



MODESTY

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SPORTSLEADER

The strength to be moderate and in control of ourselves with regard to speech, dress and food.

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MODESTY

DEFINITION

This week our strength building on the virtue of TEMPERANCE is MODESTY.

The strength to be moderate and in control of ourselves with regard to speech, dress and food.

To live the virtue of modesty requires a conscious effort in the following areas:

- Our actions and behavior which includes manner of dress, walking, gesturing and how we treat others.
- Our interior thoughts and imagination requiring custody of the eyes and our thoughts and memories - practicing self-control in what we view - and a guarding of the other senses.
- Our manner of speaking ... tone of voice, the words we use and how we communicate.

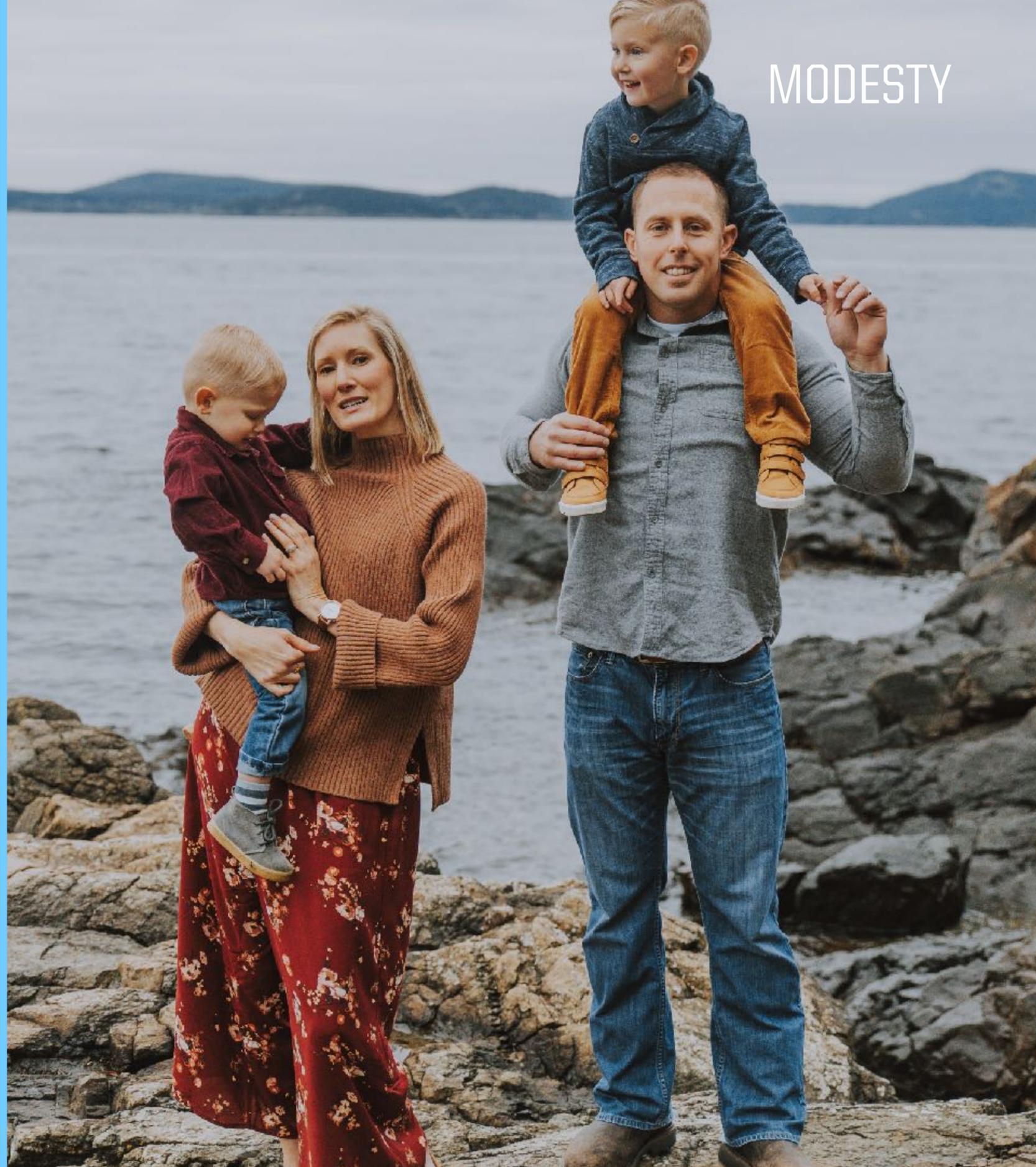
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FROM THE CATECHISM OF THE CATHOLIC CHURCH

#2521 Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity.

#2522 Modesty protects the mystery of persons and their love. It encourages patience and moderation in loving relationships; it requires that the conditions for the definitive giving and commitment of man and woman to one another be fulfilled. Modesty is decency. It inspires one's choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet.

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FROM THE CATECHISM OF THE CATHOLIC CHURCH

#2523 There is a modesty of the feelings as well as of the body. It protests, for example, against the voyeuristic explorations of the human body in certain advertisements, or against the solicitations of certain media that go too far in the exhibition of intimate things. Modesty inspires a way of life which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies.

#2524 The forms taken by modesty vary from one culture to another. Everywhere, however, modesty exists as an intuition of the spiritual dignity proper to man. It is born with the awakening consciousness of being a subject. Teaching modesty to children and adolescents means awakening in them respect for the human person.



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FROM THE BOOK OF GENESIS

Genesis 3: 6-7

The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.

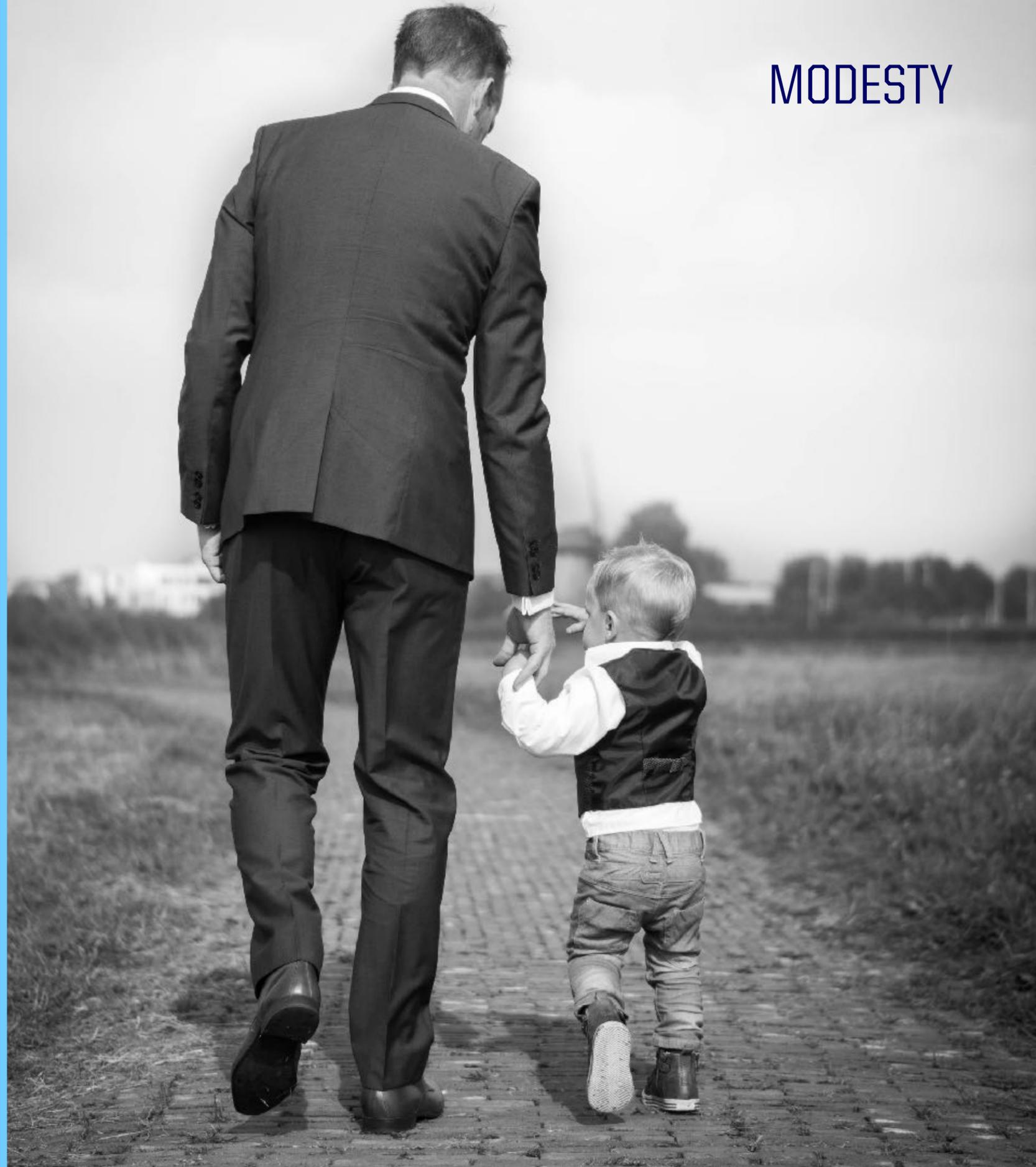
Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.

Genesis 3: 21

The LORD God made for the man and his wife garments of skin, with which he clothed them.

Notice that God is not satisfied with the garments that Adam and Eve made for each other after the original sin. The fig leaves that Adam and Eve made would have only covered them partially. They would have been immodestly dressed. Thus, God made new garments for them out of animal skins and clothed them entirely, or modestly. Because the human condition was now afflicted with sin and concupiscence, God clearly reveals that He desires us to dress modestly, to avoid tempting ourselves and others.

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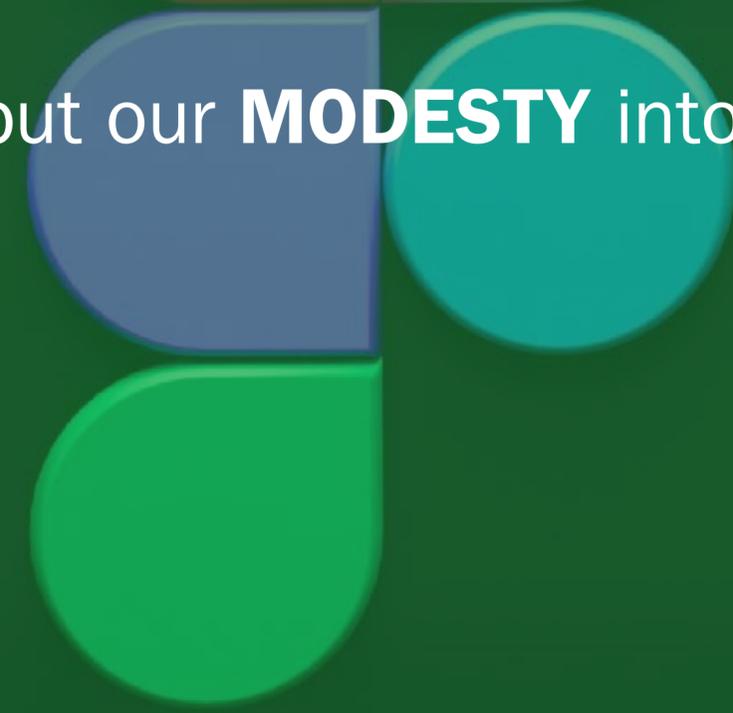
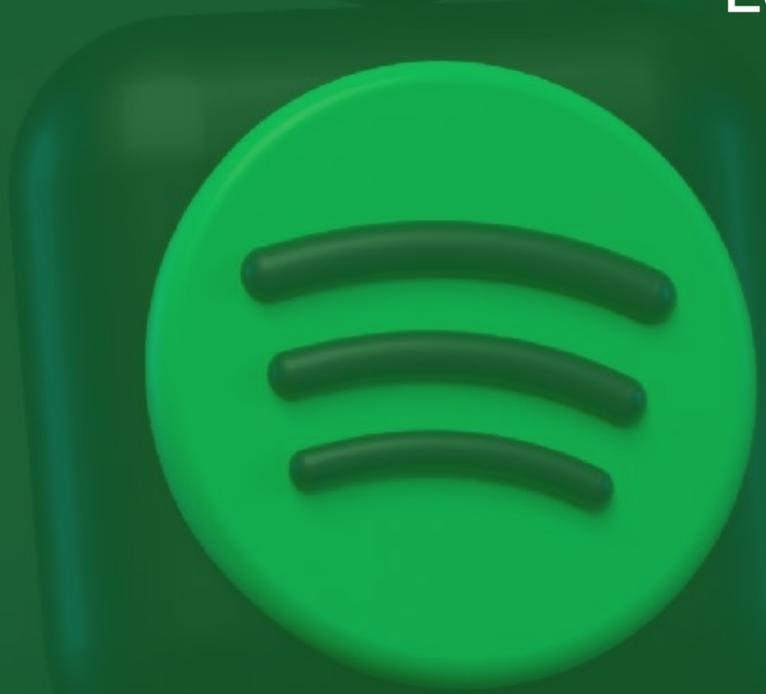
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Let's put our **MODESTY** into action!



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RESOLUTION

Let's review with our parents how much screen time, app time, phone time, TV time ... we are getting each day.

Examine what you are looking at, what you are listening to, the images you are consuming ...

Are we living this strength of modesty?

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WHAT DOES MODESTY LOOK LIKE?



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LEAH DARROW ON MODESTY VIDEO

Modesty is an interior disposition and it veils what always should be protected.

Modesty is more than just clothing. We should be conscious of our words, thoughts and actions.

I think we can all agree that there should be a little more self-control in the world.

Modest fashion always showcases the dignity of the person and not just parts of the person.



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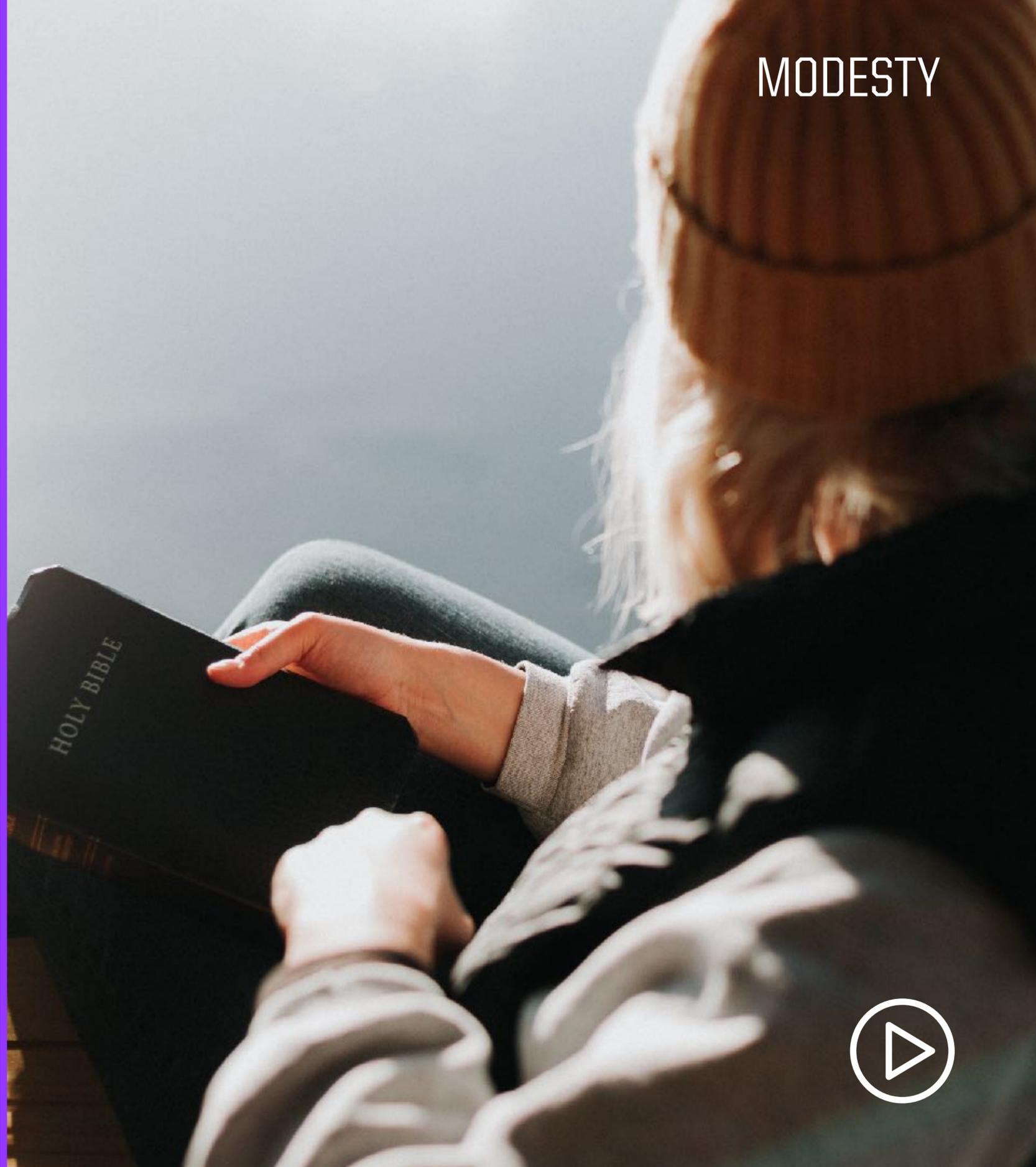
MODESTY IN CHRIST VIDEO

**Caution for younger viewers. Please view
beforehand.**

Allison Wallace shares some points about what
modesty is and is not.

It is an issue of the heart!

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FATIMA & THE ANGEL OF PEACE VIDEO

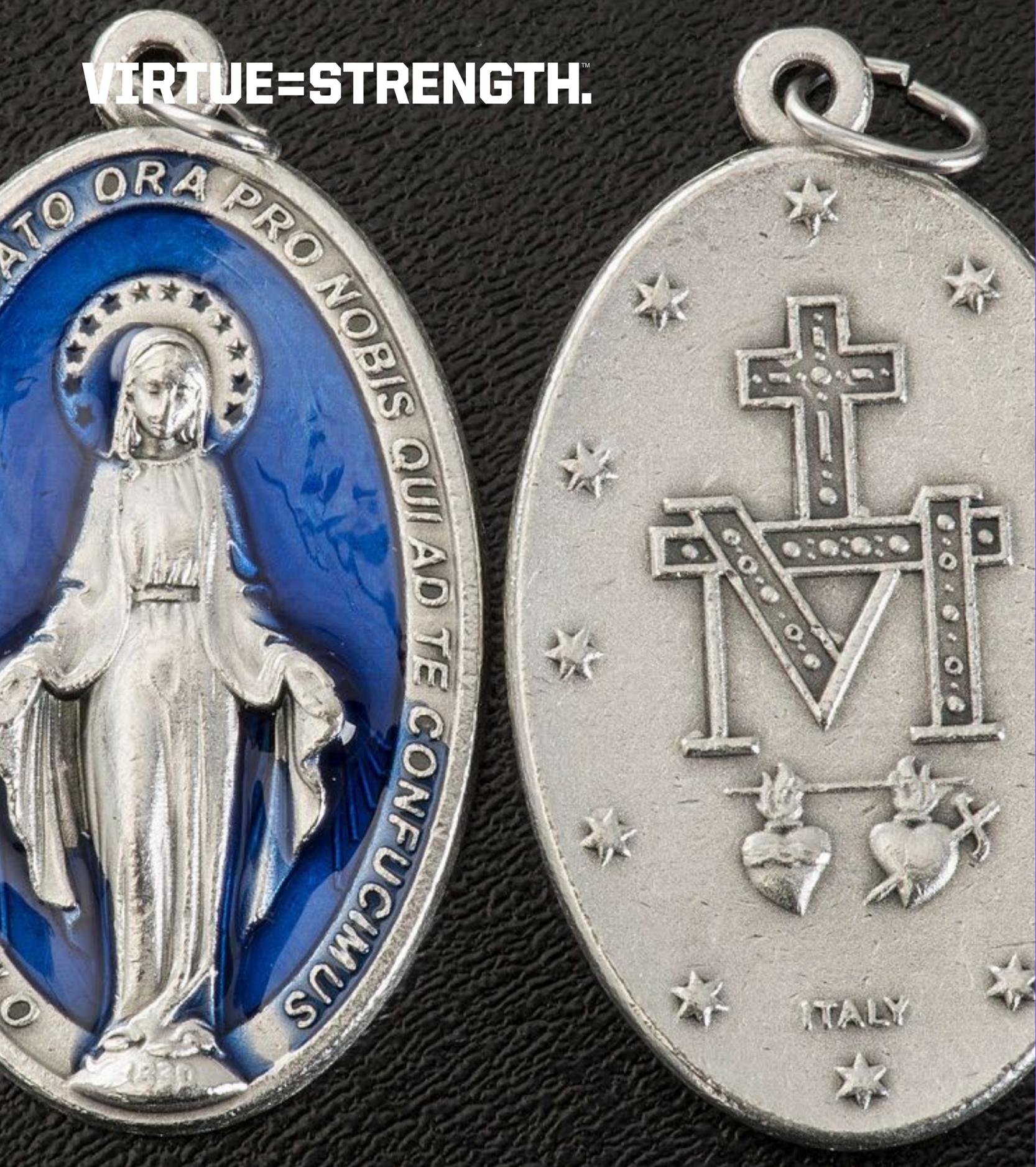
In the spring of 1916 Lucia, Francisco and Jacinta, had their first encounter with a heavenly messenger.

Writing in her memoirs, composed under obedience to the Bishop, Lucia tells of that first meeting.



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THE MIRACULOUS MEDAL VIDEO

The Miraculous Medal was originally called the Medal of the Immaculate Conception, but, because of the numerous accounts of miracles by those who wore it, people began to call it the Miraculous Medal, and the name stuck.

The Medal is a visual reminder of our salvation through Jesus Christ.



VIRTUE SONG LYRIC VIDEO

Ave Maria By Andrea Bocelli

Latin:

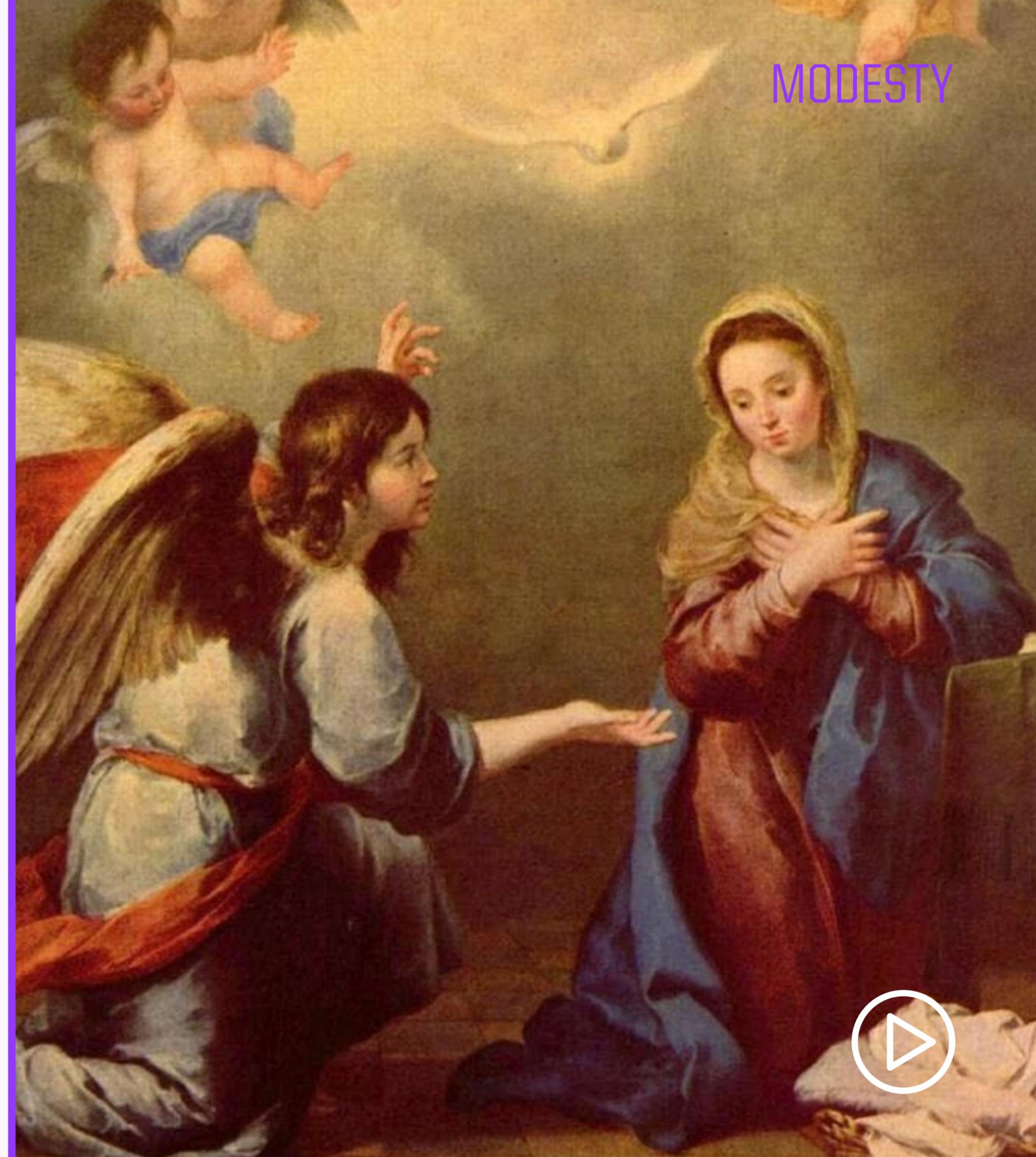
English:

Ave Maria, gratia plena,
Maria, gratia plena,
Maria, gratia plena,
Ave, Ave, Dominus,
Dominus tecum.
Benedicta tu in mulieribus, et
benedictus,
Et benedictus fructus ventris (tui),
Ventris tui, Jesus.
Ave Maria!

Hail Mary, full of grace,
Mary, full of grace,
Mary, full of grace,
Hail, Hail, the Lord
The Lord is with thee.
Blessed art thou among women, and
blessed,
Blessed is the fruit of thy womb,
Thy womb, Jesus.
Hail Mary!

Sancta Maria, Mater Dei,
Ora pro nobis peccatoribus,
Ora, ora pro nobis;
Ora, ora pro nobis peccatoribus,
Nunc et in hora mortis,
In hora mortis nostrae.
In hora, hora mortis nostrae,
In hora mortis nostrae.
Ave Maria!

Holy Mary, Mother of God,
Pray for us sinners,
Pray, pray for us;
Pray for us sinners,
Now, and at the hour of our death,
The hour of our death.
The hour, the hour of our death,
The hour of our death.
Hail Mary!



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*“Let your modesty be a sufficient incitement, yea,
an exhortation to everyone to be at peace on
their merely looking at you.”*

- St. Ignatius Loyola

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“A pure soul is like a fine pearl. As long as it is hidden in the shell, at the bottom of the sea, no one thinks of admiring it. But if you bring it into the sunshine, this pearl will shine and attract all eyes. Thus the pure soul, which is hidden from the eyes of the world, will one day shine before the Angels in the sunshine of eternity.”

- St. John Marie Vianney

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VICE

SOME SELF-REFLECTION

Immodesty is the act of drawing undue attention to ourselves.

It's pride on display by what we wear, what we say, how we act and how we eat.

Some questions to ask ourselves:

Do I dress immodestly? Is what I wear at times too low, too short or too tight?

Do I talk immodestly? Is my tone of voice too loud, arrogant or boastful?

Do I eat immodestly? Do I stuff my mouth, talk with my mouth full, fill up my plate to the brim? Do I serve myself too much and then throw it out?



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