



A note to servants before sharing this lesson:

Throughout the Bible, the scriptures refer to the different facets of human beings, usually citing this order:

**Mind → Heart → Action**

These three components parallel with what the field of psychology refers to as the cognitive model:

**Thoughts** (mind) → **Feelings** (heart) → **Behaviors** (action)

Our objective verse for this series is:

“Do not be conformed to this world (behaviors), but be transformed by the renewing of your mind (thoughts)...” Romans 12:2

**In other words, changing our thoughts leads to non-conformity to this world.**

Simply put, thoughts → actions

**Additionally, we know that what is in our heart leads to actions. Take this verse in the Gospel of Matthew, for example:**

“Out of the abundance of the heart\*, the mouth speaks (action).” Matthew 12:34

Simply put, heart → actions

**Finally, let us take a closer look at faith.**

**Faith requires both mind and heart because to have faith in God we must believe and trust God. Believing requires the mind (thoughts), but to trust someone requires the heart.**

“Faith (mind and heart) without works (action) is dead.” James 2:14

Simply put, mind → heart → actions



Purity and modesty begin with thoughts (mind). Those thoughts lead to feelings (heart) and behaviors (actions). Young women are not responsible for the thoughts of young men. This is an important point, as some people unintentionally or carelessly imply that if young women are immodest in dress, they hold some blame for young men's sexual thoughts. Not only is this harmful to young women, but it wrongfully implies that young men can't control themselves. Everyone is ultimately responsible for their own thoughts and actions. Youth should dress modestly out of respect for their bodies as the temple of the Holy Spirit, not out of guilt or shame. (While we are called to "Bear one another's burdens..." we are also to remember that "whoever looks at a woman to lust for her has already committed adultery with her in his heart.") We are not asking youth to cover their body because it is dirty, bad, or wrong. Teaching this lesson without accidentally imparting erroneous information can be challenging, but it is our responsibility to not shame our children for their bodies and behavior as Christ "carried our shame" to the Cross. This will be an important distinction when sharing the lesson.

Our children can find strength in having those with similar values around them, but we must never fall into the trap of blaming others. Cultivating the Spirit is the antidote to impure thought. We can teach our young men and women to be more mindful of how they dress and behave. We can visit with our children about how their dress and behavior may impact their ability to feel the Spirit. Modest thought and behavior are important guards of our spiritual, physical, and emotional security. Modesty adds a protective layer between us and impurity.

We must teach our young men and women that they alone determine their thoughts. If young men have inappropriate thoughts because of how a girl is dressed, like Joseph of Egypt who "fled, and got him out," they alone are responsible for their thoughts and behaviors. Joseph developed into a strong spiritual man by taking personal responsibility for his thoughts and behaviors.

When blame is transferred to young women for the inappropriate thoughts or behaviors of young men, we undermine the principles of personal responsibility and agency. Of course, we have seen both young men and young women encourage inappropriate thoughts and behavior. We know that negative influences are out there. But transferring blame does not strengthen our children. As



servants, we can help our children by frankly addressing modesty and explaining that it is more than clothing.

We are taught that modesty goes way beyond what we choose to wear. We should be modest and humble in our words and daily actions, avoiding bad language, body disfiguration, and acting contrary to the Church's teachings.

“What would happen if we truly treated our bodies as temples? The result would be a dramatic increase in chastity, modesty, observance of the Word of Wisdom, and a similar decrease in the problems of pornography and abuse, for we would regard the body, like the temple, as a sacred sanctuary of the Holy Spirit. Just as no unclean thing may enter the temple, we would be vigilant to keep impurity of any sort from entering the temple of our bodies.”

If girls are dressed provocatively, parents and servants can talk with their boys about how to avoid being around that kind of temptation without making others feel judged or shamed. No doubt, both boys and girls are responsible for their own thoughts, but youth who embrace modesty will lift all those around them.