

# Acad Week 4 Effect of Living Modestly

## Definition of Modesty

Modesty is a state of not being very large, expensive, or extravagant. It is the situation whereby you try to be moderate in spending and in buying.

## Attitudes to Living Modestly

Living within one's income.

- **Simplicity:** We must live a simple life.
- **Contentment:** We must be contented with what we have from time to time.

## Benefits or Effects of Living Modestly

- **Self-control:** one of the effects of living modestly is that one will have self-control i.e. Ability to control his spending or buying.
- **The low tendency of corrupt practices:** Living modestly will also help to reduce corruption in the life of the people.
- **Prudence** i.e. to be careful and sensitive while spending.

## The link between Modesty and Extravagance

While modesty talks about living within one's income, Extravagance involves spending above one's earnings. i.e uncontrolled spending.