

MODESTY & CHASTITY  
LESSON 7D09

**HAYA**  
**(MODESTY)**

## Learning objectives



1. To outline the Islamic understanding of modesty
2. To explain the rules of hijab for men
3. To evaluate the necessity of modesty & chastity in our lives to build an equitable society

# KEY WORDS



## Key Words

حَيَاء

*Haya*  
modesty; bashfulness

عِفَّة

*Iffah*  
chastity

# Ayat



## Surat an-Nur, 24:30

قُلْ لِّلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ  
ذٰلِكَ اَزْكٰى لَهُمْ اِنَّ اللّٰهَ خَبِيْرٌ بِمَا يَصْنَعُوْنَ

Tell the believing men to cast down their gazes and to guard their private parts.  
That is more decent for them. Allah is indeed well aware of what they do.

# Meaning of Modesty & Chastity in Islam



- Being modest means being humble and not being proud of yourself or the special qualities that you have.
- Islam encourages us to practice modesty.
- Being modest does not only mean to be humble and not proud, it also means that one should be decent in one's behaviour, speech, and dress.

# How to Behave Modestly?



- All our actions must be in accordance to the teachings of the Ahlul Bayt(a)
- Respect our elders
- Be helpful when ever we can
- Not to interact and mingle freely with non-mahram
- Always remember the lifestyle of our Prophet Mohammad (pbuh) who is a perfect example of modest behavior
- Behave in the society in a way that does not display our physical beauty

# Modest Speech!



- Always speak the truth
- Be polite and gentle when talking to each other
- Avoid using foul language and foolish talk
- Talking inappropriately and making fun of other is haram and must be avoided

# How to Dress Modestly?



- There are special rules in Islam for men and women regarding how we should dress modestly

## HIJAB FOR BOYS:

- ❖ The Ayat of Surah an-Nur, 24:30, talks about 2 kinds of hijab for men; hijab of the eyes, and hijab of the dress

### Hijab of the Eyes:

- The Ayat referred above is ordering men to lower their gazes and not stare at the hair and body of women



## Contd... How to Dress Modestly?

- Staring and looking at the body with lust and pleasure is haram and must be avoided
- Wherever possible girls & boys should have separate gatherings
- Avoid attending mixed gatherings

### Hijab of the Dress:

- In the 2<sup>nd</sup> part of the above referenced Ayat, Allah is asking men to “guard their private parts”. This means that men should wear clothes that cover their private parts
- Men should also avoid wearing tight clothes so that the shape of their private parts are not revealed

# Why are Modesty & Chastity Important?



- Imam Ali (as) has said “Modesty is the key to all goodness, it is the means of all beauty, and it prevents ugly actions”
- When the laws of Modesty and Chastity is applied in the community, it ensures that everyone's behavior, speech, and dress is decent and acceptable
- It also helps create a society of mutual respect, free of many sins and vices

## In conclusion:

- Modesty means being decent in behavior, speech, and dress
- There are specific rules of modesty and chastity for both men and women in Islam
- Being modest and chaste can prevent many sins from being committed

