

# MODESTY



## DON'T use Haya as an excuse NOT to:

- ⊗ fulfill Allah's commandments
- ⊗ seek knowledge
- ⊗ ask for help
- ⊗ do a good deed
- ⊗ stop wrong doing



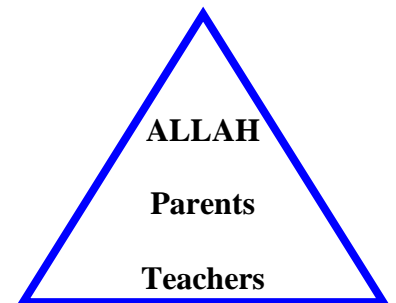
HOW can we keep our HAYA level high?

The Prophet (PBUH) said:  
*Haya & Imaan are 2 companions that go together. If one is lifted, the other is also lifted.*  
{Hakim}

High Imaan ↔ High Haya!

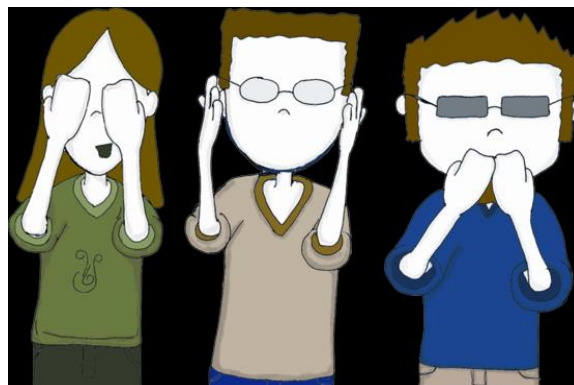
## Tips to increase level of our Imaan

- ✓ Pray 5 times a day and **know what you are saying** to Allah (swt)
- ✓ Read the **Qur'an** everyday (even if only a few verses)
- ✓ Make an effort to **understand the Qur'an**
- ✓ Be **conscious** that Allah (swt) is watching you
- ✓ Do **dhikr** of Allah (**Assalam alaikum** instead of **Hi**, is also **dhikr**)
- ✓ Remember **Allah** through a favourite activity (gardening, cooking, sports)
- ✓ Learn & say **daily du'as** of the Prophet (pbuh)



MUST do Haya with

## HAYA with ALLAH



See no evil, Hear no evil, Speak no evil!