

# FATHERS & MODESTY

21 March 2026

## INTRODUCTION

- We all know the grave dangers posed to modesty in modern world.
  - Children of Fatima and vision of Hell
    - Our Lady said, “Russia will spread her errors throughout the world.” She also said: *“certain fashions will be introduced that will offend Our Lord very much.”* And so at Fatima, modesty was very much stressed by the Blessed Virgin Mary because She also told us in the Fatima Message: *“more souls go to hell for sins of the flesh than any other reason.”*

## NATURE AND NECESSITY

- Modesty is more than dressing in a non-provocative manner. It is about moderating our desires and behaving in a becoming manner
  - IIaIIae, Q160
    - These seemingly are of four kinds of [desires which are ruled by modesty].
      - one is the movement of the [mind](#) towards some excellence, and this is moderated by "[humility](#)."
      - The second is the desire of things pertaining to [knowledge](#), and this is moderated by "studiousness" which is opposed to curiosity.
      - The third regards bodily movements and actions, which require to be done becomingly and honestly [Cf. [II-II:145:1](#)], whether we act seriously or in play.
      - The fourth regards outward show, for instance in dress and the like.
    - Observations
      - What we normally associate with modesty is only the fourth kind mentioned by St TA



responsibility or as to the immense influence and weight his attitude carries.

- Ad intra: i.e., in the home
- Ad extra: how the family presents itself in public
- Confidence.
  - Know your standards and be consistent with them.
  - Do not base decisions on pressure applied by others or by children.
- Firstly, by example
  - Simplicity, nobility, & elegance in clothing and appearance
    - Again, what is the baseline; how does the father present himself when there is no specific task to be accomplished? What should guide him is his Faith that he is a Son of God and represents God the Father to all the members of his family.
  - He must hold himself to a higher standard than what he demands of the rest of his family.
  - Avoid dichotomy between outside vs inside the home. In some respects, higher standards at home.
- Next, by creating climate of love, trust, and appreciation
  - He must impress on his wife and children his love for them and his esteem for them.
    - Concretely, by giving them his time, attention, and care.
    - In other words, he should not only interact with them when giving them corrections about their behavior or their dress.
- Then, by instruction & training
  - Must explain why family holds to certain standards
  - Must develop tastes of family.
    - Firstly, his own, then his wife's; together, the childrens
    - Father/husband deliberately, positively praising/reinforcing modest and flattering styles when the girl wears them.
  - Help establish hierarchy of days & activities
    - For example, Sundays should be kept holy. Outside of play time, a higher standard of dress to commemorate the day
    - Meals – make them more of a ritual.

- Finally, by oversight
  - Enforcement (charitable firmness)
  - Monitoring outside influence

## PARTICULAR CHALLENGES

- Influences
  - Peers
  - Media
  - Online life
- Activities
  - Swimming
  - Women and pants
  - Public, spectator sports

## CONCLUSION

- Grave dangers of modern world do affect us.
- Deep answer is not what to avoid, but rather what we are aiming to accomplish. Modesty is a virtue allowing us nourish the best part of us (the soul) in our pursuit of the good God.

## CHALLENGES

- Read the following article from the Art of Manliness
  - Men Don't Dress Like Boys  
 (<https://www.artofmanliness.com/style/clothing/men-don-t-dress-like-boys/>)
- For remainder of Lent, avoid T-shirts and jeans (outside of work)
- Review family attire in different settings. If it is not optimal, consider ways to improve. Praise your wife and daughters for truly beautiful & modest outfits