QURANIC RULES OF MODESTY

BY
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اَخْمَدُلِلهِ وَكَفَى وَسَلامٌ عَلَى عِبَادِهِ الَّذِيْنَ اصْطَفَى أَمَّا بَعْد أُمَّا بَعْد

فَاعُوذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ فَاعُوذُ بِاللهِ الرَّحْمٰنِ الرَّحِيْمِ بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

وَلَا تَقْرَ بُوا الزِّنَا إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُوْن ، وَسَلَمٌ عَلَى الْمُوْسَلِيْن سُبْحَانَ رَبِّكَ رَبِّ الْعَالَمِيْن . وَالْحَمْدُ لِلهِ رَبِّ الْعَالَمِيْن .

اَللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى أَلِ سَيِّدِنَا مُحَمَّدٍ وَّبَارِكُ وَسَلِّمْ اللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَّعَلَى أَلِ سَيِّدِنَا مُحَمَّدٍ وَّبَارِكُ وَسَلِّمْ اللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى أَلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكُ وَسَلِّمْ اللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى أَلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكُ وَسَلِّمْ اللّٰهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى أَلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكُ وَسَلِّمْ

Allah 继 says in the Holy Quran:

Translation: Do not even go close to fornication. It is indeed a shameful act, and an evil way to follow.

This verse of the Holy Quran has abstained us from going near to fornication. Going near to fornication means that Na-Mahram men and women should maintain a distance from each other and not become informal with each other.

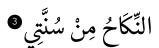
The Nature of Men and Women

Allah has kept an attraction and affection in the nature of both men and women for each other. This attraction is there since the day men and women were created and will remain till the day of Judgement. It is at times less and at times more. Sometimes this attraction and affection grows to an extent that whenever a man hears the name of a certain woman, he becomes restless. Allah has put a desire in both the genders for each other. To fulfil this desire, He has ordered a man and a woman to get married. This desire will be kept in control through marriage.

This command of Allah **\&** is mentioned in the Holy Quran:

Translation: Then marry the women you like

The Holy Prophet # has also encouraged us to get married, He said:



Translation: Marriage is part of my sunnah

He 🕮 also said

Translation: Whoever gets married, fulfils half his Eiman.

Marriage helps us in controlling this desire. Allah has made marriage a worship. Not only that, Allah has also made getting married early a worship.

- € سنن ابن ماجه، باب ماجاء في فضل النكاح ،رقم1836
 € المعجم الأوسط 7/ 332

This is mentioned in the summary of a saying of the Holy Prophet ::

Translation: Haste in five things, one of them is getting Your children married when they become mature.

If we do not promote timely marriage, fornication will become a norm in our society. Islam wants spouses to live with chastity and modesty. Therefore, if a man is unable to fulfil his desires with one wife, Islamic Shariah allows him to have up to four wives at a time. This will help that person to fulfil his natural desire and he will not engage in indecency and adultery. Similarly, Islamic Shariah allows a woman to seek Khula if her husband is not able to fulfil her desires. All this is because Allah does not want immodesty to become a norm in the society. Humans should not be like animals where men and women are openly fulfilling their desires, as seen in societies where marriage is not given much importance. This situation is being witnessed in America and Europe today. When their children are growing up, they witness that neither their parents, nor their teachers are abashed when they commit fornication. Resultantly, nearly every student who goes to colleges and universities commits fornication. In fact, according to one study, students at colleges and universities end up committing fornication with multiple people in their college life. This results in the whole society becoming a hub of fornication.

Four Rules of Modesty

When a person does not get married in time, it is feared that he may end up indulging in fornication. Allah not only wants us to abstain from adultery, but He also wants us to not even go near it. Allah has ordained some rules in the Holy Quran to help us guard ourselves from committing fornication. There are 4 rules to help us abstain from fornication, which have been mentioned in the Holy Quran.

1. Guarding our Gaze

The first Quranic order is to guard and lower our gaze Allah & says:

Translation: Tell the believing men that they must lower their gazes.

Not only the believing men, but also the women have been ordered separately.

Translation: And tell the believing women that they must lower their gazes

There is a false impression in our society that looking at a Na-Mahram is attractive only for the men. Women often claim that looking at a Na-Mahram does not leave any effect on them. The Holy Quran proclaims that this is not true. If a woman looks at a Na-Mahram man, it will influence her heart in the same way it affects a man when he looks at a Na-Mahram woman. Allah has ordered men and women separately to put emphasis on this. That is why it is equally important for men and women to guard and lower their gaze.

[€] سورة النور: 30

[•] سورة النور: 31

Guarding the Gaze is not a Stereotype

Some people argue that this is a fuddy-duddy idea that men cannot look at Na-Mahram women and women cannot look at Na-Mahram men. This is an order of Shariah.

The Holy Prophet **said**:

Casting an evil glance is an arrow from the poisonous arrows of Satan. Whoever forsakes it for the fear of Allah , will receive from Him a faith, the sweetness of which he will find within his heart.

Calling the orders of the Quran and Hadith old-fashioned and stereotype can put your own faith in danger.

Nowadays it is Difficult to Guard the Gaze

It is not enough just to proclaim that I guard my gaze. Guarding the gaze requires planning. Anyone who wishes to fulfil this commandment of Allah will have to be mentally prepared for it, otherwise it is difficult to protect one's gaze. These days, there is immodesty and indecency everywhere. Even our smartphones can contain indecent and obscene material. Only the person who prepares for it can succeed in guarding his gaze. A friend in USA narrates how he was unable to guard his gaze. This young man was very pious. He used to pray tahajjud as well. His office had many female employees, because of whom he was unable to guard his gaze. He thought about it that what should he do? He did a lot of planning on how can he protect himself from this sin? Should he relocate his office chair? Where should he sit? Allah provided him a solution. He decided that he will not wear his spectacles while working at his table. In this way, Allah helped him guard his gaze. Therefore, to guard one's gaze, planning is important.

Guarding the Gaze by Burning the Finger

During the British Rule, there was a young man who was interested in learning the religion. He searched about the best institute in the Indian Subcontinent to learn the Quran and Hadith; an institute where all the teachers are pious and are friends of Allah. He found one such institute and went there for getting admitted.

When the institute administration saw the burning desire of the young man to seek knowledge, they agreed to admit him but due to the shortage of accommodation space, they asked him to arrange a place to live for himself. The young man went to a masjid nearby and spoke to the Masjid Administration. He requested them to allow him to spend the night at the Masjid as he will acquiring knowledge in the institute during the day. The administration accepted his request. He used to learn at the institute during the day and would often study under candlelight during the night. One night, as usual, he was studying at the Masjid when he suddenly began to hear some noise. It seemed as if people were fighting with each other. After a while, a girl entered the masjid out of nowhere. He was surprised. He asked her who she was; and informed her that women are not allowed in Masjid like this. She responded that people were killing each other outside the Masjid and that she has just come here to save her life. The young man allowed her to stay at the Masjid but with the condition that she will stay at one corner of the Masjid while he will stay at the opposite corner. And that she will leave as soon as the situation normalizes. The girl agreed and said that she has not come here with her choice; and will leave as soon as the fight ends. She sat in one corner, and he sat in the opposite corner to study. The girl noticed that after every few minutes the young man used to touch his finger to the flame of the candlelight and then would start studying again. After some time, the noise outside receded. That is when the young man requested the girl to leave. She said she will not leave until he revealed the truth about why he was repeatedly burning his finger. The young boy revealed that after every few minutes, he felt the desire to look at her. He would then put his finger in the flame to remind himself of the Hellfire and that he must guard his gaze.

Not Guarding the Gaze is a Sin for Women too

Anybody who has firm faith that casting evil glances is a lesson taught by Satan, and that it is an act which ruins Iman, will never commit this sin. Just like casting evil and lustful glances is a sin for men, it is also a sin for women. Once Hazrat Abdullah ibn Umme Maktoum R.A., who was a companion with lost sight, came to visit the Prophet at his house. The Prophet used to respect him and had immense love for him. When he came, Prophet ordered his wives to cover themselves and move inside the house. One of the wives of the Prophet said: "O Prophet of Allah! He is a blind man; can he see us?" The Prophet replied that although he cannot see you, but you can see him. This is being said to the blessed Wives, those for whose purity, Quran itself is a witness.

2. Covering Ourselves

The second Quranic order is to enforce a Parda between men and women. Parda means to cover up and not mingle with the opposite gender. We take care of this in the Masjid and the Madrassah, but in our homes, weddings, and in shopping malls, Na-Mahram men and women are seen roaming together. We may think that this is permissible at these places but impermissible in the gatherings of the pious people. The truth is that it is impermissible everywhere.

Parda is a Means for Cleaning the Heart

The Companions of the Prophet swere ordered in Quran that if they want to ask anything from the wives of the Prophet sk, then they should ask from behind a curtain.

Allah 🅸 says:

Translation: And when you ask anything from them (the blessed wives of the Prophet), ask them from behind a curtain. That is better for the purity of your hearts and their hearts.

It has been seen that when Parda is not observed between men and women, they behave informally with each other, leading to making their hearts impure. To say that there will not be any effect on my heart is incorrect. When Allah is ordering the Companions of the Prophet , who were the purest people on earth after the Messengers of Allah AS to talk from behind a curtain, then who are we to claim that, even while living in this age where there is immodesty everywhere, it would not have any effect on our hearts. This is an order from the Quran that men and women should maintain a distance. We think that this is a practice from the older times, while the reality is that this is the matter of the purity for our own hearts.

Promise of Punishment on not Observing Veil

The Prophet 🚎 said:

Two are the types amongst the denizens of Hell, the one possessing whips like the tail of an ox, and they flog people with this. (The second one) the women who would be naked despite being dressed, who are seduced (to wrong paths) and seduce others with their hair high like humps. These women would not get into Paradise, and they would not perceive the odour of Paradise, although its fragrance can be perceived from such and such distance (from great distance).

Women usually have this desire that they should be praised and appreciated with regards to their beauty, however, this desire should not be fulfilled by a Na-Mahram man. Instead, it should be fulfilled by their husbands.

Covering the Face

Our elders used to make sure that they remain in Parda from women. A very big Shaykh from Pakistan by the name of Shaykh Hafiz Ghulam Habib RA once went for hajj with his daughter. At that time, people would normally travel by the sea. They would travel in groups and there used to be thousands of people in a ship. When the captain of the ship got to know that Shaykh Ghulam Habib RA is traveling with them, he arranged his lectures to be delivered to various hajj groups on the ship. Before delivering any lecture, he used to ask the audience to make sure that men and women are seated separately, such that women are not able to see men and also that he is unable to see women.

One of the groups invited the Shaykh to deliver a lecture, however, due to the lack of space they were not able to make a separate arrangement for men and women. The Shaykh informed that he will not deliver the lecture if there is a mix gathering. Women from that group thought that they were on such a blessed journey, and that Allah has given them a chance to listen to Shaykh Ghulam Habib, so we must insist that the Shaykh shall deliver a lecture to our group as well. These women then requested the daughter of the Shaykh to persuade him, and she acted accordingly. When she insisted, the Shaykh agreed to deliver the lecture. When he saw that the women are seated in front, he covered his face by putting a piece of cloth on his head. He delivered the whole lecture like that.

Today's Men have Lost Sense of Honour.

Sometimes women wish to wear a veil with the desire that Na-Mahram men must not look at them, but the immodesty from the men of her family stop her from doing so. A female university student started practicing Islam and started performing good deeds. She decided to start wearing a veil. She also started covering her face. When her semester ended and her father came to pick her up from the hostel, he saw that his daughter had covered herself up. He disapproved this and said to her that if she did not remove her veil right now, he would not let her sit in the car.

Akbar Allahabadi says (in Urdu):

When men's own brains get covered in a veil, they stop their women from wearing a veil. A man with a sense of honour and pride would want his woman to wear a veil and he himself would not watch Na Mahram women.

The Opinion of Hazrat Fatima RA

Once the Prophet saked his companions that who is the best amongst women? The companions say that we did not know what to answer. In the midst of this gathering, Hazrat Ali RA went to Hazrat Fatima RA and asked her about this question. She said that why do you not give the answer that the best amongst the women is the one who does not look at the Na Mahram men and Na Mahram men do not look at them. Hazrat Ali RA went back to the Prophet and gave him this answer. The Prophet inquired that who told you about this? He replied that Fatima RA told me about this. Upon hearing this, the Prophet said that Fatima is a part of me.

Islam Prevents Immodesty, not Education.

People sometimes misunderstand that Islam is discriminating against women and is stopping them from seeking education and from personal development. The religion of Islam does not stop women from seeking education. If a woman becomes a doctor with the intention of serving humanity, then by doing this, she has taken charge of an order of Islam that only women should treat and heal women unless very necessary. Islam only stops us from immodesty. In today's age, there should be female doctors and PhD's as well. When such women become a part of the society, then the society will be free from immodesty. We also need women to teach religion because younger females can only be taught by them. Islam stops from immodesty, not from learning the religion.

3. Not Leaving the House Unnecessarily

The third Quranic order is to not leave the house unnecessarily.

وَقَرْنَ فِيْ بُيُوْتِكُنَّ •

Translation: And remain in your homes

Staying in one's home does not mean that one should be locked up inside and never be allowed to leave. The female companions of the Prophet used to leave their homes. They would leave to do the work required to be done. Not only that, they would even travel for Hajj and Jihad. What this verse really means is that women should not leave their home alone unnecessarily.

The Prophet **#** has said:

Translation: A woman is Awrah (something that needs be covered), so when she goes out, Shaitan seeks to tempt her

[₪] سوره الاحزاب:33

[🛮] سنن الترمذي 3/ 476

The Shariah has put the responsibility of earning the livelihood on the shoulders of men. A man is not allowed to marry until he has the capability and the capacity to fulfil the needs of a woman; her clothing, food, place to live, and other basic expenditures. Contrary to that, women are not required to marry only after they start earning a livelihood. Shariah has given this responsibility to men so that women can fulfil their own responsibilities. She must look after her house and engage in a good upbringing of her children.

The Prophet 🚎 has even advised women to pray Salah inside their house:

"It is better for a woman to pray in her house than in her courtyard, and much better for her to pray in her private chamber than in her house."

Women who do not like spending time at their homes and have no interest in doing household chores; such women lack blessings in their lives. Women who spend time in their house, they along with their family live happier. Sometimes, women misunderstand the meaning of this concept and think that they are not even allowed to seek education. This is not true. What this really means is that men and women have different roles to play in a society. The role of bread earning and work which involves going out of the house is the responsibility of the men and doing the house chores is the responsibility of the women. Another big reason why women must stay in their homes is that they are the one who give birth and play a key role in the upbringing of the children.

Women should Only Go Out with their Mahram.

Women are allowed to leave their house with their Mahram if they wish to go to an educational institution or for any other necessary work. Some women like to go out unnecessarily like for window shopping. This has been prohibited. Women are also not allowed to travel alone if they want to go for a Shara'i journey. This means that for a journey exceeding 78 kilometres, she must take her Mahram with her. Not only that, even if a woman intends to travel on the blessed journey of Hajj or Umrah all alone and by herself, Shariah does not allow her to do so.

A woman had the intention of performing Hajj. She applied for Hajj visa but did not have a Mahram to go along with her. The Saudi government rejected her visa application. She then asked the Scholars if she can go for Hajj without a Mahram.

They also told her that she cannot go. She informed them that she has enough wealth to bear the expenses of Hajj and it is mandatory for her to perform this pilgrimage. The Scholars told her that even if she has wealth but do not have a Mahram with her, she cannot perform Hajj. Instead, she must send someone in place of her and earn the reward of performing Hajj. Some of us take this command lightly and go to perform Hajj against this order. Later, we face the consequences of this.

A woman went for Hajj without her Mahram. She was in her Ihram and in that state, she got a heatstroke and fell. People who were around her asked if there is any Mahram with her. They realized that she is alone and without her Mahram. So, to save her life and help her, she was touched by Na-Mahram men. This could be done by her Mahram if he were with her. All commandments given to us by Shariah have reasoning behind them.

The Fitnah of Internet

Today is the era of the digital world and everyone has access to all sort of stuff. Earlier, men and women had to leave their homes if they intended to meet, but now, internet has made this very easy. Both men and women can talk to each other via WhatsApp, Facebook, etc. In fact, it is possible that someone is lying alone on his bed at night and he or she may be talking to a Na-Mahram. The commandment that we should not leave our homes also includes that we should not look at Na-Mahram via internet and we should stay within our boundaries.

4. Not Speaking Softly to a Na-Mahram

The fourth Quranic rule which Allah # has ordained us is:

Translation: Do not be too soft in your speech, lest someone having disease in his heart should develop fancies (about you)

This means we should not speak in a very charming way to a Na Mahram and the reason is that those who have a disease in their heart might develop ill feelings. Women are specially given this order because they are usually soft-spoken which might attract men towards them. Women normally do not give attention towards other's voice. Talking softly to a Na Mahram, sharing jokes, laughing, and singing songs are the things which make the spiritual heart dead. The Quranic rule to abstain from immodesty is that if there is a need to talk to a Na-Mahram then it should be done in a strong tone. Some of the scholars have suggested that a woman should talk in such a harsh and firm tone that the man loses interest in talking to her and only talks to the point. Talking in a harsh and firm way does not mean that this shall become a part of one's personality and one becomes mean. Instead, this should be done only with Na-Mahram. Shaytan brings Na Mahram men and women closer through soft tones.

Men and Women should Stay Completely Separated

Allah 🎕 says:

Translation: Satan frightens you with poverty, and bids you to commit indecency.

These are two major tactics of Shaytan; one of them is that he frightens people with poverty. He keeps us busy in thinking that we do not have enough money, we do not have enough provision etc. and he keeps us depressed through this. The second one is that he attracts people towards indecency. Those who are not close to religion commit indecent acts, but at times people who know the teachings of religion also end up committing indecent conversations.

Desires will be fulfilled in Paradise

The Prophet # has said:

Translation: Smiling in your brother's face is an act of charity

But this does not mean smiling while looking at a Na-Mahram. Smiling and being frank with a Na-mahram is like bringing yourself close to fornication. We should carry a smiling face for our Mahram relatives, our spouse and for our children only. Our Mashaikh have instructed that, to begin with, men and women must not talk to each other, and if necessary, they should speak with a strong tone lacking smiles and laughs. They must talk to the point. And if it is happening otherwise, we should not try to satisfy ourselves by claiming that we wear a veil. We can deceive humans, but we cannot deceive Allah. It is necessary to observe Pardah in our conversations too.

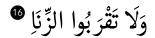
Soft Nature should be for Husbands Only

Today, men and women engage in long conversation through WhatsApp and at times they go beyond the limits of Shariah. If a woman wants to express her feelings, then she must do so only in front of her husband. Similarly, a man should do so only in front of his wife. Nowadays, it has become quite opposite of what should be done. People talk to their spouses in a very harsh manner and behave in such a calm way outside of home that outsiders do not even get to know how harsh we are inside our homes. A young man informed that my wife is very well-mannered and has a sweet temper – everyone praises her – however, she speaks to me and our children in a very harsh tone. If children become mischievous, she starts cursing them. She has a harsh tone for people for whom she must talk in the politest way and with whom she must spend her whole life. This is not a sensible thing to do. The religion of Islam discourages such behavior.

Husband and wife should behave with each other in the nicest way possible and should try to win each other's heart. It is not wise to behave rudely with our own family members and try to please those outside of home.

Do Not Go Close to Fornication

The religion of Islam has ordered us:



Translation: Do not even go close to fornication

Going near to fornication is also immodesty and indecency. It is a path which is full of darkness. Those who spend their life with modesty, spend a life rich with blessings. Countries where extramarital relations are common have a higher rate of depression. Having a relation with a Na-Mahram might temporarily fulfil our desires, but this will make our worldly life difficult as well as we will face punishment in the hereafter. So, it is important for us to abstain from this. The Prophet used to like those people who used to suppress their desires.

The Prophet shas said:

Translation: The Mujahid is one who strives against his own soul

The place where our desires will be fulfilled is Jannah. The one who stops himself from fulfilling his desires in this world, such a person is going to be heavily rewarded in the hereafter.

It is the saying of the Holy Prophet ## that there are seven whom Allah will give shade in His Shade on the Day when there is no shade except His Shade. And one among them will be a man who is called by a woman of beauty and position [for illegal intercourse], but he says: 'I fear Allah'.

The Scholars of Hadith have said the same reward is for a woman to whom a man invites for such a sin, but she refuses him and says, "I fear Allah". Such men and women will be the special guests of Allah &.

Attraction to Na-Mahram is Like an Idol

The attraction to a Na-Mahram is like an idol which needs to be broken. Today, we do not worship idols, but we also need to get rid of idols that reside inside our hearts.

A poet has said (in Urdu):

We need to get rid of these bad desires that we have in our hearts. Instead, we should be friend Allah . A true believer has no love for this world. In fact, Allah has called His love the sign of a believer.

Allah 🍇 says:

Translation: Those who believe are most firm in their love for Allah

The Story of Khawaja Mushki RA

Hazrat Shah Abdul Aziz RA narrates that he had a student who was very bright. He was very poor but was also very good-looking and pious. When he used to come to the Madrasah (Institute), people used to look at him as if a prince were passing by. A Rich Person (Nawab) used to live close to the road from where he used to pass daily. The daughter of the Nawab used to look at him every day and eventually she fell in love with him. She used to plan a meeting with him. One day she sent a servant to him with a message that the servant's mistress is on her deathbed. Since you look like a pious man, please come over and recite some verses for her. He agreed and went with the servant to her room. As soon as he entered the room, her servant locked the

door from behind. He asked her who is sick. She replied that your love has made me sick, and I cannot live without you. Either you are going to fulfil my desires or else I am going to shout that you tried to harass me. The young man was in a stage of shock. He turned towards Allah and repented. Allah provided him a solution. He said to the girl that he will do as she wishes, but first he needs to visit the toilet. She agreed. He went to the toilet, applied filth all over himself and returned. When the girl saw him like this, she felt disgusted. She called him crazy and asked him to leave immediately.

He applied filth on his body but saved his Iman. Because of this incident, he got late for the class. His clothes were dirty too, but he was so poor that he did not have any other clothes to wear. He washed his clothes and wore them again while they were still wet and rushed to his class. When he reached, the class was about to end, so he sat in the last row. Hazrat Shah Abdul Aziz RA felt some fragrance and asked about it. The young man thought that maybe he did not wash the clothes properly and they still carry a bad smell, and his teacher felt it but instead called it "fragrance" to not embarrass him. So, he apologized to the teacher and said that unfortunately his clothes got dirty, and he think they still have a bad smell. His teacher replied that no, I can actually smell a very good fragrance, and I have never smelt such a good perfume before.

He saved himself from committing fornication, and because of this, Allah blessed him so much that a fragrance would come out of him all the time. Wherever he would go, that fragrance could be smelt there. And because of this he became famous by the name of Khawaja Mushki RA. The word Mushki is derived from Mushk which is one of the best and among the most expensive fragrances.

The one who protects his glance, and abstains from fornication and indecency, such a person will gain the closeness of Allah .

May Allah also grant us the opportunity to live our lives with modesty and chastity. Ameen!

O YOU WHO BELIEVE, THE FASTS HAVE BEEN ENJOINED UPON YOU AS THEY WERE ENJOINED UPON THOSE BEFORE YOU, SO THAT YOU MAY BE GOD-FEARING

(AL-QURAN 2:183)

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