

## MODULE 5

**Class Title:** Haya - part 3

(3<sup>rd</sup> part of a 5 lesson series)

**Aim of Lesson:** To understand the role & impact of *haya* on all aspects of our lives

**Category:** Scripture/popular culture

**Lesson Format:** Power point presentation & narration. Discussion

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *Aoodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah At Ta-Ha 20: Verse 25-28)

Slide 1 & 2:

The last thing that we talked about was that Allah (swt) wants us to have the seatbelt of our *haya* on all the time. The reasons are obvious. We have discussed these reasons and how *haya* affects each and every area of our life. Can you think of any area in our lives that is not affected by *haya*?

Can you think of any area, whether its relationships or whatever, which *haya* does not affect?  
Can you?

Student: When we sin, *haya* doesn't affect us.

Teacher: When you are sinning? Definitely! When you are committing a sin and not feeling guilty at all, then there is no *haya*. On the other hand, if you sin and feel that pinch then, *Alhaumdullilah*, the *haya* is there.

Slide 3 & 4:

That's OK. That is exactly why it is very important to stay away from things that can take that seatbelt off.

There are certain things that take the seatbelt of *haya* off. That's when people do stupid things. We all do stupid things, don't we? And it is the *Rahma* [mercy] of Allah (swt) that He has given us an expiation for our foolish, stupid sins. However, until you realize that you have done something wrong, you will neither seek forgiveness this time nor stop yourself next time.

### **Which things loosen the seatbelt?**

Slide 5:

**Number one: Alcohol and drugs.** Alcohol and drugs. What happens when you drink alcohol? What happens?

Student: You get drunk.

Teacher: No, even if you don't get drunk. I am not talking about being completely blotto. Even if you drink a little, it's very bad for your spiritual health. Just a little dose of alcohol or drugs and the seatbelt of *haya* comes right off! These things 'loosen you up a little bit'. People, particularly the ones that don't really get drunk, will often say that it helps us to 'relax', to 'loosen up a little'.

Then there are people who generally get completely sloshed and young people particularly tend to do that because young people tend to take things to the extreme. So they get sloshed and it is considered a totally legitimate thing to do. You are 16 years old and you get drunk, so? I mean, what is the issue? If you are a 16 year old boy, it's not a problem at all and these days, it is getting to be like that for girls as well!

Do you know anyone in school who takes drugs or drinks? No, I am quite serious! How many of you actually know somebody who takes drugs or drinks? Raise your hands. OK, quite a few in this class, right?

Student: Sometimes it's just rumors.

Teacher: If you are not sure and it's just a rumor then don't talk about it because you don't know if it is actually true or not. All I am saying is, if you think that we are living in the land of the pure where nobody drinks or takes drugs then you are deluded. We all know that it is all around us. Even those of you who did not raise their hands, you do know that it goes on around you? Don't you? *Alhamdulillah!* It is wonderful that you don't know such people personally but we all know that the problem is there.

Slide 6:

Why has Allah (swt) made drugs and alcohol *haram* [prohibited]? For each thing that Allah (swt) has disallowed, there is a very specific and very logical reason behind it. Allah (swt) does not say 'no' out of whimsy. There are reasons behind the prohibition because what do these things do? They take away our senses! '*Khimar*' is the Arabic word for intoxicants and it means something that hides or drapes over something else. Intoxicants cover and smother our *aqal* [intellect]!

Slide 7-9:

The majority of drinkers are not alcoholics. Most have a few pegs and why? A few pegs loosen you up a little bit. It is a social thing. People invite friends over for drink parties. Some companies have work related ones. It may not be as common here as it is in other countries, *alhamdulillah*, but it definitely happens. Why are you having drink parties and those few pegs? So that the inhibitions that you have, sort of melt away. What are those inhibitions that melt away? *Haya*, the inhibition that you have is *haya*.

Under the influence of intoxicants, we do things which we would never dream of doing otherwise. The inhibitions melt away and we make complete fools of ourselves. Frequently, people justify it by saying that I am not getting drunk you know. It is unbelievable what one can do when one starts drinking. Seriously, because the seatbelt just goes away. It just goes away and you feel perfectly justified in doing the most foolish things. The result is pathetic and truly sad. It is nothing to be proud of. Afterwards there are only regrets and hangovers. A hangover is much more than just a headache - its your subsequent state of mind.

Even trying out or experimenting with intoxicants is a really bad idea. Once is one time too many. It is simply not worth it. The reason we talk about these things is because *shaitan* glorifies them in order to mislead us.

Allah (swt) has said:

...وَزَيَّنَ لَهُمُ الشَّيْطَانُ أَعْمَالَهُمْ فَصَدَّهُمْ عَنِ السَّبِيلِ وَكَانُوا مُسْتَبْصِرِينَ

.....Shaitan (Satan) made their deeds fair-seeming to them, and turned them away from the (Right) path, though they were intelligent. (Surah Al 'Ankabut 29: verse 38)

Shaitan makes sin very attractive, he gives it *zeenat* to bad deeds, he beautifies them in lots of ways.

Thus, many young kids think that it is the 'in' thing to drink or do drugs. You are wasting your teenage years if you are not having fun. All the cool kids do it so what difference does it make if I try out a little bit?

Slide 10:

That is why it is so important to understand what the reality behind it is! This is what reduces you to the lowest of the low, the *Asfala safileen*. This is what turns you into a really sad and pathetic creature. It takes you to rock bottom and you don't even realize it.

Slide 11 & 12:

Accidents can and do happen without the seatbelt. A lot of times we think its OK as we are with our friends. Or we rationalize that as it's a onetime thing so what difference does it make? It does make a difference even if it is just one time. Not everyone who gets hit by a drunk driver dies.

Slide 13:

Sometimes, the experiences that one has without the seatbelt of *haya* can have a deep impact on our lives in ways that may surprise even us! We may end up doing really stupid things for no

reason at all. We did not intend to, but we just do it and then we regret it for the rest of our life. It is not worth it! Say 'no' to alcohol and drugs at all costs. Just say “No”! It is as simple as that.

Slide 14:

**Bad company loosens our seatbelt of *haya*.** The company we keep is as important as saying no to alcohol and drugs. I would go as far as to say that. Bad company is not *haram* but bad company ruins you.

Good company sometimes forces you to be good. For example, you are around people and everyone is getting up to pray. It is no issue. You get up and pray even though you think, “oh Bother!” You have this inclination to not pray but you think, “Forget it! What difference does it make?” and you go with the flow. The reverse happens when you are in company and no one else is praying. How many of us have such strong *imaan* that we will confidently stand up for our Islamic values? Can we easily do the right thing when no one else is doing it?

Allah (swt) says that He created us weak. We are very weak creatures. Don't judge people by their scarves and *abayas* [outer coat]; On the inside, their *imaan* [faith] may be very weak. We are weak creatures in desperate need of support from our fellow humans.

Have you ever seen migrating birds fly? Every year, the migrating birds come south to Sind. They come to Karachi, to Haleji Lake, Sandspit and many similar places. It's wonderful to see the birds in perfect formation. A few years ago, I was driving on the Boat Basin road, taking my daughter to school, when this black cloud filled the sky. We looked up and oh my God, there was this flock of migratory birds in a symmetric V formation. *SubhanAllah*, was an awe inspiring site.

People have studied geese flying. Each group has a leader which flies the point of the V. In the formation the birds support each other. The thrust of each flapping wing supports more than one bird. That is the reason that they are able to fly such long distances. Have you ever seen a bird fly south alone? It would never make it. Someone asked why birds fly south and the answer was that it is too far to walk! Think about it. There is a reason why they fly in formation. Do you know what they do when the leader gets tired? He goes to the back and another bird takes over. If a bird, for any reason, injury etc, falls down, two or three actually stay behind to help it! If they can join the flock again, when the injured bird recovers, they join the flock again. Otherwise, they join another flock. They do not have the physical strength to make it alone and they know it. Allah (swt) ingrained that in them. It is programmed into the microchip inside them. That microchip is inside us as well. We are the wind beneath the wings of each other ...what we can do together, we can never do alone. It is not possible for regular, weak people like us!

Yes Ibrahim (as) shining exception – Hanif (upright) like him, all alone – wow - perhaps there are some people like him, but they are few very few. Majority of us **need** support.

You come to Perceptions every Friday, how does that happen? Do you think that there is just one person who is responsible for laying out the carpet, taking out the cushions, turning the AC's on, cleaning up after you and getting the snacks? Do you think that it is just one person? There is someone taking care of the snacks. There is someone taking care of the cleaning. There is someone who is making out your attendance sheet. There is someone preparing the classes. There is somebody who is making sure the guard is sitting outside. There is somebody who takes care of the building. There is a whole bunch of people involved for just one two-hour class in the afternoon. One person could never have done that much work.

Slide 15 & 16:

Have you ever felt the strength or the ability to do something when you are with friends? Things that you could never have done alone? Have you ever felt that? Give me an example, somebody. Good or bad thing, we are not here to judge.

Student: We climbed the thing together.

Teacher: Climbed the thing together. Climbed what thing together?

Student: The mountain at the Perceptions party.

Teacher: Oh OK. At the Perceptions party, you climbed the mountain together. It was an intense experience. OK, *Alhamdulillah!*

There are lots of things that you do with people which you would never never do alone or which you feel that you do not have the ability to do alone. Don't you agree? Think of mountain climbers, how they climb one after the other.

Student: When we go egging.

Teacher: When you go egging ...what is that?

Student: You throw eggs at people from inside a car and drive off.

Teacher: I am not judging you. I am an old woman and my hearing is going. I was just trying to clarify as to whether I heard that correctly.

Student: You wouldn't have the guts to egg someone alone.

Teacher: Yes, you would not have the guts to egg someone alone. When with friends, we go 'alright, alright' and end up doing all kinds of things.

Student: You can even pick a fight. Or smoke.

Teacher: Yup. Very true.

One very horrible thing happened in Sialkot recently. Two young boys walking home were mistaken for thieves and brutally beaten to death by a mob. A large crowd, including some policemen, stood around and watched. Do you think that those people that were standing around and even those people that were actually involved in the murder would have done it if they were alone? No.

**Bad company destroys us.** Please write that down somewhere and put it up in your rooms.

Slide 17:

The Prophet (pbuh) said that, “a person assumes the *deen* (way) of his friend, so let every one of you consider whom he takes as a friend” [Abu Dawud]

Allah (swt) says in Surah Al Furqan:

وَيَوْمَ يَعَضُّ الظَّالِمُ عَلَى يَدَيْهِ يَقُولُ يَا لَيْتَنِي اتَّخَذْتُ مَعَ الرَّسُولِ سَبِيلًا  
يَا وَيْلَتَى لَيْتَنِي لَمْ أَتَّخِذْ فُلَانًا خَلِيلًا  
لَقَدْ أَضَلَّنِي عَنِ الذِّكْرِ بَعْدَ إِذْ جَاءَنِي...

And the Day the wrong doer will bite on his hands (in regret, he will say: ‘Oh, I wish I had taken with the Messenger a way. Oh, woe to me! I wish I had not taken so & so as a friend. He led me away from the remembrance after it had come to me. (Surah Al Furqan 25: Verses 27-29)

Be careful who you befriend. Like one of you said, you would not go and egg someone if you were on your own. A lot of times we do things because we are together and the girls just want to have fun. Everybody is doing it and I’ll do it because I want to be one of them.

Bad company loosens your sense of who you are. You forget about rules; you throw your conscience out of the window. We have all done that. Little children do it and adults do it. It is not a weakness specific to teenagers but it is more acute at your age. All of us ladies sitting here have gone through this. Don’t think that when we were your age, people did not do anything.

Slide 18:

Who you are with can keep your *haya* high or can just throw it out of the window. When I said alcohol and drugs loosen the seatbelt, many of you were very smug, thinking, “What do I have to do with alcohol and drugs?” Bad company though, is something which we all have to deal with.

Slide 19:

Again, this is not a question of *halal and haram*. *Alhamdulillah*, we Muslims are very careful about *halal and haram*. That is absolutely wonderful! You stop and you say, “No way! This is *haram!*” But egging somebody or making fun or just being nasty to others, it does not fall in the *haram* category so you think its OK.

Party times or fun times with other girls can be pitted with holes and traps for the unwary. Lets try a little belly button piercing, its really hot. Or pot is not hard drugs so let me just try it once. I know what pot is and where you get it from as well. You can become involved in all sorts of things because of your friends. Frequently, its friends who are just frivolous and not really bad who lead you astray. Friends who are not indulging in *haram* but are just frivolous.

The devil wears Prada. The sort of kids who only care about the color of their nail polish, what to wear, where to go next and where are we going for dinner tonight? Oh, oh, oh, let's get together and go to the Diner or to Nandos or the Boat Club or whatever. That is what their lives are about. So that is what you end up doing with your life too. Do you understand that? You are not indulging in *haram*, but their being frivolous and more frivolous also lowers your sense of *haya*; it just does.

Do you understand that who you befriend is **extremely** important?

Student: Is it a bad thing to go out with friends?

Teacher: No it is not a bad thing at all. I never said that. Going out with good people is fine. For example, what do you do when you go out?

Student: We talk.

Teacher: Talk about what?

Student: Gossip.

Teacher: Gossip. That is *gheebat* (backbiting) and it is like eating the flesh of your dead brother. I am not making this up. It is in Surah Al Hujarat in the Qur'an.

...وَلَا يَغْتَابَ بَعْضُكُمُ بَعْضًا أَيُّبُّ أَحَدُكُمْ أَنْ يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ  
تَوَّابٌ رَحِيمٌ

(Surah Al Hujarat 49: verse 12)

Gossip is serious business, not to be taken lightly. That is what I am saying. If you are at

someone's house, you act like the people you are hanging out with. If you are at someone's house, hanging out with your friends, what do you do?

Student: Watch movies.

Teacher: Watch movies! Gossip! Posting on Facebook! We check out everybody's pictures, see who has posted what, take pictures of ourselves and post them on the wall. Don't you? Also we watch the walls of our 300-600 'friends'!

Do you know what voyeurism is? Do you? Its when you look at something and you get pleasure out of that; a kind of naughty pleasure. The word was initially used for peep shows. You know what peep shows are, right? If somebody goes, for example, to a strip club, they are not actually doing anything physically. They aren't directly involved but they are looking at somebody taking their clothes off and they are getting some kicks out of it; that is voyeurism. Watching a dirty movie, for example, is also voyeurism. Now days, if you are honest, all movies are dirty. Can you think of a movie that is not dirty?

Student: It just has some bad parts.

Teacher: **Yes** and we think that that is OK. That is why it is so important who you are hanging out with. Every movie has a bad part in it. The way you said it, so casually, reinforces my point. Every movie has a bad part in it, whether it is Harry Potter, a cartoon or a horror flick.

**Facebook is a new form of voyeurism!** On it, we are checking out people all the time and getting some kind of crazy kick out of that. Why else are you posting so many pictures? Why? You get a kick by looking at someone's picture and that someone is getting a kick by looking at your pictures. You are not striping. You are not posting any naughty pictures *n`auzoobillah* but do you realize what you are doing?

So the thing is, who you hang out with defines who you are! Whether you are hanging out at home thinking, 'Ok! This is all good, clean fun' or at a party. Define 'clean fun' for yourself. Go home and write down, 'this is what I did at so & so's house today.'. Define it, see where you stand i.e this is what I did at my friend's house, and then see where your *haya* was at that time?

**Who you hang out with defines who you are.**

Student: Why is posting decent pictures voyeurism?

Teacher: Tell me, why do you check out somebody else's album? What is the reason for it?

Student: She's a friend.

Teacher: are you a stalker?

Student: Of course not.

Student: We don't stalk anyone.

Student: We just look at our friend's pictures.

Teacher: Even if they are just your friend's walls. First of all, are you really good friends with 900 people?

Student: Some are good friends, others so-so.

Teacher: How many times do you update your status?

Student 1: Twice a day.

Student 2: Once a day.

Student 3: Sometimes even less than that!

Teacher: Right, try to understand what I am saying. Why do we really post pictures on Facebook? I am not talking about dirty pictures. I am not saying that you wear skimpy clothes and become another Madonna. The only reason we post pictures is because we want somebody else to look at them. Otherwise why would you post pictures and why would you take pictures and look at them yourself? Just save them on a file in your laptop and keep them on the laptop. The only reason you post, whether you admit it or not, is because you want other people to see it. That means that you are getting some kind of kick out of it. That is the truth. Let us call a spade a spade. That is all I am saying.

Student: What about privacy settings?

Teacher: You will have your privacy settings turned on if you are wearing your seatbelt of *haya*. If you don't have your seatbelt on then you don't have your privacy settings. Call me old-fashioned but I don't understand how you can be "good friends" with 550 people?

Student 1: I have only 200

Teacher: 200 people on your friends list? How many friends do you have on your Facebook?.

Student 2: I don't know.

Student 3: 84.

Student 4: 200 to 300

Student 5: I don't know.

Teacher: You don't count? She is saying that her privacy settings are so cool and she has so many friends that she can't keep track.

Get real guys! Are you living in Lala land? Are you trying to fool yourself here?

Student 6: I have 247 friends

Teacher: *Alhamdulillah Rabil Alameen!* I have 247 friends on my Facebook. I know the exact number: 247.

Student 8: 35

Teacher: 35. *Alhamdulillah* how refreshing! Everyone has such dear friends that they do not know who they are?

Student 9: 50 good friends.

Student 10: They are all good friends, from different schools and tuitions.

Teacher: Do you know what the Prophet (pbuh) said? He said that if I had a *Khalil* [close friend] in this world it would have been Abu Bakr (ra). “*if*“ Just try to understand what I am saying. You are not little babies. What point is the Messenger (pbuh) making? The Prophet (pbuh) is saying that if I would have befriended somebody, if someone was to be my *Khalil*, my close friend, my buddy, it would have been Abu Bakr (ra). Do you know the relationship between Abu Bakr (ra) and the Prophet (pbuh)? Are you aware of it? *Alhamdulillah*, you all know their relationship. Rasool Allah (pbuh) was not unfriendly in anyway – he was the most pleasant, the most caring person – in fact, the way he was with people, all his companions felt, **they** have the most special relation with him. Yet, his *Khalil*, his nearest and dearest was only the One, Allah (swt).

Slide 20:

So yeah, who our friends are defines who we are. A person is likely to follow the *deen* of his friend so look who you befriend. Its that simple. Friends influence us and we influence our friends. Go on your Facebook list and see how many 'friends' you are influencing by the pictures that you are posting. Be assertive! Don't say, “I can't” or “I won't.” Don't be a nini! Learn to say, “I will not do that. I won't.”

Slide 21:

**Media distorts our concept of *haya*.** That is also a problem. No matter what you watch, you see some not-nice scenes. *Haya* has become so pathetic that you can casually say, “Oh it only has a few kissing scenes and that is fine.” or “Let us go see that movie, it does not have a bedroom scene, only some kissing.” That is our standard of *haya* today... anyone wants to disagree with that?

Slide 22 & 23:

We are mesmerized by programs that glorify *zina*, ‘Friends’ or Desperate Housewives or Grey’s Anatomy or whatever other show. What is going on in there? *Zina*, adultery, fornication; sounds awful doesn’t it, when you say it like that? Yet, that’s exactly what it is. All these shows that you see and laugh over, thinking it good, clean fun, are they really good, clean fun?

Today, these shows define our concept and mindset about *haya*. The other day I showed you pictures and you all said that this is not what *haya* is! Don’t be fooled! *Haya* is defined by shows like ‘Friends’, ‘Will and Grace’, etc. We have a man who dresses as a woman and is the host of one of the most popular talk shows here in Pakistan! We don’t need to talk about programs from other countries; we have a man who dresses as a woman. Look at our own TV shows. What is the standard of *haya* in them?

Prophet (pbuh) said, “Allah has cursed the man who dresses like a woman.” [Muslim] The Prophet (pbuh)’s curse is on somebody who dresses like a woman and we think it is cute!

Student: I don’t think it’s cute.

Teacher: *Alhamdulillah*. However, many many people think it is – that is why it is aired week after week. That is the of our standard *haya* as a society. Look at our TV shows. You can’t flick a channel without seeing something offensive! Which is pathetically shameful. Complete shamelessness reigns in our fashion world! Look at the fashions around you. I find it absolutely amazing that you can go to ten shops and not find a single decent outfit.

Slide 24:

Look at what is going on around you. How can you say that you are oblivious to all of that? How can you say that? Don’t be fooled...that is the definition of *haya* that we are getting from our media. You open a TV channel to watch a news show and look at what the telecaster is looking like! That is *haya*? And in *Ramadan*, it is really cute; you get a little *chunna hoa duppata* [crushed, skinny scarf] and wear it so that the hairdo and earrings are nicely framed, have a little cleavage showing, not too much, just enough for good measure and paired with capris up to here! I guess anything goes.

“If you feel no shame, then do what you want to do.” That is what the Prophet (saw) said. That is what the Prophet (saw) said.

The media’s concept of *haya* and the pictures that we see affect all of us.

These days, there is hardly any show on TV which is *zina*-less. Forget about shows from other countries. Even our own dramas are full of junk. So even if you watch Pakistani shows or whatever, the indecency is just unbelievable and that is the standard that everybody is used to. So

if somebody is wearing a half sleeve, we say, “Allah *kitne decent kapre pahne wohe haye...aaj to bari bibi bn kay ayie haye!*” [Look how decently she is dressed today. She looks like an old woman!] That is the standard of *haya* that we have been conditioned to accept.

Slide 25:

“Fool us once, shame on them! Fool us twice, shame on us.”

Slide 26:

If we want to save ourselves from accidents, in this world and in the Hereafter, we need to keep our *haya* level high. *InshaAllah.*

In the next class, we are going to talk about how to keep our *haya* level high.

Du’a for end of a gathering) *Subhana Rabbika Rabbul Izzati ‘amma yasifun wa salamun ‘alal mursaleen, walhamdulillahi Rabbil ‘alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*