The Law of Attraction
How to Attract Mr. Right
My name is Bryson. This is a picture of my wife, Heather, and me four years ago. I’m going to share a little about our story, and what you can learn from our mistakes.
The first time I saw Heather walk into the room, I was immediately attracted to her confidence. It was like she owned the place. I was flattered that she found me attractive also.
She always seemed sure of herself, wearing clothes that made her look good and her hair and makeup perfectly done.
But during that time getting to know her, I discovered that her confidence was actually fake. The first time I saw her without her makeup on, I thought she had natural beauty, but she acted very self conscious.
It took a while for her to realize that I accepted her as she was, but she didn’t accept herself. She was extremely critical of her appearance.
I wanted her to be confident all the time, like when she was all made up.
She would spend hours retouching her photos to make them look better. If she had the money, she would have had plastic surgery.
She used her appearance to boost her ego and this habit of wanting attention didn’t change after we were married either. She would purposefully pick out sexy clothes so she’d be noticed.
Subconsciously she wanted girls to envy her. And, though she wouldn’t admit it, she wanted men to admire her, even to lust after her.
I liked walking into a room with her next to me and seeing heads turn. I encouraged her to dress in a way that was revealing by telling her how good she looked.
When I saw a guy checking her out, instead of feeling mad or protective, I felt a sense of pride that she was mine.
It gave me an excuse to check out other girls. As long as I kept telling Heather how beautiful she was, she didn’t seem threatened by my wandering eye. I reasoned that she was probably checking out other guys too.
But deep inside, she felt like she had to compete to keep my attention because there were always other girls to catch my eye. Even when I was faithful to her in appearances, I was lusting after other girls constantly in my mind.
I was also self-absorbed, spending hours working out and trying to gain muscle. My obsession with my appearance wasn’t for Heather; she liked me the way I was.
It was so I could feel good about myself and attract attention from other girls.
Heather couldn’t trust me to tell her the truth. I lied to her constantly, having secret online relationships and looking at pornography.
But this habit of checking out and looking for attention from the opposite sex led us both into some major problems. I eventually had an affair, and Heather had considered having one too. Lust toward the opposite sex and pride of appearance had destroyed our trust in each other.
We separated for a while, and got really close to a divorce, but God revealed to us what it was that we’d been doing wrong.
God transformed our marriage, and He transformed us so that we are totally different people now.
God has made Heather beautiful on the inside so that her confidence isn’t dependent upon her outward appearance. She no longer dresses to catch the attention of other guys to feed her pride. Without having to spend hours in front of the mirror, Heather is the confident woman I find so attractive.
God has changed me so that I no longer want to keep secrets from Heather. I want her to trust me, and I have to depend upon God to help me overcome my habits of lust. So there you have our story in a nutshell.
This sad history of our past is similar to the story of many others, proving that who you are determines the kind of person you will attract.
You’ve heard of the law of magnetism in physics—opposite poles attract, similar poles repel?
The popular phrase “opposite attracts” that came from physics may be true sometimes when it comes to superficial traits like appearance and interests, but it is not true when it comes to the inner character, the values and personality traits that a person habitually fosters by their thoughts and feelings.
While it is true that someone will be attracted to a person who has character or personality trait that they aspire to, these two people actually have same values, not opposite. If a person values a certain character trait, they will actually be repelled by a person with the opposite character trait.
Opposite characters, personalities and values do not attract one another. For example, a girl who is always honest will not be attracted to a chronic liar. A guy who is careful to be on time will not be attracted to a girl who is habitually late. Angels and demons don’t attract one another.
If a “good girl” is fascinated with a “bad boy” then she really is only a “good girl” on the outside. Inside, she really values and aspires to the rebellious traits of “bad boys.”

When it comes to character, opposites don’t really attract. Like attracts like.
In the world of philosophy, the Law of Attraction is the name given to the belief that “like attracts like” and that by the thoughts you dwell on you can bring about positive or negative results in their life. This includes the kind of person you will attract as a life partner, one of the decisions that will greatly affect your future.
“Every thought I think is creating my future.”

Is there any truth to this belief? Can it be found in the Bible?
James Allen, a British philosopher, wrote an essay in 1902 titled *As a Man Thinketh*, based on Proverbs 23:7, which says, “As a man thinketh in his heart, so is he”. He believed that a person’s character was created by his thoughts.
He wrote: “A noble and Godlike character is not a thing of favor or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with Godlike thoughts.”
Similarly, Ellen White wrote, “We need a constant sense of the ennobling power of pure thoughts and the damaging influence of evil thoughts. Let us place our thoughts upon holy things. Let them be pure and true; for the only security for any soul is right thinking.”

{MH 492.1}
I am going to expand upon The Law of Attraction and apply it to the process of finding Mr. Right. 1) **You become what you think about.** Your habitual thoughts create your character. “As a man thinketh in his heart, so is he.” Proverbs 23:7
Heather spent a lot of time studying beauty and fashion, looking at magazines, watching TV & movies, and going shopping with friends. She became absorbed with the artificial appearance, and these habitual thoughts affected her character. External beauty became a priority over inner beauty.
A study done by Ward and Averitt in 2005 found that media affected girls values in regards to their appearance. When they were asked to rate the importance of particular qualities for women, white and African-American high school students who consumed more mainstream media attributed greater importance to sexiness and beauty than did students who consumed less media.
What you spend your time thinking about, viewing with your mind, is what you become like. “By beholding we become changed.” 2 Corinthians 3:18.
If you spend time reading the Bible and thinking about and talking to God, you will become like Him. This is the only way to develop inner beauty.
2) What you are is revealed by your appearance. You put your character on display when you get ready every morning. “The outside appearance is an index to the heart.” CTBH 93.1}
A girl who feels she has to spend significant time and money on her hair, makeup, and clothes is insecure, because she isn’t confident that her personality and character are attractive enough. If she feels confident only after artificially enhancing her appearance, and attracting attention to her body in revealing clothes, it’s really a shallow source of confidence. It’s based on something you take off at the end of the day.
Because Heather lacked stable confidence and self-respect, she had to depend on wearing revealing clothing and jewelry and by spending a lot of time on her hair and makeup in order to feel good about herself.
The only way to have the kind of confidence and self-respect that is stable, and won’t fade as you get old, is to base it on your inner, rather than your outer beauty.
3) The appearance is the basis of the first attraction. You will attract or repel men based on what your appearance says about your character.
Immodesty reveals pride in the heart of a woman, just as it feeds lust in the heart of a man. When an attractive man shows sexual interest in a immodest woman, this feeds her lust. When an attractive woman responds to the advances of a lustful man, this feeds his pride. In reality, both are using the other for their own selfish motives.
It was no coincidence that Heather, a proud, lustful girl, attracted me, a proud, lustful guy. It appealed to my selfish desires to see her in revealing clothes. It fed my pride that she found me attractive, and my attraction toward her fed her pride and lust. Jesus said in Matthew 5:25 that if a man just looks at a woman lustfully, he’s already committed adultery with her in his mind. When a woman encourages a man to lust, she’s just as guilty as he is.
When Heather was single, and purposefully tried to attract attention to her body, she revealed that she was willing to sacrifice godly standards to gain admiration. She continued to do this out of habit after we were married. She could not be trusted to be faithful. All she lacked was an opportunity.
But, when God transformed Heather into a godly woman with self-control, she began to put principle over the desires to fit in, stay in fashion, and feel sexy. When God changed my heart, I no longer wanted Heather to show her body to every other man. Now I can trust Heather to always be faithful to me in her thoughts and actions.

Being then made free from sin, you became the servants of righteousness. Romans 6:18
What a girl wears reveals her inner character traits. A self-restrained guy will be attracted by a modest girl.
Modest clothes on a girl show that she is secure and confident in her value and doesn’t need to advertise her sexuality to get attention and feel special.
To a godly guy, a girl with true confidence in her inner beauty is far more attractive than a woman with shallow confidence that is based on outer beauty. Inner beauty is lasting and often makes a girl much more attractive.
On the other hand, artificial outer beauty is temporary, causing women to feel insecure and unattractive without their makeup. Shallow guys who are attracted by mere artificial beauty actually feed a woman’s insecurity. She believes she can’t be her real self and still be admired.
Another problem with mere outward beauty is that it always fades with time. Worldly men lose interest as age diminishes external beauty, whereas a godly man who focuses on inward beauty will appreciate a godly character that gets more beautiful as time goes on.
What if a woman suddenly lost all her outer beauty? A man who loves the inward beauty of a woman will continue to love her no matter what disfigurement mars her external beauty. That is why it is so important for a woman to choose a man who loves her for her godly character, not just for her looks.
A girl dressed in modest clothes shows that she has respect for her body and won’t sacrifice her standards for temporary or shallow pleasure. She is looking for lasting fulfillment. A guy will find it easier to act respectfully and think respectfully about a woman who obviously respects herself by the way she dresses.
A girl who knows her inward value, and dresses modestly, exudes a sense of confidence that is based on unselfishness and humility, not on pride and vain glory.
A girl who is willing to reveal her body to attract attention and affection from guys show a lack of godly principle. Guys that are attracted to these girls aren’t looking for long-term commitment; they just want an easy source of gratification.
It takes a spiritually mature girl to dress modestly. She shows that she cares more about pleasing God than pleasing carnal guys. She cares more about protecting the purity of her godly brothers than getting instant gratification from them. A spiritually mature woman is what a godly man is looking for.
A spiritually immature woman is more interested in doing what she wants than in what God wants her to do. She is self-centered, rather than God-centered and others-centered.
Immodest girls encourage guys to have lustful thoughts. Perhaps they are not aware of how their revealing clothing affects the guys. They just enjoy the attention they get. But godly guys understand that immodest women are a snare, and lead them into impurity. That’s why truly godly men don’t choose immodest girls as close friends or life partners.
Modest girls are willing to give up the “right” to dress sexy, because they value purity and virtue over vain admiration. A young man with godly principles appreciates a modest girl. He can focus on what she is saying, rather than being distracted by her body. He will have an easier time having appropriate thoughts and feelings toward her.
There are good Christian guys out there looking for a future wife, praying that God will lead him to a modest girl to marry.
So, if you want to find good guy friends and a husband someday who will respect and appreciate you for who you are, develop modesty in your attitude and dress. It will be hard and you may not fit in with the popular crowd, but in the end it is worth all the effort.
I hope what I have shared has convinced you of the importance of modesty in attracting a godly man. God will reward you as you seek to put Him first!