

MODESTY AND THE FITNESS TREND

Sayyiduna Abdullah ibn Umar رضي الله عنه said, **“Modesty and Imaan are inseparable entities. When one of them is lost, the other ceases to exist.”** (Musannaf Ibn Abi Shaybah)

A clear barometer to judge one’s Imaan is one’s modesty. The modesty a person displays, reflects his consciousness of Allah Ta’aala. When this consciousness departs, a person does not care how they dress, speak, act or behave.

Rasulullah صلى الله عليه وسلم said, **“If you do not have any modesty, then do as you please.”** (Bukhari)

Whilst Islam advocates health and fitness, it has to be within the parameters of the Sharia. A growing trend in our Muslim society is of Muslim women joining training clubs and taking up road running. The excuse of health and fitness does not justify breaking the laws of Hijab and exposing our bodies to all and sundry. Bear in mind the warning of Rasulullah صلى الله عليه وسلم, **“Allah curses the one who looks (lustfully) and the one who is looked at.”** (Shu’abul Iman) In this case a woman revealing herself in such a manner where she becomes the cause of men admiring and ogling her.

As fathers and husbands, it is our duty and responsibility to caution and explain to our womenfolk as to the graveness of such behaviour and to make a concerted effort to guide them and keep them on the straight path. Remember that Nabi صلى الله عليه وسلم has placed the responsibility on our shoulders. **“The man is responsible for the inhabitants of his house and he will be questioned regarding them.”** (Tirmizi)

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