

Modesty Beyond the Hijab

Embodying *Haya* in our
Thoughts, Speech & Mannerism

with Ustazah Mardhiyah Yusof

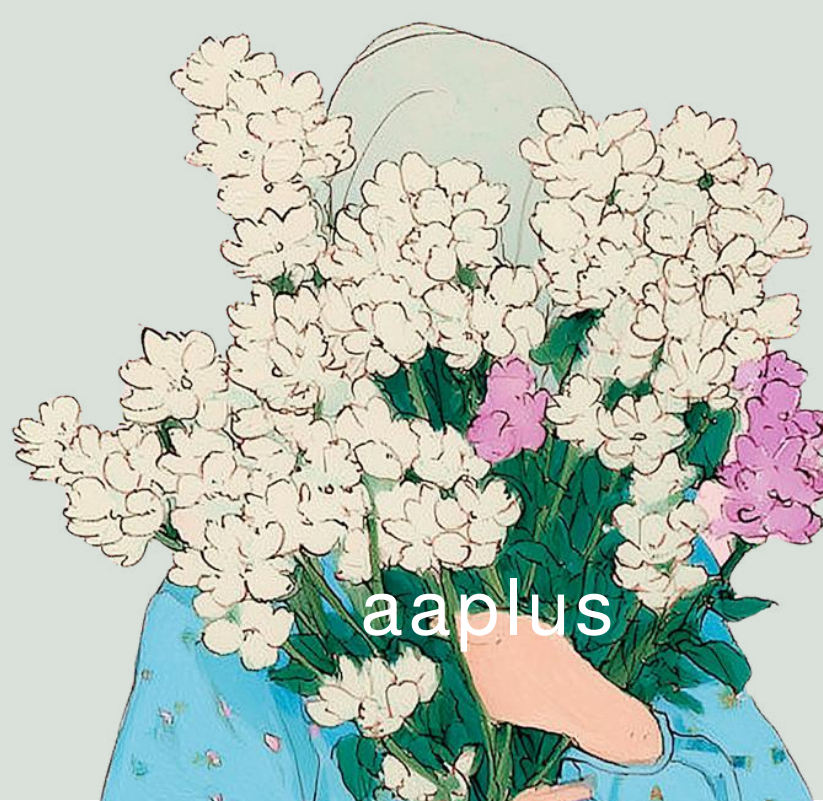


Opening Ayah

يٰۤاَيُّهَا اٰدَمُ قَدْ اَنْزَلْنَا عَلَيْكُمْ لِبَاسًا
يُّورِي سَوْءَتِكُمْ وَرِيشًا وَلِبَاسُ
التَّقْوٰى ذٰلِكَ خَيْرٌ
ذٰلِكَ مِنْ ءَايٰتِ اللّٰهِ لَعَلَّهُمْ يَذَّكَّرُوْنَ

O children of Adam! We have provided for you clothing to cover your nakedness and as an adornment. However, the best clothing is righteousness. This is one of Allah's bounties, so perhaps you will be mindful.

Al-A'raf 7:26



aaplus

Introduction:

Words Used to Refer to Haya'

Modesty

تواضع
حياء
احتشام
اعتدال

01

Shyness

حياء
خجل
حذر
ارتباك
وحشية

02

Shame

عار
الخجل
خجل
خزي
حياء
هوان

03

Timidity

خجل
حياء
تردد
جبانة

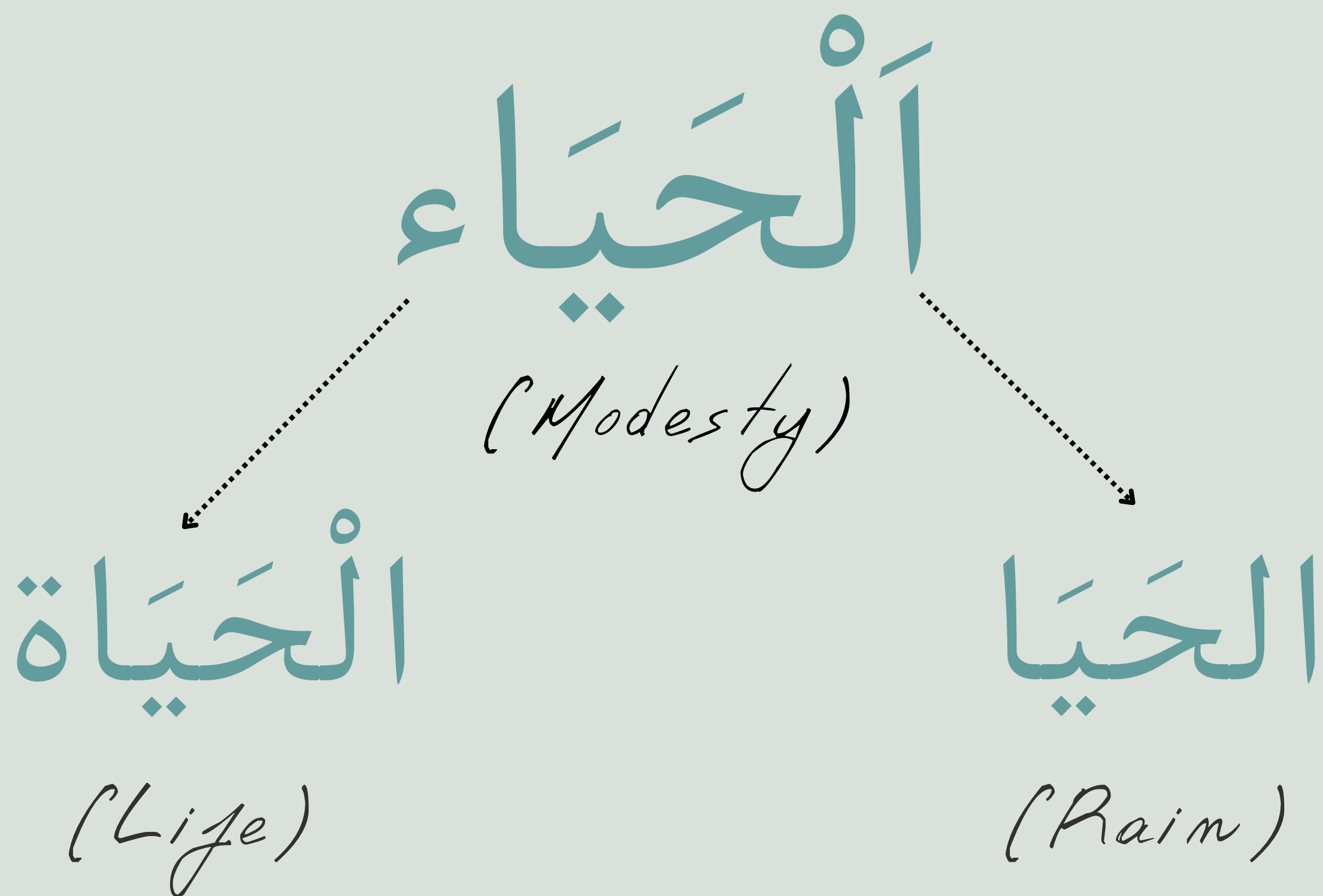
04

**Bashful
-ness**

خجل
عفة النفس
حياء

05

Meanings of Haya'



The Arabic word for Modesty (الْحَيَاءُ) shares the same root letters with the Arabic Words for “Life” and “Rain”. This very beautiful linguistic connection highlights the essential nature of Haya':

- **The more Haya' someone has, the more alive and spiritually vibrant her heart is.**
- **Just as how rain purifies the Earth, Haya' too brings purity to the soul.**

Importance of Haya'

Haya' is far more than just outward appearances or words; it's an intrinsic quality that guides one's actions and interactions.

When one has Haya':

1) **She avoids wrongdoing:** Haya' always leads to the avoidance of shameful matters and always bring one to beautiful deeds. **It acts as a shield against indecency and inappropriate behaviour.**

2) **She fulfils the rights of others:** A person with Haya' is always motivated to do good and ensures they meet their obligations to those around them.

Rasulullah ﷺ said,

**“Every religion
has an innate
character, and
the character of
Islam is Modesty”**

(Al-Muwattha’)



Haya' as a Part of Faith

Rasulullah ﷺ passed by a man who was criticising his brother about his modesty. Rasulullah ﷺ told him, "Let him be. **Modesty is part of faith.**" (Al-Adab Al-Mufrad) Rasulullah ﷺ's statement, "**Modesty is part of faith**" underscores that Haya' is not merely a virtue but an integral component of one's belief.

Ibn Umar RA's Haya' with the Elders

A young Ibn Umar RA, used to avoid answering a question posed by the Prophet ﷺ to the Companions, even though he knew the answer to it, **out of his Haya' to the Prophet ﷺ and the older Companions present around him.** However, it's crucial that our Haya' does not become an impediment to seeking knowledge or benefit.

How Haya' is Achieved

Haya' can be both inherent and cultivated:

- **Fitriyyah (Natural):** Some individuals are naturally inclined towards modesty.
- **Acquired:** Haya' can be developed and strengthened through:

Iman (Faith): Realising that we will stand before Allah SWT, instilling a deep sense of accountability and modesty.

Ihsaan (Excellence/Awareness):

Living with the constant awareness that Allah SWT is watching us at all times fosters a profound sense of Haya'.

Rasulullah ﷺ said,

“Modesty
brings nothing
but good.”

Bukhari & Muslim



Haya' Towards Allah SWT

If someone gives us a gift, and we misuse it, we'd feel a sense of Haya' towards that person. Similarly, our limbs and faculties are gifts from Allah (SWT). This awareness should instil Haya', preventing us from using them in ways displeasing to Him.

Practical Application: Guarding the Gaze (Ghaddul Basr)

To practice Ghaddul Basr (lowering the gaze), we remember that Allah's Gaze watches us first before we even look at something. His Sight is infinitely faster and more encompassing than ours. This awareness serves as a powerful deterrent and encourages modesty in our visual interactions. Allah's Gaze is much much faster than us!

How to Show Haya' Towards Allah SWT

- **‘Guard the head and what it retains’:** وَعَى in the hadith comes from وعاء which can mean ‘container’ or ‘vessel’. Hence, we should take care to guard whatever fills our ‘container’ (head including the eyes, ears and mind).
- **‘Guard the belly and what it contains’:** We do this by ensuring that only halal and tayyib (pure) food enter our system, and we practice moderation in eating.
- **‘Keep death and decay in remembrance’:** A person with Haya’ knows what they are created for. They understand that they will be accountable for what they do in this world, in the Hereafter.
- This Hadith further illustrates the significance of protecting the Haya’ of both our external and internal selves.

Haya' Towards Human Beings

Having Haya' towards others ensures that we only do good to them. We also take care to not commit shameful act to them or transgress them.

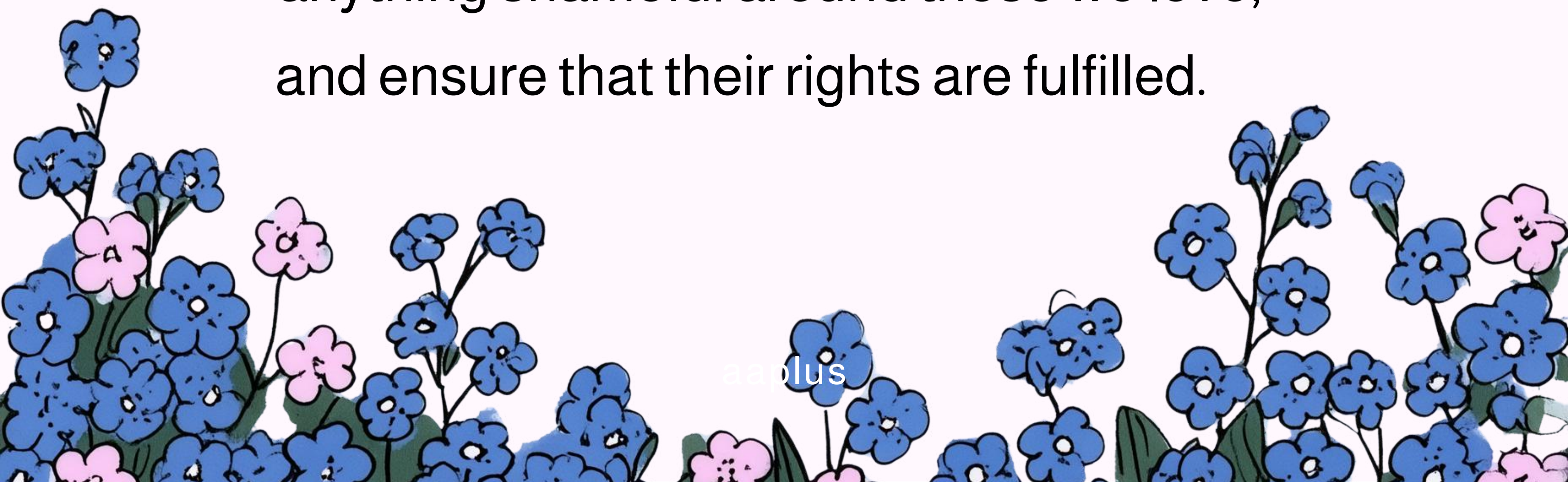
And of all His Creations, the Prophet ﷺ had the most Haya':

“The Prophet (ﷺ) was more shy than a virgin in her separate room. And if he saw a thing which he disliked, we would recognize that (feeling) in his face.” (Bukhari)

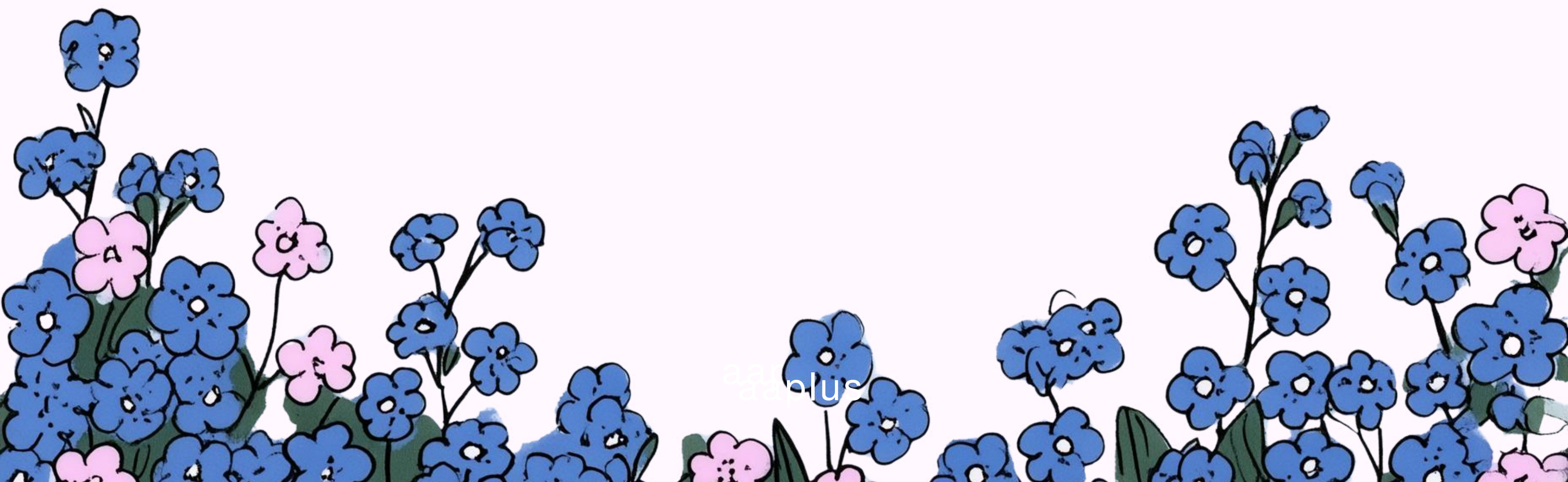
His Haya' ﷺ was the highest level of Haya' - he had Haya' in doing good; he ﷺ had Haya' to not commit shameful acts; and he ﷺ had Haya' in that he never fails to fulfill the rights of others.

Causes of Haya':

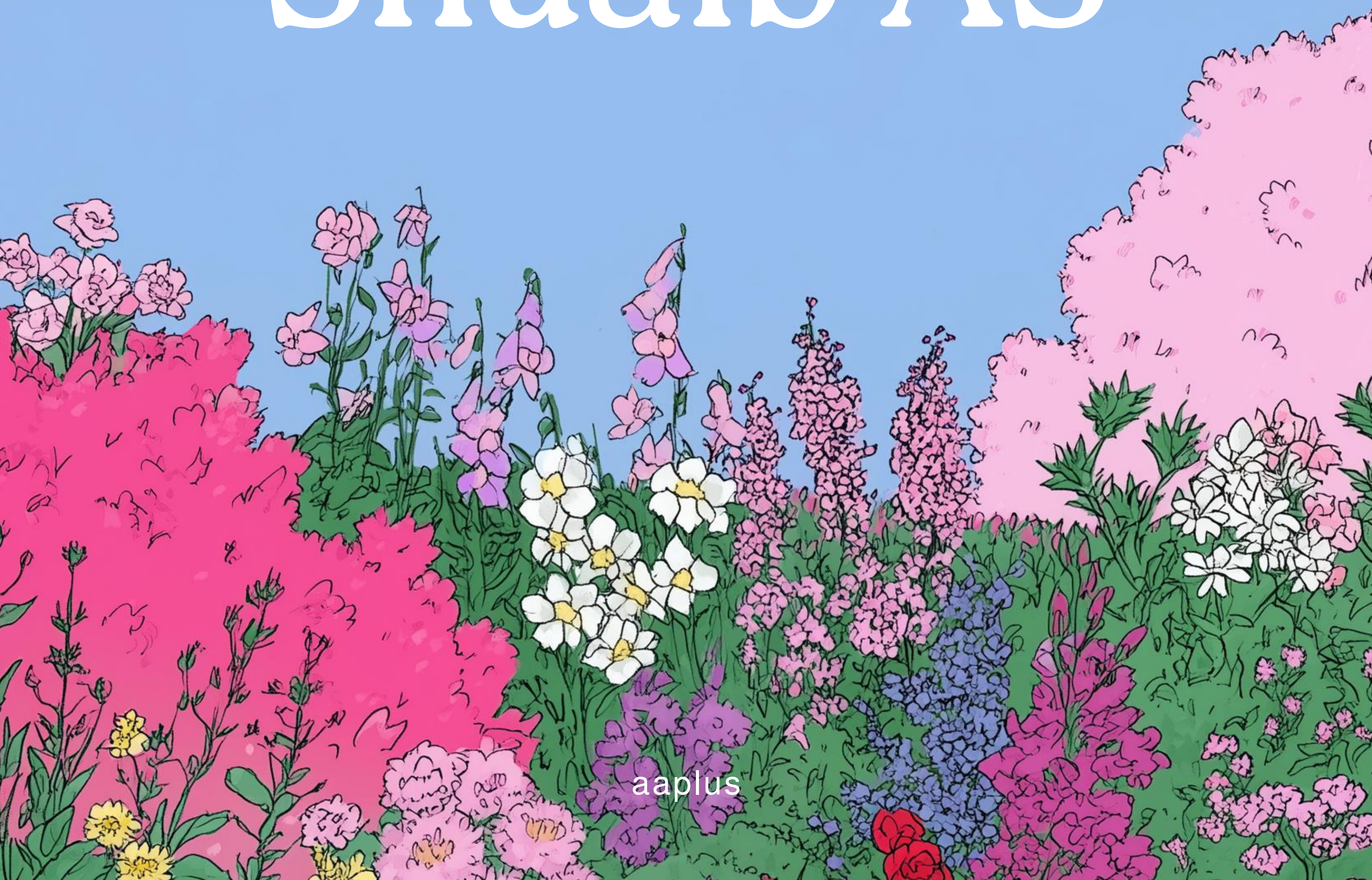
- **Haya' due to generosity:** When one feels too shy to decline an invitation to host someone at their house, where they have the opportunity to exhibit their hospitality as a host. For example, the Prophet ﷺ was once too embarrassed to ask his guests, who had overstayed, to leave. Subsequently, Allah SWT revealed this Ayah.
- **Haya' due to reverence/respect:** When we regard someone with respect, we put on our best behaviour around them.
- **Haya' due to love:** We take care not to do anything shameful around those we love, and ensure that their rights are fulfilled.



- **Haya' due to worship:** When we worship Allah SWT, we are aware that He is the Most High, yet He calls us near to Him, despite our shortcomings and sins.
- **Haya' of the self:** Scholars characterise this Haya' as though an individual possesses two souls. They exhibit a sense of shyness in committing wrongdoings, even in the absence of others, driven by the fear of Allah SWT, as well as a desire to avoid actions that may disturb their peace.
- **Haya' out of modesty/dignity:** We make a conscious effort to protect our modesty, even in the restroom, by avoiding any gaze upon our Awrah.



The Story of the Daughter of Prophet Shuaib AS



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✧ فَجَاءَتْهُ إِحْدَاهُمَا تَمْشِي عَلَى اسْتِحْيَاءٍ
 قَالَتْ إِنَّ أَبِي يَدْعُوكَ لِيَجْزِيَكَ أَجْرَ مَا
 سَقَيْتَ لَنَا فَلَمَّا جَاءَهُ وَقَصَّ عَلَيْهِ
 الْقَصَصَ قَالَ لَا تَخَفْ ^ص نَجَوْتَ مِنَ
 الْقَوْمِ الظَّالِمِينَ



Then one of the two women came
 to him, walking bashfully. She said,
 “My father is inviting you so he may
 reward you for watering 'our
 animals' for us.” When Moses came
 to him and told him his whole
 story, the old man said, “Have no
 fear! You are 'now' safe from the
 wrongdoing people.”



Al-Qasas 28:25

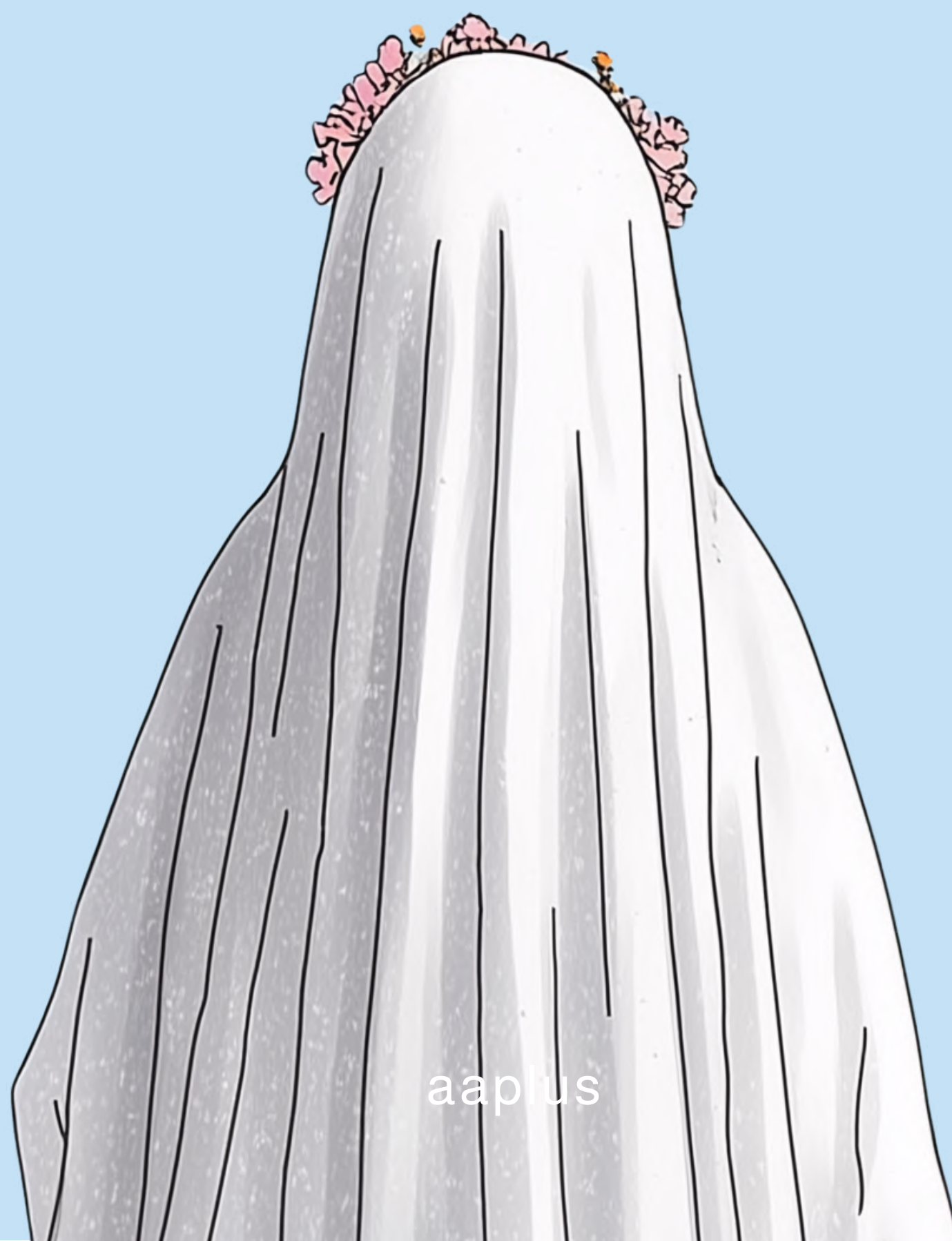
Beautiful Lessons of Modesty from the Quran

- The verse highlights the modesty of the daughter of Prophet Shu'aib in the way she walks. Scholars say that عَلَى indicates that she walking on Haya', referring to Haya being her 'transport.'

#MaShaAllah!

- Scholars have said that you can recite the Ayah in two ways: "Then one of the two women came to him walking, **bashfully**" OR "**Bashfully**, she said, 'My father is inviting you.'" indicating that both the way she walked and spoke were with Haya'!
- From Surah Al-Qasas 23-28, we learn that Haya' does not mean women should be cut off from the community. On the contrary, it empowers them to be present while upholding religious boundaries, to engage only when necessary and within the sacred boundaries of the religion.

Haya' is about
purposeful
interaction,
avoiding any
transgression
of Islamic
principles.



Haya' in the Companions:

- **Haya' towards the Prophet ﷺ:** Hadith describing the Prophet ﷺ's physical features were mostly narrated by the younger Companions, because the older Companions were too shy to look directly at the Prophet ﷺ.
- **Haya' to mention something that normally is seen as shameful/sensitive:** It is from their Haya' to discuss issues such as intimacy in private, not disclosing their shame/flaws (Aib) to others.
- **Haya' of the Sahabiyyat:** There are many stories of the Haya' of the companions. For example, Sayyidatina Aisha RA, who refused to remove her Hijab in the room where her husband, Rasulullah ﷺ, and his two best friends, Sayidina Abu Bakr RA and Sayidina Umar RA, were buried.

Closing Quote

Al-Hasan Al-Basri said,

أربع من كُنَّ فيه كان كاملاً، ومن
تعلق بواحدة منهنَّ كان من صالح
قومه: دين يرشده، وعقل يُسدِّده،
وحَسَب يصونه، وحياء يقوده

Four things that if a person possesses all of them, he is complete and whosoever hangs on to one of them, he is of the righteous of his people: A religion which guides him, an intellect which corrects him, a lineage which protects him or haya' which leads him.

