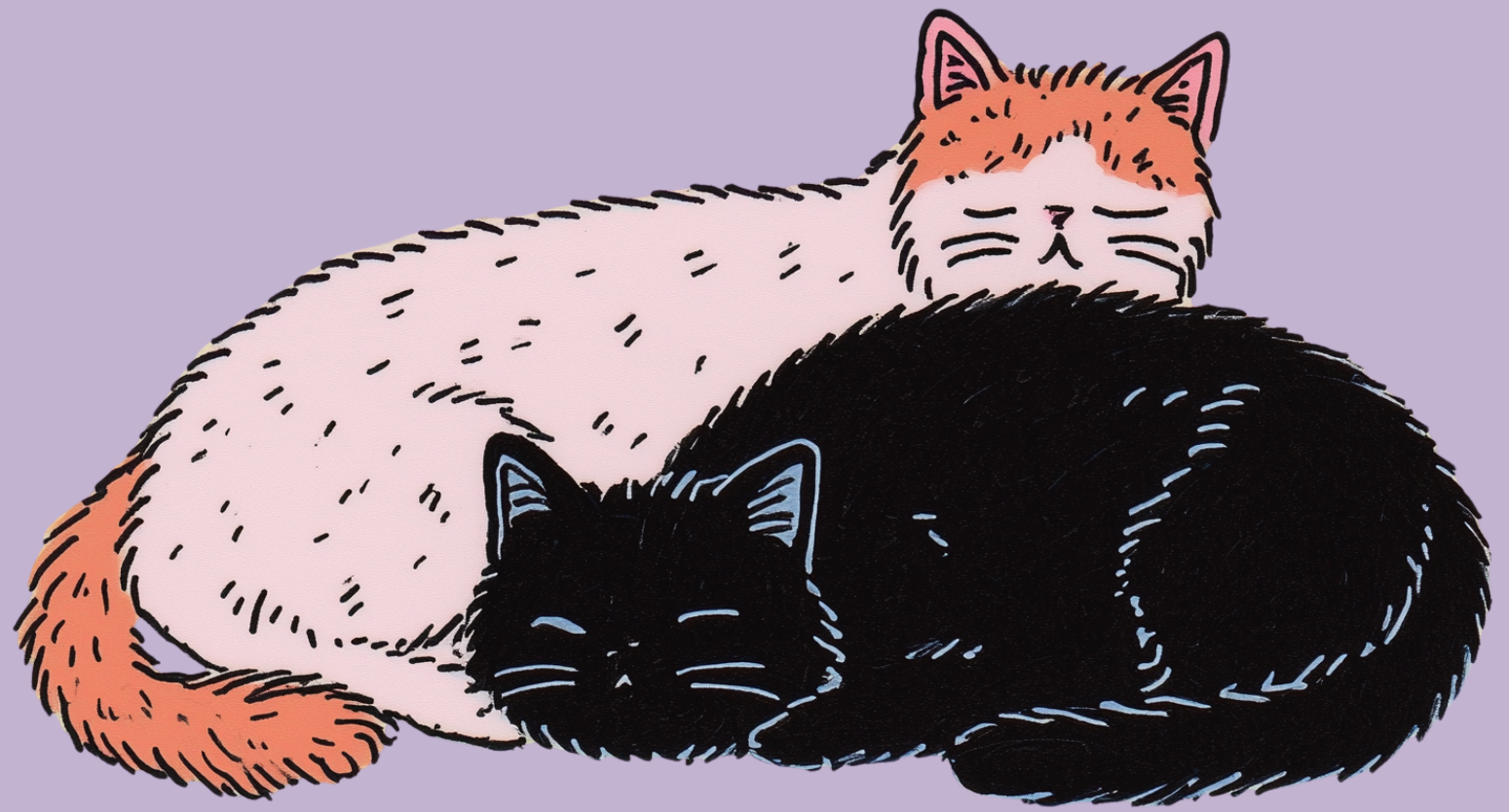


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closer



**BEING A SHELTER &
A SAFETY FOR OTHERS**

Haya' in Friendships

31 July 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Haya' transforms
companionship into a
sacred, protected space
where boundaries are
honoured, hearts are heard,
and souls are uplifted.*

Assalammuallaikum my Champions,

This week, I've been thinking a lot about how to be a better companion. I thought about how beautiful it would be if all friendships were rooted in **Haya'** - that gentle modesty, that protective grace, that makes us feel safe and seen. To be a shelter for someone, a sanctuary of calm where their soul can rest, is one of the most beautiful ways we can love.

Imagine a friendship where boundaries are not just respected but cherished, like delicate threads holding a tapestry together. A space where you can be your truest self. Where conversations are always about the beautiful Remembrance of Him, and the air is free of gossip or the need to fill silence with hollow words. Where we hold space for each other with presence and care. Where we invite one another to always do good. We learn together, laugh together, cry together, and pray for each other.

These are the bonds that make us better, that draw us closer to Allah. When we nurture friendships with **Haya'**, we create a home where hearts can unfold, where we grow into the best versions of ourselves, wrapped in the safety of trust and the warmth of faith.

So, how can we become that friend - the one who embodies **Haya'** and builds such sacred bonds? I believe these are some gentle steps we can start to take:

- **Hold space with presence:** When they speak, give them our full attention. Put away distractions, and let our hearts be fully with them, showing they are valued.
- **Guard their trust:** Avoid sharing their stories or struggles with others, even casually. Protect their hearts as we would our own.
- **Embrace silence:** Sometimes, sitting together in comfortable silence is the deepest form of connection.

Check in with care: A simple message or du'a for them can remind them they're not alone, especially in their quiet struggles.

- **Practice humility in speech:** Choose words that uplift, avoiding boastfulness or judgment, so that they always feel safe to share without fear of comparison.
- **Respect their pace:** Allow them to open up at their own rhythm, never pushing them to reveal more than they're ready to share.
- **Be consistent in kindness:** Show up reliably, whether through a kind word, a thoughtful gesture, a smile, or a du'a, especially when they're not expecting it.

I am sure there is more that can be added to the list above, so please do share if you have a tip or two!

My dearest Champs, having blessed companions on this journey is truly a blessing and I pray that may we all strive to be that refuge for one another. May we also build friendships that are lighthouses - steady, radiant, and a reliable guide that will always show us the way towards the safety of His Mercy, Amin!

a beautiful du'a

Ya Allah,
wrap me in
Your Mercy
and keep me
close to You.

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#abeautifuldua

Sometimes, when it feels like you're carrying a quiet ache, a whisper of longing that only your heart knows, or when you feel far from your **own** self, know that you don't have to carry that heaviness all alone. For Allah's Mercy is vast, wider than any struggle, softer than any pain, and that He is always listening, Ever-Near.

gratitude garden



GRATEFUL FOR A SMILE THAT SPARKS JOY

Last week, my friends and I played a game of Padel, and one of them brought her sweet Grandmother to watch us play! Her grandmother comes from the very South of Morocco and has never travelled out of her home, let alone come to a Tennis / Padel Club. The very first instant I laid my eyes on her, I couldn't help but exclaim, "Ma Sha Allah, what Noor!". She had a bright red traditional Amazigh wear, and had bright Henna on both her hands. I went straight to give her a kiss, and she embraced me ever so warmly! I was worried that she would be bored watching us play a whole game, but Subhanallah, for one hour and thirty minutes straight, she never, ever, ever stopped smiling. She was like our Coach sitting at the sidelines, giving us the energy we needed with her ever-so-beautiful smile. I've never seen someone smile like her, Ma Sha Allah, and I pray may she keep on smiling till the highest level of Jannah!

Questions from the Quran

consider the
water you
drink. was
it you who
brought it down
from the rain-
cloud or we?

SURAH WAQIAH 56:68-69

Isn't it amazing how Allah SWT nudges us to pause and think about something as simple yet profoundly necessary as the water we drink? Every sip we have been able to take should be a reminder of His Mercy and Generosity, as He's the One who sends rain from the skies, filling rivers, lakes, and of course, our cups too! This Question from Surah Waqiah is actually a part of a trio of Verses (56:68-70), where Allah SWT continues to humble us in Ayah 70: **"If We willed, We could make it bitter (or salty), so why are you not grateful?"**. This Ayah also reminds me of our brothers and sisters in Gaza, and the immense hardship they are in - may we never stop making Du'as for Allah SWT to send relief and sustenance to them, Amin!

Champs Checklist



We had a very fun breakout room discussion in one of our Sessions where we brainstormed some group activities to do that can **prevent** us from falling into the slippery slope of Gossip. Here are some of my favourites! PS: If you have any other suggestions, do share.

visual reminder



When I reflect on how I must work on my Haya as it helps me be a **better** and **safer** companion to the people around me, I'm reminded of my sweet cats, Noor and Khair. They're always seeking and offering comfort to each other, creating a space of true safety and warmth. Just like them, may we strive to be a secure shelter for our loved ones. So here's a cute illustration of them both, curled up together, as a visual reminder for us all to be a safe shelter for our closest and dearest, too.

[Download Wallpaper Here](#)

to ponder

Champs

Are our words
purifying or
polluting the
space between
two hearts?

In our "Dangers of Gossip" Session, we discussed how Allah SWT condemns and forbids name-calling, derogatory words, insults and criticisms. A Champ then shared this powerful Hadith where Sayidatina Aisha RA pointed out the short stature of Sayidatina Safiya RA and Rasulullah ﷺ replied to her, **"You have indeed uttered a word which would pollute the sea if it were mixed in it."** ([Tirmidhi](#)) Subhanallah! This Hadith reminds us of the immense weight our words carry, as even a seemingly "innocent" remark can taint the purity of our intentions and relationships. So Champs, here's a gentle reminder for us all to always use our words to uplift rather than pollute.

*Champs, on that note, I sincerely seek your forgiveness if
any of my words and writings have caused you any distress,
hurt or pain. All goodness is always from Allah SWT, and
all mistakes are entirely mine.*

FIN.
x
a

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