Fashion Statement



*Girls' Heart Point Ministry Inc.*

This feature article is created **for daughters and mothers**, because when a daughter and her mother really connect on an issue and begin to move creatively together – **nothing can stop them!** Grandmothers and aunts can be cool with this too.

*Clothing is like the **label** on a product; it offers information about **what's inside.***

Recently some boys at a mall were interviewed by a newspaper reporter, and asked what they thought of the girls who walked by wearing the latest skin-bearing fashions. One boy said that girls "**show more to get attention.**" Another boy thought of it as an "**invitation.**" He said, "**When girls dress like that, it tells guys they're easy.**"<sup>1</sup>

*Outfits send clear messages.  
What do your clothes say about you?*

One teen girl whose mom helped her set a personal, modesty standard, wrote this down as part of her guide for buying clothes.

Now, you and your Mom get together and grab a blank page. Write down 4 or 5 specific points as fashion guidelines that you can think of right now . . . to help form your own personal, fashion standard. You will be altering and adding to this as you go, so get started right now.

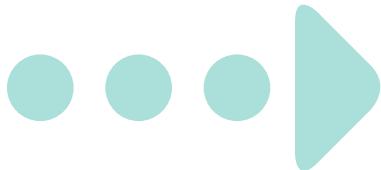
I can buy:

- Most styles of jeans that are not skin-tight
- Shirts that overlap my waistline
- A belt for pants with a too-big waist
- No short-shorts or spaghetti strap tops
- Nothing that will expose my bra straps<sup>2</sup>

At Girls' Heart Point whenever we think of fashion, we start at the beginning – with the One who is the *Best Fashion Designer* of all time – *GOD!*



Everything was perfect in the beginning . . . but the Bible tells us that sin came in and wrecked that perfection. Now we have to work really hard to help put things (like pure fashion) back together again. That's what you're doing right now.



Here are our best tips and pointers for catching the vision...

(Be ready to add some in to your fashion statement.)

# HOT Fashion #1

**ACCESSORIES** are things that visually complement. We call those things “your bling”, because they give you a kick of flair, and make an outfit special to you!

Some girls define their specialty by accessorizing – for instance **loving to wear several necklaces together . . . all different lengths**. Find sets that relate, like wooden beads, or all silver, or all gold. \*When wearing a single pendant, it needs to sit either above or below your breast line.

Instead of a tiny brooch, find a huge one and let it be a great, single focus. **One big silk flower makes a fabulous fashion statement** ... and bows or feathers on a pin really rock. Try a tone-on-tone, like a beige flower on a brown jacket, or white on white.

Tie knots in a long scarf and loop it around your neck with the ends hanging in front. **You can fasten a scarf at the front with a giant hair clip or sparkly brooch**. We were made to love beauty and beautiful things!

Discovering how to spotlight an outfit by having **one centre of interest** created through accessorizing, can be trendy and hip and in style. Your Mom can help you.



# HOT Fashion #2

## SELECTING THE BEST TS AND TANKS

Here's the deal: Visual modesty is the best 'fashion forward look' for any girl. Modesty never **advertises** (draws attention to) **physical features in a sexual way, but it classically integrates a total feminine identity, within wardrobe choices**.

We believe that God wants you to absolutely **love being a girl!** He has already created you with your own special beauty to celebrate. Combine that with **visual modesty**, and you can be **trendy** and **wow, discrete** and **attractive, thoroughly modern** and **quite awesome**.

*Read on...*

## Ts AND TANKS continued...

Try on tops in front of a big mirror. Raise your arms up. Does that expose your belly or midriff?

Lean forward and look in the mirror. Can you see too much skin or cleavage? If you have to argue with yourself – then you know. Pure Fashion\* guidelines show necklines no lower than 4 fingers below your collar bone . . . and no strappy backs or halters.

Is the fabric see-through, showing what it's supposed to cover? Don't buy it.



You can help remedy that stuff by layering your tops. A higher neckline on one compensates for the lower on another. Two or three colours layered below your waist could give you greater modesty in length. It's a great fashion solution to belly shirts and cut-off tops. We girls often need to go up a size to have a modest fit with stretch fabric tops. No big deal; just do it.

T-shirts that say **Babe** or **hottie**, or have some trappy slogan may seem funny, but that can be interpreted differently by different people.

*Take GOD everywhere you go; especially to buy clothes.*

For a V-neck top that's just too low, wear a **modest camisole underneath**, or find some matching stretch lace at a fabric store and ask your Mom to tack (sew) it in. It's a great look. We know a very modern bride who had a white lace insert added to her wedding dress. She was just totally gorgeous in every way at her wedding.

Media-smart girls realize that they have to think their way through the culture. **Many advertisers are trying to sell us a fantasy.** Take a peek at store window mannequins from behind . . . their clothes are all pulled back, pinned and tightened. Same thing with live models at a photo shoot where they use big fans to create airy effects – along with scrims and screens to camouflage things. Photographers airbrush the skin breakouts and photoshop to make a model's eyes bigger, necks and legs longer, noses thinner and lips fuller. **The model is often unrecognizable as the girl who modeled in the shot!** Then . . . **'you'** see **'that'** in a magazine and think, "**I should look just like that!**"

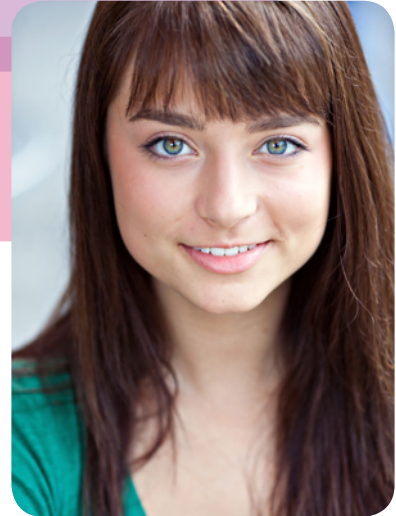
*Listen . . . even 'she' doesn't look like 'that'!*

## Ts AND TANKS continued...

When did fashion become all about super models . . . and not the celebration of **style** and **art** and **fabric** and **design**!! What's happening to values in our culture?

*Your generation can be the one to set a new standard, and call us back to the **beauty** of pure fashion and design.*

Perhaps, like Esther, you have been called forth for **such a time as this**. (Esther 4:14 . . . the Bible)



## HOT Fashion #3

YOU! Find out what's **unique** and **special** about 'you', and  
... **celebrate** that!

- Do you have **cute feet**? Then buy strappy, little sandals and show them off nicely.
- Are you one of those **lasses with glasses**? Then pick cute frames and rock them out!
- Do you like your nails long? Then paint them a neutral shade and add **funky little flowers** and designs that match your outfits. Or . . . choose some **special rings** and wear 'em all, even one on your thumb.
- Some girls love **pretty earrings**. If you have a long neck – wear dangles. For less attention on your ears, wear sparkly little stud earrings.
- There are girls who love '**socks**' so much, it's their signature. Just make sure they tie in with your outfit and shoe style. Ok?

Ask your Mom: "Does my fashion style have a **cluttered look**?" If so – de-clutter, by finding **one thing that's the focus** of your outfit, and stick with that.

*There's something special about feeling beautiful and looking our best. Do you have a 'best' look to wear to church?*

## YOU continued...



Teens are often not sure about what colours go best with their skin and hair. That's where Moms come in. Often your best shades relate to your **eye colour** and **skin tone**. There are three major colour groups and you'll fit into one of them.

**1. Warm (fire) Tones**  
(orange, yellows and golds)

Keep holding those fabric colours up to your face to see what makes your eyes pop (look alive).

**2. Cool Tones**  
(blues, plums and turquoise)

**3. Neutrals**  
(taupes, cocoas, and charcoals)

Sometimes you'll know girls who flaunt a great outward appearance but who hold an inside shallowness and emptiness of spirit – that eventually will overshadow the rest of her.

But, you know what? There is One who came to rescue an empty spirit – God's Son, **Jesus Christ**. He's our Rescuer, and He's absolutely "crazy" about you! He has been **wildly pursuing your heart** – because, He wants a **forever relationship with you!**

To learn more check out [www.girlsheartpoint.ca](http://www.girlsheartpoint.ca)  
... Go to the **God Talk** link and click on: **Ask Jesus Into Your Life**



# HOT Fashion #4

## WHAT'S MODEST IN PANTS?

There are so many clothes available to you that are way less than perfect. But . . . **a girl who has her fashion code in place** can come out looking chic and in style, and still modest in appearance.

*Here's the thing:* the part of your bod between your waist and your knees – is so **intimate and private and personal**. No guy touches you there – **ever** . . . before you're married. It's not for sale and it's not for showing off either.



The Bible tells us not to 'defraud' others (tease or tempt), and this applies to the way we dress. Wearing skin tight pants draws direct sexual attention to a girl's most intimate privacy. It also defrauds the opposite sex – by sending a certain message that won't be fulfilled.

So . . . how do we 'shop smart' for pants?

**1.** We say take your Mom into the fitting room with you.  
**2.** If you have to wildly struggle to get jeans on, or to sit down, try the next size up. You can always have the waist taken in a little for overall fit. Just get that done when you're having the legs hemmed.  
**3.** **Low rise pants might not fit your bod or your heart** ... so keep trying on different styles and note the 'label' that best fits your body shape. i.e. A girl we know loves pants made by Eddie Bauer – because they fit her body shape and measurement.

**4.** The Pure Fashion guideline for length of shorts is: put your arms straight at your side and measure no higher than your longest finger. Then for skirts, it's no shorter than 4 fingers above your kneecap.<sup>3</sup>

Remember, **it's when girls sit down that some lose the whole standard of grace and modesty and dignity.**

**5.** **Pants with solid dark colours** like black, brown, gray, navy and denim will let you play with more colour and design options re: shirts and tops. Ok?

**6.** **Boot cut jeans often create a shape that balances** with what you're wearing on top. By the way, **jean jackets look cool with pants**, long flowy skirts and even over a sun dress.

**7.** **Skinny pants can look sharp paired with a flippy skirt or a long voluminous top or a certain dress.** Try them together to see. **The same with leggings:** they often look balanced best with flowy tops that cover both tummy and behind.



To check out what **Shannon Ethridge** (Every Young Woman's Battle) has to say on the subject of **'whose business is it what I wear'**, check out [www.girlsheartpoint.ca](http://www.girlsheartpoint.ca). Go to the **God Talk** link.

As soon as you have completed your written Fashion Statement – print it out . . . then read it aloud. There's power in your voice! This Fashion Statement can now become a part of you and what you believe, and you can join other girls who are on the cutting edge of showing your culture . . . **Modest Is Hottest!**

If the moving wings of butterflies can eventually effect huge weather patterns on the other side of the world<sup>4</sup> (and they can), **'you, can totally set your heart to effect fashion statements in your group of friends and beyond.** When an 11-year-old, Christian girl – Ella Gunderson, became frustrated with all the scanty, immodest, girl fashions in a local department store chain, she wrote to the store's executives. They promptly responded with a new web page for juniors called Modern and Modest.<sup>5</sup>

Ella was interviewed on NBC and CNN expressing the concern of teen girls across the land. She caught the attention of Seventeen magazine's fashion editor who commented, "It is such a different feeling but still very pretty and feminine."<sup>6</sup>

Ella has now become an instant media darling in promoting modest, teen fashions. And, she's on to something: ●●●▶

Send us your **HOT FASHION** tip to share with other girls and Moms at [GHP-Ministry@sympatico.ca](mailto:GHP-Ministry@sympatico.ca). We just may be able to include your tip with future issues of **Modest Is Hottest: Creating My Fashion Statement.**

When a girl has authentic faith in **Jesus Christ**; when she talks with Him and catches His vision and carries His passion – He will put His 'life' into her and give her His power to **change the world.**

. . . to every awesome girl who's becoming a "Cultural Warrior" in such a time as this . . .

We declare power and blessing, with love,  
*Onalee and the Heart Point Team*



Onalee Mitchell, Founder / Director  
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1. Ricardo Gandara, "What girls wear, and what boys think," Austin American Statesman, 22 April 2001  
2. Adapted from Vicki Courtney, Your Girl, (Nashville, Tennessee, Broadman and Holman Publishers 2004) pgg. 109, 110  
3. [www.purefashion.com](http://www.purefashion.com) Modesty Guidelines

4. Andy Andrews, "The Butterfly Effect" (Thomas Nelson Publishers, 2010)  
5. Kristen Gelineau, "Young girls demanding more modest fashions" The London Free Press, 8 June 2004  
6. Ibid.