

# Day 25 of Basic Training in Holiness - Modesty



DAY 25 - MARY, VESSEL OF HONOR, PRAY THAT WE RECEIVE THE FRUIT OF MODESTY!

## GOD'S WORD

"But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.'" (1 Samuel 16:7)

## HEROES' WORDS

"The dress of the body should not discredit the good of the soul."  
St. Cyprian

"The purpose of clothing is to keep warm in winter and to cover your nakedness, not to serve your vanity." St. Cyril of Jerusalem

## MEDITATION

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. (CCC 2521)

## MENTAL PRAYER (15+ Minutes)

[Guide to Mental Prayer](#)

## PRAY A ROSARY

[Miraculous 54 Day Rosary Novena](#)