

# MODESTY



HAYA is the seat belt for our thoughts & feelings.

Watch your thoughts; they become words.  
Watch your words; they become your actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes you destiny.

**HAYA** controls our **HAWA**

- ✓ Makes us better than animals
- ✓ Makes us polite & well mannered
- ✓ Stops us from being foolish
- ✓ Calms us down in anger
- ✓ Makes us sorry for our mistakes
- ✓ Makes us apologize
- ✓ Makes our relationships pleasant
- ✓ Stops us from showing off

The Prophet (PBUH) said:

*Every religion has an innate character. The character of Islam is Haya.*

{Abu Dawood}

HAYA makes us

*The Best of Creation*



Write your impulsive/negative thoughts. Each day, make an effort to change them for the better. The first one has been given as an example.

**Haya in Islam**

Includes all aspects of our lives:

- Worship
- Attitude
- Dress
- Speech
- Dealings

<u>I'm thinking of...</u>	<u>Negative Thought</u>	<u>Changed to Positive Thought</u>
<b>A teacher</b>	My Urdu teacher hates me! She gives me terrible marks.	I need to read Urdu books to improve my vocabulary.
<b>A friend</b>		
<b>My parents</b>		
<b>My brother/sister</b>		
<b>My maid/driver/cook</b>		
<b>Allah</b>		
<b>Myself</b>		



How can we ensure that the level of our Haya remains high? The Holy Prophet (pbuh) helped us. He said:

“**Haya** and **Imaan** are two companions that go together. If one of them is lifted, the other is also lifted” (Haakim).

So if our Imaan is high, our high will automatically rise!

Here are some tips on how we can make sure that the level of our Imaan keeps increasing;

- ✓ Pray 5 times a day and know what you are saying to Allah
- ✓ Hold on tightly to the rope of Allah-read the quran everyday (even its only a few ayahs)
- ✓ Constantly remind your self that Allah is watching you
- ✓ Don't waste a single moment. Do zikr of Allah when your idle
- ✓ Find something that interests you through which you can remember Allah e.g. gardening, cooking, sports etc

Remember what the 3 wise monkeys said:

See no evil, hear no evil, speak no evil!