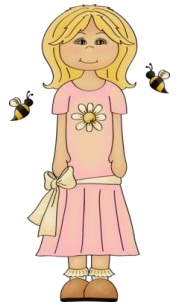




Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!



MODESTY – FAITH OR FASHION?

(Ages ~10 and older)

PURPOSE

- To help family members better understand the importance of following the Lord's counsel to dress modestly

MATERIALS

- Prior to the lesson watch this video to see how to do the paper trick:
 - [The Challenge](#)
 - [The Solution](#)
- Scriptures
- Scissors
- Pencil
- Ruler
- A piece of paper 5 ½ x 8 ½ inches (~20 x 15 cm)
- Several copies of *For the Strength of Youth* or you can read it as a family [online](#)

SUGGESTED SONG

- [Do What Is Right](#), #237 in *Hymns*

LESSON IDEAS

1. Hold up the piece of paper. Ask your family, "Can any of you cut a hole in this paper big enough so that you can climb through the hole?"
 - a. Show your family the solution to the challenge.
2. Read as a family Proverbs 3:5-6.
 - a. Explain that the Lord sometimes asks us to do things that don't make sense to us. Those are the times we must set aside our logic and put our trust in Him.
 - b. Those who do what the Lord asks them to do (especially when they don't understand all of the reasons) demonstrate faith in Him.
3. Explain that one of the things the Lord asks us to do is to be careful in the way we dress.
 - a. Read the section on "[Dress and Appearance](#)" in *For the Strength of Youth*.
 - b. Explain that the world's standards of dress and the Lord's standards are often very different from each other. Members of the Church who dress modestly demonstrate they are more concerned about faith in Jesus Christ than in fashion.
4. Share one or more of the following to illustrate young women who exercised faith in the Lord's standards on modesty. Discuss how each girl showed her faith in Jesus Christ.
 - a. Video, [195 Dresses](#)
 - b. Video, [Virtuous Young Women](#)
 - c. Story, [Standing Her Ground](#)

5. Testify that focusing on faith is much more important than focusing on fashion. Testify that our bodies are temples and those who treat them as such will find the happiness the Lord has promised.

ACTIVITY

- Younger children may enjoy playing [Thought Bubbles](#) or [Frozen's Double Trouble](#).