

MODULE 5

Class Title: Hijab - Part 6 (6th part of a 6 lesson series)

Category: Scripture/Popular Culture

Aim of Lesson: To learn practical steps on how to do hijab

Class format: Power point Presentation & discussion

(Greeting to students) *Assalamu 'alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *A'oodhu billahi min Ash Shaytaanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

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

Slides 1 – 4:

We spent this term talking about an extremely important aspect of our *deen* – the system of *haya* and *hijab*. Alhamdulillah much “theory” was covered. Your enthusiasm to learn was wonderful, *mashaAllah*! We saw – based on solid evidences – that hijab is indeed a commandment of Allah (swt) for believing women to cover themselves in front of *non-mehram* guys. We saw how this ruling was applied by women around the Prophet (pbuh). We analyzed the wisdom behind this commandment.

Hijab does not apply only to clothes. It is a state of mind, behaviour, and lifestyle. Hijab celebrates a desirable quality called *Haya* (modesty), a deep concern for preserving one's dignity. *Haya* is a natural feeling that brings us pain at the very idea of committing a wrong. The Prophet said: "Every religion has a distinct call. For Islam it is Haya (modesty)." [Ibn Majah].

Much theory! So now what? That's it. Done? Someone said something really cool about the Quran – “these are not verses to read, these are verses to do”.

Slides 5 – 8:

One of the most difficult decisions many Muslim girls and women face is the decision to start wearing hijab. This is certainly true for reverts, but may also be true for those whose families, friends or even whose cultures are not particularly observant. Don't worry, countless Muslim women have been where you are today. They have been through the whole thing – full Monty!

They offer some advice that I hope *inshallah* will be helpful to those of you who are considering wearing hijab but find that something is holding you back.

The first step is to learn about hijab. And *alhamdulillah*, we have done that, in some detail!

Making the decision – the first step is the hardest. This is where the difficulties usually come in. For many, it truly is a jihad. I remember very vividly how scared I was the first day I put on the *dupatta* on my head (scarf) and went out into public. It was the most terrifying experience. I felt everyone was looking at me, judging me, thinking I had gone “fundo” (slang for fundamentalist) and what not. But you know, nothing happened! It was all in my head. It was my fear, that's all.

You have to make mental preparations. Just like athletes do before important games. Focus and concentrate on the task ahead. Tell yourself why you want to wear hijab. Fix your intention for the sake of Allah (swt) alone. No other reason.

And remember what Allah (swt) has said:

...وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ

And seek help in patience & Salah... {Surah Al Baqarah,2: Verse 45}

Do two *rakah salah* and beg Allah (swt) to help you.

Slide 10:

Wear it for the sake of Allah (swt)

Various statements are made about why you should wear hijab, such as for modesty or for protection, but the real reason that we wear hijab is that Allah (swt) has commanded it. Whenever anyone asks you, why do you dress like that, that's the only answer you need to give them.

Allah (swt) is the source of everything we have, our existence, our life, our capability, even our goodness. If He ever stopped sustaining us, we would vanish in that instant. If He ever took away what he gives us, we would never have even a speck of it. If we worked for millions of years, we could never repay Him for all that He has given us. And yet He does give it to us, and all He asks in return is that we do our best to obey what He has commanded us. Surely wearing hijab is a very small thing that you can do for Him compared to what He does for you!

Slides 11 - 13:

Wear it for the hope of Jannah.

Allah (swt) makes tests for us in this world. He makes things difficult for us. He wants to see if we will remember Him, if we will have faith in Him, and if we will trust in Him. These qualities are what is meant by "*sabr*".

Allah (swt) does not lose the work of anyone, ever (see Surah Ali Imran ayah 195). Even if it seems like nobody is paying attention to you or notices or appreciates good things that you do, Allah (swt) has seen them, and He will not forget them. Even when it seems like the whole world is against you, Allah (swt) is always there for you when you turn to Him. Remember this.

Allah (swt) always wants the best for us and in His wisdom He knows why each thing that happens to us is in fact best for us. When it seems like everything is going wrong and life is just one disaster after another, it is easy to forget this and to become bitter and skeptical. Yet we must

remember always to have faith that Allah (swt) knows best why He has willed this for us, and we must always ask Him only “Make me pleased with what You have willed for me”.

This world we live in, although it seems at times to be the only real thing, is actually fleeting compared to the Hereafter, which is better and more abiding. The trials of this world will seem as fleeting as a nightmare when seen from the Hereafter, and the pleasures of this world will also seem as fleeting as a dream when seen from the Hereafter. It’s our happiness in the Hereafter that we should be most worried about attaining, because it is what will last forever; and it’s our suffering in the Hereafter that we should be most worried about avoiding, because it also will last forever.

Allah (swt) has promised *Jannah* to those who remain steadfast in their faith in Him and who trust in Him.

The more difficult it is for you to have *sabr*, the greater the reward for it. So what will it be? Ease in this world, and perhaps the eternal sufferings in Hell? Or difficulty in this world, and *inshallah* the eternal bliss of *Jannah*?

Let’s face it, the old cliché’s are true: there’s no such thing as a free lunch and you can almost never have your cake and eat it too. We’ve all got to face difficulties some time. Better by far that they be in the world than in the Hereafter.

So that’s what you should set your mind to. Yes, it’s difficult to wear hijab. You may be rejected by your family or your friends, you may face harassment and persecution or be made fun of. These are very scary thoughts. But if you have *sabr* and keep trusting in Allah (swt), this is the path to *Jannah*, and when you look back on the Day of *Qiyamah* you will know that it was worth it and have no regrets.

Slides 14 - 18:

Wear it today and trust in Allah (swt) for tomorrow.

What do I mean by that? What I mean is that you should take it one day at a time, or even one outing at a time. Sometimes the future seems to stretch on forever and ever and you don’t think you can make it that long. You want to give up before you even begin.

So sometimes the best thing to do is to keep your mind focused on what is immediately at hand. Allah (swt) will take care of the future. If you have to go out to the market, then concentrate on being able to wear hijab just for this activity and on getting through it. If you do get through it and nothing bad happened, then give thanks to Allah (swt) for making it easy for you, and turn your mind to your next outing.

Or if you have to go out to school, then concentrate on being able to wear hijab just for this one day and on getting through it. And give thanks to Allah (swt) when you have made it, and turn your mind to the next day.

Eventually the outings will turn into days and the days into weeks, and the weeks into months. One day you will realize that you have been wearing hijab for quite a long time and it isn't really as bad as you feared, and Allah (swt) helped you get through it. Don't be ashamed. Sometimes it is like this. The most important thing is to have *sabr* and keep your trust in Allah (swt) always.

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا

“.... And whoever fears Allah (and keeps his duty to Him), He will make a way for him to get out (from every difficulty).” (Surah At Talaq 65: Verse 2)

Every day of our lives we put our trust in someone else's hands. Why not trust Him (swt)? Have faith that He **will** make it easy for you. You have to hang in there in moments of fear or stress.

Slides 19 – 27:

Wear it and spite the shaytan.

The worries and fears in your mind are the whisperings of the shaytan. He wants to talk you out of obeying Allah (swt).

It is very easy to keep going around in circles in your mind and to dwell on all the things that could go wrong. I know that I myself have a tendency to do this, I put it off and I dither and I wait for “the perfect time”. If I let myself, I would never do anything at all!

So the thing you have to remember is that you do not need to be perfect in *iman* to wear hijab. If perfection were a qualification, where is the person who could wear it?

You must also not fall into the trap of thinking that you should wait until all your worries and fears have disappeared. They never will!

Shaytan whispers in your ears: people will make fun of you. You will be a social outcast. Well, if someone is mean and makes fun of others, the reasons could be many – not necessarily hijab.

And yeah, he will insinuate – no boy will ever be interested in you. That's a classic. You will be so unhappy and miserable and oppressed. He will bring forward the worst stereotypes of an “oppressed, hijabi Muslim girl” – poor thing! Don't fall for that at all.

All hijabis are not “poor little Muslim girl” at all – serious myth.

27 – 29:

True courage is going ahead to do what's right even though you are still nervous and scared. So don't listen to the shaytan. Ignore the worries and fears he whispers into your mind. Tell him that you will not let him keep you from obeying Allah (swt) and you will not let him rule your life.

Once you have come to know in your heart that you must wear hijab, then you have to set a day and JUST DO IT !!

This is the only way. Set a day and when that day comes, you have to do it. Don't back down. Don't give up. Do it.

Take a deep breath and dive in – *inshaAllah* you will come up in one piece, smiling!

Slides 30 – 33:

You might feel, no, I can't take the plunge head on. You want to test the waters first, that's ok as long as you firm Resolve to go for it one step at a time, no stopping or looking back.

We can't become what we need by remaining what we are ... wise saying. And time is ticking. You cannot just keep dilly dallying.

Slides 34 – 37:

Offer *salat al-istikhara*. Make *du'a*. Make lots of *du'a*. Do not stop making *du'a*. Ask Allah (swt) to give you strength. Ask Him to make it easy for you. Ask Him to help you.

He will. He is always there for you when you turn to Him. Remember how much He has given you, how everything that you have, even your very existence, is due to Him. Remember that He deserves this from you. Remember the promise of *Jannah*. Remember that remaining patient and faithful through difficulty now may lead to *Jannah*, *inshallah*.

Even if bad things happen, keep these thoughts in your mind. Don't worry about tomorrow. Just concentrate on getting through today, and leave tomorrow to Allah (swt) until it gets here. That's how you do it.

Rethink your wardrobe. What does that mean? It means, look at your wardrobe. Go over the dress requirements you have just learnt. See where the gap is in theory and in your practice. For e.g. If you have all T-shirts and sleeveless outfits – add a shrug on top. Clothes are too tight, loosen them. Think of it this way – more shopping!

Set specific goals – we discussed it right now too. Make specific targets. I will wear a scarf this afternoon when I go out shopping. And wear it.

Never feel that you are alone, or that you are the only one who is scared and worried and nervous. Just about every other believing woman/girl who has travelled down this road has gone through the same things.

Your friends in *deen* are here for you. We have been where you are. We are encouraging you and cheering you on. We know what it takes because we had to find that in ourselves too. We are praying for your success just as we prayed for our own.

Slides 38 – 39:

Good things happen to those who go for it. Remember, not just your like-minded friends, but angels will be cheering for you. Yes.

Slides 40 – 41:

Neil Armstrong had said stepping on the moon: One small step for me, one giant leap for mankind. You know what? One small piece of cloth - one giant leap of faith for you.

Slides 42 – 44:

What happens is this. When one door closes another door opens. But we often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

Allah does not burden a soul except what it can bear. For it is what it has earned, and upon it is what it has made due. “Our Lord and Sustainer, do not condemn us if we forget or do wrong. Our Lord and Sustainer, do not put a burden on us like the burden You put on those who were before us. Our Lord and Sustainer, do not put a burden on us that we cannot endure. And blot out (our sins) and forgive us, and be gentle to us. You are our Protector. So help us against the rejectors.” (Surah al-Baqarat ayah 286)

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*