

## Activity: Modesty



FAMILY TIME  
TRAINING

Teaching Goal: Teach children to identify modest and immodest clothing.

Scriptures: Genesis 2:21 to 3:11 The story of God creating Eve to be with Adam. They were both naked and not ashamed. The serpent tempts them to eat the forbidden fruit. Adam and Eve realize they are naked and cover themselves.

Materials: Entertainment, lifestyle or fashion magazines  
Paper  
Pen or pencil

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words that are written in **bold** are when the leader is speaking. Feel free to use your own words.

A. Tell the story of Adam and Eve at an age appropriate level. Emphasize the parts about being naked and then covering themselves. **God created Adam and Eve and they lived together in the Garden of Eden. This may seem silly to us today, but Adam and Eve didn't have clothes. They lived totally naked. There was a special tree in the garden named the "tree of knowledge." God told Adam and Eve not to eat fruit from the tree of knowledge, but they did. They sinned by doing something God told them not to. When people sin, there are consequences. One of the consequences was that Adam and Eve did not want to be naked anymore. They found leaves and covered their bodies. God used an animal skin to make clothes for them.**

**Today, just like Adam and Eve, we still wear clothes. We want to wear clothes that cover our private parts and don't bring attention to our bodies. This is called dressing modestly.**

**There are people today who dress immodestly. They may dress in very tight clothes that draw attention to their bodies. They may not wear enough clothes and show too much skin.**

**B. ACTIVITY: We are going to do an activity that will help us learn what clothing is modest and what is immodest. I want you to flip through this magazine and identify five people who are dressed modestly and five people who are dressed immodestly.**

Talk about what makes clothes modest and what makes them immodest. Include clothing size, tightness, even posture and facial expressions that communicate modesty and immodesty. If clothing can be used to say "look at me" then discuss what would be good and bad reasons for people to look at us because of the way we dress.

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Christian families may differ on what is modest and what is immodest. Discuss as a family how to be gracious to those who believe differently while still maintaining your personal standards.

V. Memorize

**Be modest and take care  
When choosing what to wear.**

VI. Close in Prayer

VII. Pass It On

Make an extra copy of this lesson and *pass it on* to another family.