

*Richardson Studies Family Anthologies*

# Modesty: The Lost Standard

Best of Modesty Writings



By Nate Richardson



The following are outlines for a lecture given on the Mormon Renegade Podcast 1.8.24 Modesty with Zoe Erickson & Dave Sanderson, which includes many of the best points from the book “Modesty: Invited to Zion, but What Would I Wear?”

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## Intro to Modesty

-I'm a man, usually it's women having this conversation, I've done lots of research into this and will be expressing also the opinions of many women I've surveyed about these things. But both men and women should have a voice on all issues.

-A BYU Professor told me he can't ever bring up modesty, students threaten to get him fired, says its the single greatest sign of rebellion of women in the church as leaders have repeatedly called for modest dress.

-Washington Rules Civility, Dave Sanderson's book applies Washington's noble teachings to our time.

-Let your appearance say more about your beliefs than your body.

The philosopher Thomas Moore wrote about a twisted (cannibal) utopia. Towards the very end says (paraphrasing) 'their Utopia had its weaknesses and strengths, but you know the strangest thing about them? They didn't wear any pants!' In other words, when people think they are enlightened, their dress often shows that they are way off. This also points out that of all the bazar things people do, not wearing clothing is the looniest! Genesis makes it clear that the first sign of the Awakening of the moral conscience is the covering of the body.

Modest isn't hottest, but we aren't going for hottest.

President Joseph F. Smith prophesied that in the last days "there are at least three dangers that threaten the Church within, and the authorities need to awaken to the fact that the people should be warned unceasingly against them. As I see these, they are flattery of prominent men in the world, false education ideas, and sexual impurity." (Smith, Joseph F. Gospel Doctrine: Selections from the Sermons and Writings of Joseph F. Smith, Sixth President of the Church of Jesus Christ of Latter-day Saints. Salt Lake City, UT: Deseret Book, 1920. 312-13. Print.)

Beware a lot of popular even supposedly classic cartoons and movies animated movies have him honest and disproportionate women  
If a movie about a superhero etc involves the immodest woman let it go.

## Meaning of Clothing & Language

You have to ask advocates other modesty so why wear any clothes at all? They often won't answer that question but if they do you can work from that principal.

Logos the word we are not animals clothing is one big thing that differentiates us we are intelligent we organize we have social structures far beyond anything of the animal kingdom and clothes are a big part of that.

Clothes are a symbolic boundary showing important social orders and they exist in heaven too

When Isaiah is naked it's a symbol of depravity and the wickedness of the people.

David's dancing naked in the streets he was not nude but was without his kingly robes, just in simple clothes.

Don't biologically hijack the unsuspecting male passing by your dress.

“You're better than that” says a girl to her friend who shows up wearing a short skirt in a movie.

**Add** List of adjectives that immodest dress suggests in Continuum essay.

## Religions & Historic Modesty

-there is a revival in many Christian churches now promoting female dresses and head coverings.

-Why should the Amish or the Islamic have a one up on us when it comes to modesty? This is an area where we need to repent and have respect for something good they are doing. Let us bring this into the restoration. It is an ongoing restoration, its time for this to come back.

- In old America head coverings, long dresses (**show** in slide screenshare)

-It used to be that if a woman accidentally touched a man's hand she would literally gasp it would literally take her breath away the heart rate would go up but now we are such a gross society that we are insensitive to these natural things.

## Modern Christians Failing at Modesty: An Abrahamic Trial

There's a trend among lots of protestant churches to say that modesty doesn't matter they even claim there's no scriptures about it which is false they think just cuz they're a Christian and Jesus loves them they can parade around in their short shorts but these girls are fulfilling the prophecy of Isaiah about the hottie daughters of Zion showing off note add the verse

I've recently reviewed some Christian films called God's Not Dead. They certainly have some good messages. I'm saddened to see in them the Christian women parading around in short shorts. What do they think they're doing? They think that just because of their religion they can act however they want? Again, this is another sad episode of how the trial of modesty is simply more than many women can stand. How far we are from Zion!

In a powerful message given by the great Truman G. Madsen, a compelling sermon on sacrificing like unto Abraham, he made a final statement saying something to the effect of, "and seeing all this, will we want to be known as the generation who complained about BYU dress codes? Such trivia is beneath our dignity." Surely the issue of modesty is a great sign of rebellion of the sisters of our day, and giving it up when so many around them wont is perhaps one of their

Abrahamic tests indeed. (See “Power from Abrahamic Tests | Truman G. Madsen”)

I’ve been ridiculed for promoting Christian modesty, and told to go live in Saudi Arabia. I say to the extent that they dress better than we do, God bless them! I’m not for forcing modesty, nor am I saying their exact standards are required, but lets appreciate excellence when we see it.

## Lyrics to Retracted Song “Modest is Hottest” by Matthew West

Note: West pulled this song down after relentless pressure from progressive Christians against the song, and issued an apology for it. It is enormously funny, brilliant, and packed with truth. You can’t find the song anymore, but I’m glad I found a transcript of the lyrics to put here. All this song does is points out that form fitting clothing are inappropriate. Woe to the supposed Christians who rejected this sermon! (PS- If anyone knows how to find the song and or music video, please contact me!). Here is the song:

Dear daughter, it's me your father  
I think it's time we had a talk  
The boys are coming round 'cause you're beautiful  
And it's all your mother's fault  
And I've been trying hard to raise you up right  
No drinking, no smoking, no swearing  
But your old man's got a little more advice  
When it comes to the clothes that you're wearing, listen

Modest is hottest, the latest fashion trend  
Is a little more Amish, a little less Kardashian  
What the boys really love is a turtleneck and a sensible pair of slacks  
Honey, modest is hottest, sincerely, your dad

If I catching you doing dances on the TikTok  
In a crop top, so help me God  
You'll be grounded till the world stops



I'm just kidding, no I'm not

'Cause modest is hottest, the latest fashion trend  
Is a little more Amish, a little less Kardashian  
What the boys really love is a turtleneck and a sensible pair of slacks  
Honey, modest is hottest, sincerely, your dad

All the parents be saying their prayers  
That all their girls, they'll be wearing more layers  
Moms and dads round the world, yeah, they're on their knees  
Lord make them more like Jesus and less like Cardi B

No offense to Cardi B  
I'm sure she's a really nice girl and Jesus loves her but I just think...

Modest is hottest, the latest fashion trend  
Is a little more Amish and a little less Kardashian  
What the boys really love is a turtleneck and a sensible pair of slacks  
Honey, modest is hottest, sincerely, your dad  
What the boys really love is a one piece with a raincoat over that  
Honey, modest is hottest, sincerely, your dad  
Trust me, modest is hottest, sincerely, your dad

## [As Sisters in Babylon Song](#)

I wrote this jingle sung to the tune of “As Sisters in Zion”, but for the sisters of Babylon. Some have said this is offensive, but come now, let’s have a little fun, don’t take things too seriously:

As sisters in Bab’lon will work ‘gainst each other, to tear down and defame one another's good name.

We’ll flaunt our bodies for discounted prices then harvest the treasures of the rich whom we spoil.

We are daughters of Beelzebub who hates us yet we serve him yes we serve him.

We have no morals left we've spent them and played them and now we have nothing no children no food.

We're all going crazy so let's curse God and die for faith is non popular, so lets eat drink & be merry!

## Ok To Be Beautiful

Hydn (the great composer) “dressed in his **best clothes to compose** because he said he was **going before his maker.**” (Reid Nibley, in Hal Williams, “Dr. Reid Nibley on Acquiring a Taste for Classical Music,” *BYU Today*, April 1980, 14.)

It's appropriate to seek good health nature testifies that being healthy is good in every way you live longer you're happier etc. and there are basic scientific measurement standards that can help us approach help health. DC 89 gives us the keys to good health by focusing on grains fruits vegetables herbs and limiting animal products, and the science is supporting this.

Brigham Young teaches that in the resurrection we will all into a merit Celestial be beautiful; thus we see that right now ever since the fall of Adam it's all gone downhill.

Brigham said it's no sin to look good that's not pride but beware if you're spending excessive amounts of time and money on how you look. It's okay to cultivate the garden to plant the flowers to pull the weeds and so forth on the Temple of our bodies but don't make it like a casino which looks like indulgence pleasure entitlement impatience excess.

“Let the sisters take care of themselves, and make themselves beautiful, and if any of you are so superstitious and ignorant as to say that this is pride, I can say that you are not informed as to the pride which is sinful before the Lord, you are also ignorant as to the excellency of the heavens, and of the beauty which dwells in the society of the Gods. Were you to see an angel, you would see a beautiful and lovely creature. Make yourselves like angels in goodness and

beauty” (Brigham Young, DBY, 215). (see also Teachings of Presidents of the Church: Brigham Young, (1997), 131–36 Ch. 19 The Relief Society and Individual Responsibility; see also <https://www.lds.org/manual/teachings-brigham-young/chapter-19?lang=eng>)

Brigham Young said that **beauty is our surest safeguard**. When we see beauty we feel joy. We can trust those feelings to guide us a right! (see teachings of Hugh Nibley in Approaching Zion)

Beauty is the essence of Zion (Psalms 150:2)

“Out of Zion, the perfection of beauty, God hath shined.” (Psalms 50:2)

“Give unto the Lord the glory due unto his name; worship the Lord in the beauty of holiness.” (Psalms 29:2)

“Favour is deceitful, and beauty is vain: but a woman that feareth the , she shall be praised.” (Psalms 31:30)

## Beware Extreme Modesty Rules

Of course the main concern today is extreme immodesty, but it’s worth saying that we have to be careful about the other extreme on the spectrum too.

Beware the extreme Warren Jeff’s compound requirement of youth long sleeve button up even in very hot. No rolling sleeves, and many teams left teens left. We don’t change our standards just to keep people in but we also don’t need to have crazy requirements. Let the adults show the example and not be too strict

## Beware Excess

Brigham many just marry for beauty; bad idea, focus on the gospel

“Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.” (Ezek. 28:17)

Girls stop competing. In other countries it's not normal to put on all the makeup all the excessive beauty preparations every day for school.

How much time and money do you spend on your appearance? What's your daily routine? What's your budget?

You can look neat without gaudiness.

Isaiah speaks of Babylon with gaudy robes but Zion as simple and beautiful  
“40 And again, thou shalt not be proud in thy heart; let all thy garments be plain, and their beauty the beauty of the work of thine own hands; 41 And let all things be done in cleanliness before me.” (D&C 42:40-41)

Tattoos are drying on God's canvas, you can't improve on God's work, you can only defile it. Don't make these permanent changes to the temple of God.

## Barbie: Immodesty Feminist Connection

Barbie the first doll to have fully developed breasts, inappropriate for children who don't need to be concerned with reproductive anatomy. Barbie movie complete radical feminism we see where this leads.

The men are vanished from Barbie town, only women hold the highest leadership roles, the man is nearly an accessory merely and accessory and the woman is not interested in a romantic relationship with him, transgender characters are depicted, the message is that men are better at being women than women.

Depressed girls playing with dolls like its slavery:



2001 Odyssey Monkeys & primitive girls awake:



Monkeys & primitive girls see monolith spaceship / Barbie:



Monkeys / Primitive girls feel the new object:



Original Sexualized Barbie doll is a copy of German Prostitute doll “Build Lilli”



Monkey smashes carcass / Primitive girl smashes baby:







Monkey throws weapon / Primitive girl throws baby:



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## Gospel of Consumerism

People use beauty products to stay young, it can become their God. Their sacrament, baptism, etc. all you need is money, get born again, get confidence, regardless of morals.

Well she says how dare he look at me that way he could be saying how dare she dressed that way. Why do women demand and men can't demand, where is the equality

Calling things sexy, he talks about it all the time calls cool things sexy and sex and sexy those words similar, I better give him sex for him to like me. Some women report they know of a man likes her by whether he speaks to her after sex.

Are we climbing over the wall or going through the gate? Do we think we can have a happy marriage and a happy life and even a happy eternity when we're using a modesty to get what we want instead of using covenants? Are we living the gospel of Christ or the gospel of consumerism beauty products and body worship? The ticket to the gospel is righteousness the ticket to the counterfeit gospel is money

The truth is that eternal pleasure is exclusively available for the saints it cannot be had any other way don't trade pleasures of this life for the pleasures of Eternity this life is the test

Joseph Smith said that for the faithful all our losses will be made up to us in the resurrection. We have hope for a very beautiful Resurrection

## Dress Codes of Institutions

BYU has a dress code which stands yoga pants but they don't enforce it. This is even worse than not having the dress code. This allows them to have four would probably just but deny the power thereof. In an English class I remember one professor said on our free essay where we choose what to write about he said

stop writing about the name tag and force the dress code about yoga pants (thankfully I wasn't the only one concerned) I said we will not stop writing about it. We felt like the colonists being abused by Britain, and we weren't giving up.

We need private institutions who do have rules on modesty. When we voluntarily enter Zion society we should act like it. If you want to live like a saint be in Zion if you want to live like a pagan get out of Zion.

## Sacred vs Profane, & Body as Temple

-Victoria has no more secret (her chastity); no more virtue she is guarding, its all public now. No sacred space, its all profane now.

-Temples are sacred space, apart from the world. Bodies are temples, they aren't supposed to be public.

-Temple doors are shut, no public access, only those authorized. So must be our bodies. The Church is the bride of Christ, only she can enter.

I am reminded to Ayn Rand's "the fountainhead", where a character found true beauty, and kept it hidden, lest the world would see it and mock it.

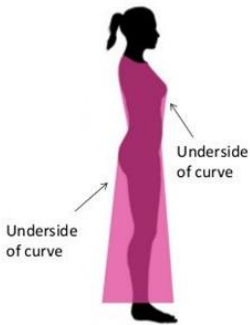
Similarly, Heavenly Father keeps the identity of our Heavenly Mother private, as we are not worthy of it.

Well has it been said that in hiding her body, a woman reveals her dignity.

## Modest-sexy continuum & definition of modesty

-No, modest isn't hottest. But we aren't going for hottest. Hot is slang now, but comes from increased body temperature for sexual engagement.

-doesn't show curvature of the body (**show** picture on a screenshare)



Immodest clothing reveals the sensual aspects of a woman's body, the rounded curve of a woman's breast, hips, and buttocks.

Modest clothing is designed to loosely conform to her shape, while not revealing the *underside of the curve of her breast, hips, and buttocks*.

- opposite of sexy, sexual, sexual organs & attitudes
- clothes can be fun, but they shouldn't stimulate sexual arousal. What stimulates a man can differ, but there are basic guidelines.
- think of temple clothes. Think of what Jesus wears when he shows up.
- different cultures can differ. Paul says he is a Roman when with Romans, etc. all things to all people, so variety can be the spice of life, but we can't lower our standards in our efforts to build relationships. It's like spices in a soup: lots of possibilities, but don't put cocaine in there, it's way too powerful.

## Nude Art

Immodesty is the gateway drug to pornography and pornography is the gateway drug to abuse and the dead soul.

Nude Renaissance art it could be better consider David he knew the scripture he knew that God does not want him to display his body parts

Some say the nude art can serve a purpose and perhaps it can but it's a slippery slope and a fine line which we're probably better off avoiding in general but of course there is a difference between provocative nudity and what we often see in classical art in the mannerisms etc but I still say this is likely too dangerous

The body like the temple is sacred more than secret is sacred and when we put sacred things on public display and defiles them

## Pornography

-The chemical scent which triggers mating in moths (pheromone) was released in high amounts in an area to make the moths uninterested in real females (who put out weaker doses of pheromone), so the males simply stopped mating with the females, and the moths all died out.

-Porn makes a person overstimulated, & unable to have natural love & reproduction in a stable marriage.

-Porn uses get addicted and need more and more stimulation by wilder porn, and eventually are more likely to rape. Serial killers also repeat that porn was a big part of them becoming insensitive.

-Is it just women freely choosing to do that? Most women in the industry were raped as children, taught their only value is in their looks, and are in poverty doing it out of necessity, and regret being in the industry.

-Unpaid porn viewing does contribute to the industry, every page view and video played brings ad revenue, and keeps the culture of porn and its evils growing.

## It's all men's fault? Women can do what they want?

“Young women, please understand that if you dress immodestly, you magnify this problem by becoming pornography to some of the men who see you.”  
(Dallin H Oaks, April 2005 General Conference)

-women be mindful of how you affect men; their heads work differently

-why are you looking? We try not to, but why are you trying to draw our attention?

-Rape is not women's fault, but beware that dress does effect culture. Don't sexualize the culture. Then the rapists go hunting for victims.

-Men and women have their parts but women have always been the gatekeeper of sexuality and chastity.

## More Early LDS Quotes

“Wont you be so kind and so good as to take those pins or the india-rubber cords out of the back of the skirts of your dresses, so that you will look comely. They make you look uncomely, to see your dresses drawn around you, showing your form. Mothers ought to be ashamed of teaching their children such things.”  
(Brigham Young JD 19:64-65)

“All Israel are looking to my family and watching the example set by my . . . children. For this reason I desire to organize my own family first into a society for the promotion of habits of order, thrift, industry, and charity; and, above all things, I desire them to retrench from their extravagance in dress. . . .I am weary of the manner in which our [young] women seek to outdo each other in all the foolish fashions of the world. . . .“I desire [our girls] to retrench from their extravagance in dress, in eating and even in speech. The time has come when the sisters must agree . . . to set an example before the people of the world worthy of imitation. . . . I want you to set your own fashions . . . and set the style for all the rest of the world. . . . I want my daughters to learn to work and to do it. . . . There is need for the young daughters of Israel to get a living testimony of the truth. . . . I wish our girls to obtain a knowledge of the Gospel for themselves. For this purpose I desire to establish . . . a Retrenchment Association, which I want you all to join, and I want you to vote to retrench in . . . everything that is bad and worthless, and improve in everything that is good and beautiful. Not to make yourselves unhappy, but to live so that you may be truly happy in this life and the life to come.” (President Brigham Young (1801–77), quoted in Susa Young Gates, *History of the Young Ladies’ Mutual Improvement Association* (1911), 8–10.)

“I think it has been taught by some that as we lay our bodies down, they will so rise again in the resurrection with all the impediments and imperfections that they had here; and that if a wife does not love her husband in this stand she cannot love him in the next. This is not so. Those who attain to the blessing of

the first or celestial resurrection will be pure and holy, and perfect in body. Every man and woman that reaches to this unspeakable attainment will be as beautiful as the angels that surround the throne of God. If you can, by faithfulness in this life, obtain the right to come up in the morning of the resurrection, you need entertain no fears that the wife will be dissatisfied with her husband, or the husband with the wife; for those of the first resurrection will be free from sin and from the consequences and power of sin.” (Brigham Young, JD 10:24)

“A great many women are more nice than wise. If they can get a man with a pretty face, they think it is all there is about it. Some men think if they can get a woman that has a handsome face, that is all there is of it. But it is that woman that has a head and sensibility,- I do not care if her head is three feet long,- it has nothing to do with the character that lives in the body. It is the character that is in the man’s house, the spirit that is in the man; it is the spirit that is in the woman and in the house that makes the woman and that makes the man.” (Brigham Young, JD 5:92)

“Let the sisters take care of themselves, and make themselves beautiful, and if any of you are so superstitious and ignorant as to say that this is pride, I can say that you are not informed as to the pride which is sinful before the Lord, you are also ignorant as to the excellency of the heavens, and of the beauty which dwells in the society of the Gods. Were you to see an angel, you would see a beautiful and lovely creature. Make yourselves like angels in goodness and beauty” (Brigham Young, DBY, 215). (see also Teachings of Presidents of the Church: Brigham Young, (1997), 131–36 Ch. 19 The Relief Society and Individual Responsibility; see also <https://www.lds.org/manual/teachings-brigham-young/chapter-19?lang=eng>)

## Swimming & Sports

- Jewish segregated male and female swimming areas, brilliant.
- boycott the beaches & pools of today, Satan has power over the waters, immodesty is a big part. They think water = zero dress standards.
- former swim wear of the 1800s covered the whole body

-nude beaches: its not just “Americans who stare” being obsessed, its their proper sensitivity and shock to something out of the ordinary.

Do you really need to have that short of shorts that tight do you really need to perform on an Olympic level and bring your air resistance to zero and do you really need to wear your gym outfit to the grocery store because you're going there straight after the gym I get it you have kids you got to take to school you're on a tight schedule but it's all gone too far

It's similar with the garment: many find all kinds of excuses to not wear it, taking the exception clause way too far.

## Dating

-ask the parents to court

-court at the women's house with parental supervision

-no kissing until marriage, even then only in private

Some people say the Mormons marry at a young age because they don't get to have premarital sex and they're just anxious for that, but it's natural to have some things held in reserve as a reward for righteous family creation. And we shouldn't think that we can go two or three decades after puberty as a single person without extreme difficulty; young people should be actively seeking a spouse as soon as they become the legal age of adults and dating should only be in ways that lead to proper marriage.

Brigham Young said appearances don't matter he would marry a woman with a 3 ft wide head if she was righteous.

This life is about faith, the next life is about beauty.



## Music, Dance, Language

“Plan and attend dances where dress, grooming, lighting, dancing styles, lyrics, and music contribute to an atmosphere in which the Spirit of the Lord may be present.” (That We May Touch Heaven Thomas S. Monson then Second Counselor in the First Presidency <https://www.lds.org/general-conference/1990/10/that-we-may-touch-heaven?lang=eng>)  
Language reflects attitude and a respect of disrespect for authority and society.

Even church dances these days involve lots of poor pop music, dark lighting, and minimal supervision.

Entire families should be invited to dances, not just the young blind leading the blind.

## Pants vs Skirts

- Yoga pants are an abomination, so are short shorts.
- today's gender confused world, lets do whatever we can
- some women do it when their husband requests it
- bible says women don't wear mens clothes; “women's pants” today are just tight & revealing
- don't want to show curvature of the body

KIDS KNOW: Remember how young girls want to wear their dresses all the time? These innocent minds know that it is good for us to look our best all the time, and to not just reserve these things for the rare church meeting, etc. Then at some point the parents pressure these young girls, saying, “you're a big girl now, you have to wear pants, you can't wear dresses all the time!” Perhaps this is an example of where adults have lost sight of the truths known by children. Well did Christ say, “behold your little ones.”

## Beard

- it meant maturity, studiousness, manliness
- a class responded after I shaved once, “your face is naked!”
- in today’s gender confused world, it can be a good statement
- there was a season where beard meant hippie, but beards are coming back as a respectable social norm, particularly if you have well kempt clothes and hair, not sloppy dress or speech.