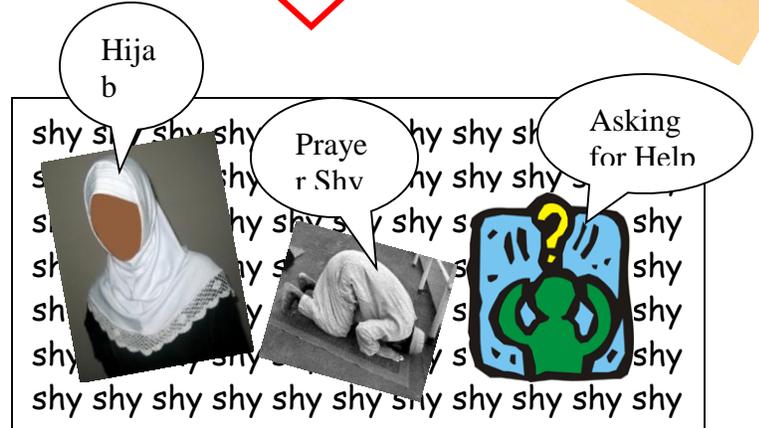


# MODESTY



**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

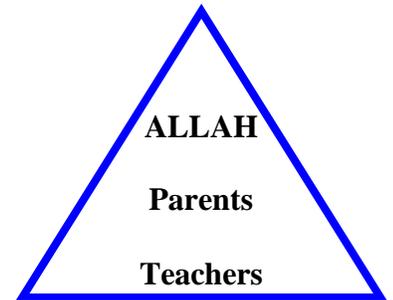


HOW can we keep our HAYA level high?

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

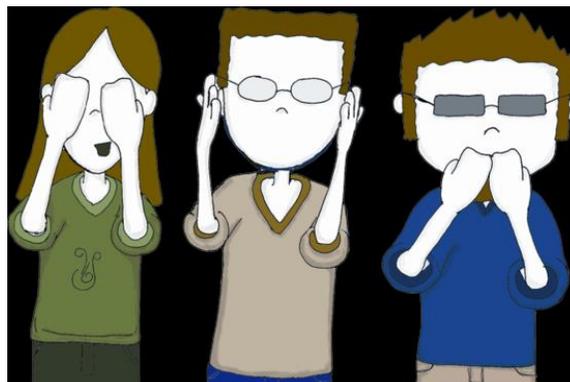
High Imaan ↔ High Haya!

- 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!