

OCTOBER

TrueGirl

MOM + DAUGHTER
DATE!

OCTOBER 2022

Does God Care What Your Daughter Wears?

Listen to Episode 10 of the True Girl MomCast featuring Dannah Gresh, Janet Mylin, and Shan McKenzie where we share insightful tips about how to talk to your daughter about her clothes.

Then, read through this one sheet.



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Hi Mom!

Have you ever felt your daughter is being pressured to grow up too fast? Perhaps you've begun to walk a tightrope of questions like:

- ♥ How do I help my girl experience body confidence and avoid body image issues?
- ♥ Does it matter how my daughter dresses?
- ♥ Can I teach modesty without body shaming?

When I first began facing these questions, I dug into social science. The research revealed that some types of fashion and beauty products did, in fact, put girls on a conveyor belt to body image issues and eating disorders.

I decided to examine the Scriptures. I noticed the Bible had a whole lot to say about *clothing*, starting in Genesis. When Adam and Eve sinned, they became aware of their nakedness and experienced shame. God "clothed them" with the skin of an animal (Gen. 3:21). I have come to believe that

God's gift of clothing represents the way God meets us in our shameful, sinful condition and covers us through a sacrificial death.

Clothing has the potential to declare "the gospel is here."

For that reason, it is essential to consider what we believe about clothing. This month, I want to help you and your daughter do that. May this verse be true of her and you:

She is clothed with strength and dignity, and she laughs without fear of the future.

(Proverbs 31:24)



IN HIS GREAT LOVE,
DANNAH GRESH
Founder of True Girl



PREPARING FOR YOUR
OCTOBER
MOM+DAUGHTER DATE



SUBJECT:
**Clothed in
Dignity**

SETTING:

Anywhere you like!

MATERIALS YOU'LL NEED:

Clothed with Dignity
by Dannah Gresh

A pen or pencil

Your Bibles

Optional: dress up!



This month's mom+daughter experience will help you both navigate the Christian conversation on how women dress. You probably won't find that you need a change of clothes. But you *may* need a change of heart.

STEP 1 Dress up, if that's fun for you. You could dress up any way you like. Be formal. Be silly. But have fun!

STEP 2 Watch Staci's coaching video. In her wonderful Staci-style, she'll talk about dressing with dignity. Can a tomboy do that? Staci does!

STEP 3 Read **Proverbs 31:25** and **Genesis 3:1-24**. You might find the NLT version easiest for your daughter to understand. Discuss these questions. Your conversation will be more informed and useful if you read the first chapter in *Clothed with Dignity*, the pdf booklet we provided this month:

- ♥ What is dignity?
- ♥ Why did God need to restore dignity to Adam and Eve after they sinned?
- ♥ How did God restore their dignity?
- ♥ Do you and I have dignity in God's eyes? Why or why not?
- ♥ Do you think the way we dress can symbolize our dignity?

