

AlMaghrib
Institute

STUDIES IN TAZKIYAH

Al HEART
serene

taught by **Sh Riad Ouarzazi**

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In the Name of Allah, the Most Compassionate, the Most Merciful

Asalamu Alaykum,

This compilation is a project of Qabeelat Falaah Scribe Team. May Allah accept our sincere efforts, ameen. We pray that you benefit from this knowledge, and most importantly, apply and teach what you have learned, Inshaa'allah. In here which is correct is from Allah. Any mistakes we have done are due to our own weaknesses, deficiencies, and the shaytan.

A HUGE thank you (Jazakum Allahu Khairan) goes out to Alia Ally. This set of notes would have been impossible without her contribution. May Allah reward you with the highest degree of Jannah. Ameen!

Reminder: Please use these notes to complement your personal notes and not to supplement to your notes.

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Jazakum Allahu Khairan,

Scribe Team

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True Self Realization

The Meaning of Being Pleased with Allah as my Lord, Islam as my religion, and Muhammad (SAW) as my Prophet and Messenger

- ❖ We can say la illaha illa Allah easily now, but we will be tested at the time of death whether we can say it
 - If we didn't live by la illaha illala, we won't be able to say it at the time of our death
- ❖ Hadith in which Abu Hurayrah (RA) narrates that the Prophet (SAW) said:
 - "Surely he has tasted the sweetness of Iman, he who is pleased with Allah as his Lord, Islam as his religion, and Muhammad (SAW) as his Prophet and Messenger."
 - Iman has a taste – you enjoy the sweetness of Iman

Are you pleased with Allah as your Lord?

- ❖ You go the extra mile to show people you love in the dunya that you love them – we are willing to sacrifice so much for them
 - Do you go that extra mile to show Allah that you love Him?
- ❖ If you claim you love Allah, you'll be willing to give anything and everything to Allah who created to you
- ❖ If you say what is haram is halal, then you are not pleased with Allah as your Lord
- ❖ If you don't pray, wear hijab, etc, then you are not pleased with Allah as your Lord
- ❖ It should show when you are pleased with Allah as your Lord – it should show in your actions and where Allah is in your life
- ❖ Where is Allah in your life?
 - You can tell by looking at how you treat what Allah has made halal and haram - do you treat these things as halal and haram?
- ❖ When you supplicate, ask Allah alone; when you are afraid, be afraid of Allah alone; when you delegate your affairs, delegate them to Allah alone; when you seek help, seek help from Allah alone
- ❖ If your boss tells you I'll promote you, but you have to quit smoking, would you quit smoking?
 - We're willing to sacrifice for people in the dunya
- ❖ Do our actions really show that we are pleased with Allah as our Lord? What are we willing to sacrifice for Allah

Are you Pleased with Islam as your Religion?

- ❖ If someone were to come to our home, what is there that says Islam is our religion? What about our dress and our actions say that Islam is our religion?
- ❖ The sahaba used to give their full time for deen and part time for other things
 - We give part time to the deen and full time to other things
 - This is why there is no more barakah in the things that we do
- ❖ Where is deen in our life? Do you treat others with deen?
- ❖ The deen teaches us to do things with ihsan – with perfection, love and time
 - Do you do things with ihsan?
- ❖ If you are not pleased with Islam as your religion, you will never taste the sweetness of Iman
- ❖ Every Muslim is like a diamond – as long as a person has some Iman inside of them, you can polish the outside when it becomes rusty – as soon as you polish it, the sweetness of Iman comes out
- ❖ Be proud of your religion and your identity – live according to Islam and then you'll be able to taste the sweetness of Iman
- ❖ Be one for One on one
 - Be one – be yourself; don't have many faces
 - For One – for Allah; do everything you do for the sake of Allah
 - On one path – on Islam

Are you pleased with with Muhammad (SAW) as your Prophet and Messenger?

- ❖ Surah Aali Imran, ayah 31
 - “Say, ‘If you (really) love Allah, then follow me (ie. accept Islamic Monotheism, follow the Quran and the Sunnah), Allah will love you and forgive you your sins. And Allah is Oft-Forgiving, Most Merciful.”
 - Very simple and clear – if you claim you love Allah, follow the Quran and Sunnah and Allah shall love you
- ❖ If you love Muhammad (SAW), follow his footsteps, don’t just say you love him without any action

3 things that prove you love Muhammad (SAW) – following him in his:

- Sourah
 - The way he looked
 - Seerah
 - In his actions and manners
 - Saeerah
 - His inner feelings and intentions
 - Muhammad (SAW) didn’t harbor any bad feelings toward anyone – he had a clear heart
- ❖ Muhammad (SAW) said whoever hears my name and doesn’t send blessings upon me is stingy
 - ❖ To see Muhammad (SAW) in a dream, live with the Muhammad (SAW) – study his seerah, implement what you learn and live your life accord to the Sunnah
 - If you think of something so much, that is what you’ll see in your dreams
 - ❖ There is a hadith that says every nabi has one supplication that is automatically granted
 - All the prophets used their dua except for Muhammad (SAW) – he saved his dua for the Hereafter to intercede on behalf of his ummah
 - Muhammad (SAW) is keeping his dua to be used for us on the Day of Judgment

Review and assess yourself and your actions – are you pleased with Allah as your Lord, Islam as your religion and Muhammad (SAW) as your Prophet and Messenger?

- ❖ Surah Al Baqarah, ayah 165
 - “And of mankind are some who take (for worship) others besides Allah as rivals. They love them as they love Allah. But those who believe love Allah more (than anything else).”

Look at the Bright Side
The Degree of Hope

- Never despair of the mercy of Allah
- Ar-Rajah – hope
- Surah al-Isra, ayah 57
 - o “Those whom they call upon hope for His Mercy and fear His Torment.”
- Surah al-Ankaboot, ayah 5
 - o “Whosoever hopes for the Meeting with Allah, then Allah’s Term is surely coming, and He is the All-Hearer, the All-Knower.”
- Surah al-Baqara, ayah 218
 - o “Verily, those who have believed, and those who have emigrated (for Allah’s Religion) and have striven hard in the Way of Allah, all these hope for Allah’s Mercy.”

The degrees of Iman are 3:

- ❖ Love
- ❖ Allah-consciousness (fear)
- ❖ Hope

The 3 degrees are like the head and wings of a bird

- o Always needs love – love is the head
- o The wings are hope and fear
- o If a bird just has love and hope, it won’t be able to fly well and will be an easy target for hunters
- o If just has love and fear, it also won’t be able to fly well and will be an easy target
- o To be able to fly freely and peacefully, a bird needs the head and both wings – we need love, fear and hope

Hope is of 3 kinds:

1. Working righteousness and hoping for a reward
 - o Doing something and hoping for a reward
 - o Not remaining stagnant – taking action
 2. Repenting from a sin and hoping for a reward
 - o Asking Allah to accept your repentance and hoping for the reward
 3. Hoping without performing
 - o This is the blameworthy kind of hope
 - o Wishful thinking without taking any action
 - o Not utilizing the skills Allah blessed you with
 - o We have the key to Jannah – what are we doing to save others from the Hellfire?
- ❖ Umar (RA) used to say I wish my mother never gave birth to me and I was a piece of hair in the chest of AbuBakr (RA)
 - ❖ The sahaba had hope, but their hope was in parallel to their fear of Allah – hope and fear go together
 - ❖ People say their heart is clean and hope in Allah’s Mercy without doing anything, but they forget that Allah’s punishment is also very severe
 - ❖ People say Iman is in their heart, but true Iman is not only in your heart, it must also show in your words and actions – your words and actions must show that you are a believer
 - ❖ Iman – Say by tongue, believe by heart and show by actions
 - o The hypocrites prayed with Muhammad (SAW), so they showed Iman with their actions, but in their heart there were not believers – need all 3

- ❖ Hadith in which Ana ibn Maalik (RA) narrates that the Prophet (SAW) said “Allah says, ‘O son of Adam, so long as you call on Me and put your hope in Me, I will forgive whatever you have done, and I will not mind. O son of Adam, even if you sins were to reach the clouds of the sky, then you were to seek My forgiveness, I would forgive you and I will not mind. O son of Adam, if you were to come to me with an earth full of sins, and you were to meet Me not associating anything in worship with Me, I will come to you with an earthful of forgiveness.”
 - Regardless of what you have done, never despair of the mercy of Allah – Allah’s mercy supersedes his wrath

- ❖ As long as there is life, there is hope

- ❖ Hadith in Bukhari in which Muhammad (SAW) said that from among the men of Bani Israel there was a man who had murdered 99 people. He asked a monk whether Allah would forgive him and the monk said no, so he killed the monk. The man went to a scholar and said he killed 100 people, can Allah forgive him? The scholar said yes, but advised him to go to another land where the people were devoted to prayer and worship. So he left for that land but death overtook him on the way. While dying he turned his chest towards that village and so the angels of mercy and the angels of punishment quarreled amongst themselves regarding him. Allah ordered the village towards which he was going to come closer to him and ordered the village which he left to go far away, and then He ordered the angels to measure the distances between his body and the two villages. When he was found to be one span closer to the village he was going to, he was forgiven.
 - Shaytan tries to discourage us from making tawbah so we despair and have no more hope, but we should never lose hope in Allah
 - Allah just wants us to repent to Him and He is willing to forgive us

- ❖ Jaabir ibn Abdillah (RA) narrated that Muhammad (SAW) said:
 - “None should die except while thinking well of their Lord.”

- ❖ Allah is:
 - At-Tawwaab - The One who accepts repentance
 - Al-Ghafur – The One who forgives a lot
 - Al-Ghaffar – The One who forgives the sins of His slaves time and time again

Boot Camp
The Degree of Discipline

- ❖ Surah Al-Qalam, ayah 4
 - “Indeed you stand on an exalted standard of character.”
 - Allah testifies that his Prophet (SAW) stands on exalted standard of character
- ❖ Hadith in which Prophet Muhammad (SAW) was asked about the deed that would get people to heaven, he said, “Fearing Allah and adopting good moral character.”
- ❖ Hadith that says:
 - “The most perfect believer in faith is the one who is best in moral character. The best of you are those who are best to their spouses in manners.”
- ❖ Hadith in which Abu ad-Darda’ narrates that he hear the Prophet (SAW) say:
 - “There is nothing in the balance heavier than the good morals. Indeed, the person of good morals will reach by them the rank of the person of fasts and prayers.”
- ❖ Aisha (RA) was asked how Muhammad (SAW) was, and she said he was like a Quran walking on earth
 - Muhammad’s (SAW) dealings, actions, sayings and behaviors were all from the Quran
- ❖ The ideal Muslim character is distinct and balanced
- ❖ The true Muslim is the embodiment of the Quran and the Sunnah
- ❖ Muhammad (SAW) had so many good characters and behaviors
- ❖ In Bukhari, Muhammad (SAW) said I was sent to perfect the noble characters
- ❖ Examples of Muhammad’s (SAW) good character
 - Would correct people’s behavior without pointing out or embarrassing the person
 - Honest
 - Patient – lived in Mecca for 13 years before he left
 - Turned his entire body to a person when he spoke to them
 - Good to his neighbors
 - Just
 - Kind
 - Treated everyone equally
 - Modest
 - Compassionate
 - He made everyone believe they were his favorite
 - Generous
 - Kind to orphans
 - Lowered his gaze
 - Never hit anyone
 - Had love for his Ummah
 - If there was something wrong, he would get angry
 - Content and pleased with what he had
 - Polite
 - Never criticized food

- Treated all people equally
- loved to forgive
 - If Muhammad (SAW) loved to forgive, why do we find it difficult to forgive
 - You don't have to forget, have to forgive
- Brave and strong
 - One night in Medina, Abu-Bakr, Umar, Khalid bin Walid and they hear a noise and were scared to check it out; by the time they came to check it out, Muhammad (SAW) had already taken care of it and told him to go back to their homes

The pillars of good moral character:

- ❖ Patience
- ❖ Bravery
- ❖ Chaste
- ❖ Justice
 - Abdullah bin Amr bin As had a race with a Christian Arab at the time of Umar (RA); the Christian won the race, Abdullah took a stick and started beating up the Christian and oppressed him; the Christian knew Umar (RA) was a just man and he travelled to see him and told him what happened; Umar (RA) wrote a letter to Amr telling him to come and bring his son Abdullah with him; in the court of Umar (RA), there was the Christian and the Muslim; Umar (RA) gave the Christian a stick and told him to beat Abdullah up just as he beat him; after he beat him, he asked him if he was done and he said yes; Umar (RA) told him now use the stick to beat his father because his father didn't teach him good manners.
- ❖ If you look for dignity in anything other than Islam, Allah will disgrace you
 - This is what is happening to the Ummah today – we have lost our dignity and we are looking for it everywhere other than Islam
- ❖ We need to be truthful with ourselves and with each other – live with justice

The elements of bad moral character:

- ❖ Ignorance
- ❖ Oppression
 - Stems from being arrogant and ostentation
 - Arrogance – kibr in Arabic
 - Arrogance stems from egotism or overestimation of oneself and one's merit – think you're better than everyone else
 - The best cure for arrogance is to cultivate modesty
 - Ostentation (showing off) – riaa' in Arabic
 - The hidden idolatry – the desire to show off
 - Not doing things for the sake of Allah, but so people will see you and praise you
 - The best cure is to check your intention before any action

To find out about your faults, you can:

- ❖ Befriend a pious Shaykh through whom you can learn about the kind manners
 - Let them be examples in their day to day lives, in addition to them teaching you
- ❖ Befriend a trustworthy companion who can point out your faults to you with hikmah

- E.g. Hasan and Husain taught a man how to make wudu properly indirectly – they saw he was making wudu incorrectly, so they asked him to come and see which one of them makes wudu better; they made wudu exactly the same, but the man said that they both make wudu better than him
- Fiqh of priorities – when you tell people about Islam, use priorities
 - e.g. tell people about iman and salah before hijab and music
- To enjoin good and forbid evil, use 3 things – the right time, the right place, the right words
- Take it easy on people, people are fragile and like glass; if you're not easy on them, you may break them
- ❖ Listen to what your enemies say about you
- ❖ Intermingle with people and reflect about their bad character

The fruits of moral character (derived from hadith):

- ❖ Good moral character is one of the most beloved things that will get you closer to Allah
- ❖ When you have good moral character with people, people will love you and Allah will love you as well
- ❖ Good moral character will elevate your level in Jannah
- ❖ Good moral character turns an enemy into a friend
- ❖ Good moral character will expiate your sins
- ❖ Good moral character puts weight in your balance of good deeds
 - Good moral character is the heaviest thing that will put weight in your balance
- ❖ Results in Allah putting blessings in your offspring and your life
- ❖ One of the things that can save you from Hellfire
- ❖ You become habibullah
 - The most beloved people in the sight of Allah are those who have good moral character
- ❖ Will help you be close to Muhammad (SAW) in Jannah (Tirmidhi)

Change yourself NOW so that you follow Muhammad (SAW) in your words and actions!!

Who Are You Trying to Please? The Degree of Sincerity

- ❖ Allah knows what your real intention is when you do anything
- ❖ In the books of hadith, the first hadith is always that 'deeds are based on intentions'
- ❖ Need to check your intention before you start anything
- ❖ Surah al-bayyinah, ayah 5
 - "And they have been commanded no more than this: to worship Allah, offering Him sincere devotion, being true (in faith); to establish regular prayer; and to practice regular charity; and that is the religion right and straight."
- ❖ Ikhlas – sincerity; to check you intention
 - The Arabic word ikhlas means khalasa/khaloosan – means something that is clear that you can see through
 - Ikhlas – something that is very clear that you can see through
- ❖ Sincerity means that your inner is just like your outer
 - Not 2 personalities or 2 faces – just one person and who is sincere in their words, actions and deeds
- ❖ For an action to be accepted by Allah, there are 2 requirements
 - Pure – sincere intention
 - Correct – according to the Sunnah of Muhammad (SAW)
- ❖ Ibn al Qayyim says that sincerity is the musk of the heart
- ❖ Sincerity is the living element and foundation of success
- ❖ Hadith in which the Prophet (SAW) said:
 - "Actions are only by intention, and every man shall only have what he intended. Thus he whose hijrah was for Allah and His Messenger, his hijrah was for Allah and His Messenger, and he whose hijrah was to achieve some worldly benefit or to take some woman in marriage, his hijrah was for that which he made hijrah."
 - Check your intention with everything you do
 - Example: When you come to an Islamic class, what is your intention?
- ❖ Yahya ibn Abu Kathir said:
 - "Learn about intentions, for their importance is greater than the importance of actions."
- ❖ Surah az-Zumar, ayahs 2 and 3:
 - "Verily, We have sent down the Book to you in truth: so worship Allah (alone) by doing religious deeds sincerely for Allah's sake only. Surely the religion (i.e. worship and obedience) is for Allah only."
- ❖ Surah al-Kahf, ayah 110:
 - "So whoever hopes for the Meeting with his Lord, let him work righteousness and associate none as a partner in the worship of his Lord."

The Signs of Sincerity:

- ❖ To have good intentions before starting a task
 - Check your intention before you start any task – make sure the task you are going to do is purely for Allah
 - Check you intention in the middle of the task
 - At the end of the task, go back and renew your intention
 - E.g. Going to visit someone for the sake of Allah
 - Make the intention that you are visiting the person for the sake of Allah before you visit

- While you are visiting the person, renew your intention
- At the end of the visit, renew your intention that you only visited the person for the sake of Allah
- ❖ To perfect one's duty in private and in public
 - Your inner is just like your outer
 - Don't have 2 faces – one for inside and outside
- ❖ To welcome advice from friends
 - Some people like to be given constructive advice – a sign they are sincere
- ❖ To be constantly mindful of one's shortcomings and to advise and wish others well
 - Don't have hasd – envy
- ❖ To feel that your contribution is minimal compared to others
- ❖ To love performing fajr, isha'a and night prayers

The Means of Attaining Sincerity:

- ❖ Ar-Rakaba – Allah's watchfulness; always be aware that Allah is watching you
- ❖ Hadith in which Abu Hurayrah (RA) narrates that the Prophet (SAW) said:
 - "Three categories of people will be the first to be thrown into the Hellfire: a scholar who taught people merely to be praised a scholar; a generous person who gave charity just to be called generous; and a person who participates in Jihad to be recognized as brave."
 - These are all people who did not do things sincerely and purely for the sake of Allah

More Modest Than a Virgin in Her Seclusion
The Degree of Modesty

- ❖ Al-Hayee – The Modest; a name of Allah
- ❖ Al Hayaa – adjective for modesty
- ❖ Many of us are missing this quality
- ❖ Muhammad (SAW) was more modest than a virgin in her seclusion
- ❖ Modesty means freedom from vanity and showiness
- ❖ Surah Al-Qasas, ayah 25
 - “So one of the two (daughters) came to him walking modestly...”
- ❖ Surah an-Noor, ayah 30:
 - “Tell the believe men to lower their gaze and be modest. That is purer for them. Lo, Allah is Aware of what they do. And tell the believing women to lower their gaze and be modest, and to display of their adornment only that which is apparent, and to draw their veils over their chests, and not to reveal their adornment.”
 - Lower your gaze and only intermingle out of necessity

10 types of Modesty:

- 1) Modesty upon sins:
 - Shyness for committing sins Allah told you not to commit
 - E.g. the modesty of Adam
 - When Allah told Adam not to eat from the tree and then he went and ate from the tree; when he did this, his clothes fell and his body was exposed and he ran – modesty upon sins
- 2) Modesty upon shortcomings:
 - The angels that rise from ruku will feel so modest and praise Allah and say we did not worship you as we were supposed to
 - Feel that they didn't give Allah his right by worshipping Him enough
- 3) Modesty upon knowledge
 - The more knowledgeable you become, the more modest you will get
- 4) Modesty upon generosity
 - Muhammad (SAW) was so modest, once the sahaba came to visit and he was so tired, but he was so modest he didn't want to tell them to leave, so he just stood up and left
 - He was too generous, too kind and too modest to tell the sahaba to go home
- 5) Modesty upon decency
 - Some sahabiyat, although modest and shy, used to ask Muhammad (SAW) directly personal questions
 - Their modesty didn't preclude them from asking questions to Muhammad (SAW) to learn
- 6) Modesty upon despise
 - e.g. Too modest to ask Allah for something; modesty upon yourself
- 7) Modesty upon love
- 8) Modesty upon enslavement
 - Feeling the shortcomings of your worship
 - Modesty upon ibadah – not knowing if your ibadah is being accepted by Allah
 - Being skeptical
- 9) Modesty upon dignity
 - When someone does more than the soul deserves
 - This type of modesty is from the Shaytan, e.g. feeling pride when you give sadaqa
- 10) Modesty upon one's self
 - When you commit an action that downgrades you in the sight of Allah

- Allah has elevated you and favored you upon many of His other slaves and you commit a sin - this downgrades you in the sight of Allah

The 3 Degrees of Modesty:

- ❖ Modesty that stems from the belief that Allah is watching you
 - Allah is Ar-Raqeeb
- ❖ Specific togetherness
 - Allah is with the believers – if you are a believer and patient and you know Allah is with you, you feel so modest
- ❖ From resorting to Allah alone
 - To Allah we belong and to Him we shall return
- ❖ Hadith in Bukhari – Compare the brother in law to death
 - Important to show modesty in front of brother in laws
- ❖ Hadith in which Imran bin Hussain narrates that the Prophet Muhammad (SAW) said:
 - “Modesty brings nothing but good. Modesty is part of Faith, and Faith is in Paradise. But obscenity is part of hardness of the heart and hardness of the heart is in hell.”
- ❖ Hadith in which Ibn Mas’ood (RA) narrates that the Prophet Muhammad (SAW) said:
 - “‘Be bashful before Allah according to His right to modesty before Him.’ They said, ‘O Messenger of Allah, verily we are shy, praise be to Allah.’ He said, ‘That is not it. Modesty before Allah according to His right to modesty is that you protect your mind in what it learns, your stomach in what it ingests. And remember death and the tribulations attached to it. And whoever wishes for the Hereafter leaves the adornments of this life. So whoever does all that is truly bashful before Allah according to His right to modesty.’”

The Story of Sarah

- Allah gives us so many chances, when will we give Allah a chance
- We listen to so many lectures, listen to so many khutbas, read so many books – when are we going to make changes in our life and implement what we learn?
- Don’t always think you have time to change later, change now

Tie That Camel
The Degree of Reliance

- ❖ Tawakkul – putting your trust in Allah
- ❖ When you say you can't find a job in any place except a place that does haram, you do not have tawakkul
- ❖ When you take a job where they require you to take off your hijab, you do not have tawakkul

Imagine yourself in the Land of al Masha'ar:

- ❖ Allah will resurrect every person who has ever been created and gather them naked in this land; the jinn will also be there
- ❖ The angels from all of the Heavens surround this gathering; they are all waiting for Allah to come down and start the hisab
- ❖ As people wait, the sun will be on top of their head, some people will sweat so much they will drown in their sweat – the Day will be equivalent to 50 000 years
- ❖ Everybody will be so scared, e.g. the mother who is nursing her baby will drop him because she is so scared
- ❖ Allah will come down, carried in His throne by 8 angels
 - Muhammad (SAW) said between the ears and shoulders of these angels is the distance between Heaven and earth
 - The angels are praising Allah as they carry Him
- ❖ Allah says "O my angels, I have been listening to you since I have created you, now it's your turn to listen to Me" – then the hisab will start
- ❖ There are certain people who will die, be resurrected and go straight to Jannah – they won't have to stand and go through this process at all
 - If you understand the station of tawakkul, you could be amongst them
- ❖ There are 7 categories of people who will be put in the shade of Allah on the day when there is no shade except the shade of Allah
 - These people will still have to go through this process, but they are sitting under the shade and waiting
- ❖ Hadith in which Muhammad (SAW) said the nations were shown to me and I saw a prophet with one follower; then I saw another prophet with one or two followers; then I was shown a multitude of people; when I saw this, I said this is my ummah, but I was told these were the followers of Musa; then I saw a bigger multitude and I was told these are your people, and amongst them, 70 000 of them will enter Jannah with no t sab
- ❖ The sahaba started talking about who these 70 000 people were
- ❖ Muhammad (SAW) came and the sahaba told him they were talking about who the 70 000 were and they wanted to know the qualities so they could be amongst them
- ❖ Muhammad (SAW) described the qualities are:
 - Those who do not seek ruqyah (incantations), practice cauterization, nor follow omens, but they put their trust in their Lord."
- ❖ Ukasha (RA) immediately Muhammad (SAW) to ask Allah to make me amongst them; Muhammad (SAW) said that he is amongst them; another person asked Muhammad (SAW) and he said that Ukasha beat him to it
 - Ukasha took action – we need to take action to become one of these people
- ❖ Do not seek ruqyah
 - Does not contradict the fact that when you're sick, take medicine, just don't put your trust in medicine, put your trust in Allah
 - Take medicine as the means, but put your trust in the Lord of the means

- Go to the doctor when you're sick, but know that the doctor can do nothing for you
 - Put your trust in Allah and then seek the help of a doctor as the means through which Allah will help you
- ❖ Tawakkul – use the means, but put your trust in the Lord of the means
- ❖ Shifaa is in the hands of Allah – then take means in the dunya
- ❖ In jahilliyah, they would let the bird fly; if the bird flew right, it was a good sign to travel/do business; if the bird flew left, it was a bad sign and they would just go back home and not do anything that day
 - Superstition that we don't believe in because we put our trust in Allah
- ❖ Surah al-Mai'dah, ayah 23
 - “And put your trust in Allah if you are believers indeed.”
- ❖ Surah at-Taghaabun, ayah 13
 - “And in Allah therefore let the believers put their trust.”
- ❖ Sura Aali Imran, ayah 159
 - “Allah loves those who put their trust (in Him).”
 - It's easy to say that you put your trust in Allah, but do you really put your trust in Allah?
- ❖ Surah at-Talaaq, ayahs 2 and 3
 - “And whosoever fears Allah and keeps his duty to Him, He will make a way for him to get out (from every difficulty). And He will provide him from (sources) he could never imagine. And whosoever puts his trust in Allah, then He will suffice him.”
 - Sometimes you think all the doors are locked, but you have to put your trust in Allah and when the right time comes, it will happen
 - Allah will test you; give glad tidings to those who are patient and put their trust in Allah – Allah is the Provider
 - Allah says that your rizq is in His hands - doesn't mean you should sit in the masjid and do nothing but praying; Muhammad (SAW) said his brother who works to support himself is better
 - Take action and put your trust in Allah
- ❖ If you believe Allah is Ar-Razak (the Provider) and you put your trust in Him, why do you deal with haram?
 - When you do this, you're not putting your trust in Allah
- ❖ You may think there is no other job that a job requiring you to do haram – you can pass this test or fail this test
 - You have to put your trust in Allah
- ❖ Allah says your rizq is under the hands of Allah; just as the words that come from your mouth, have no doubt on this – just put your trust in Allah
- ❖ Hadith in which Umar ibn al-Khattab (RA) narrates that the Prophet (SAW) said:
 - “If all of you were to rely upon Allah in the manner He deserves from you, then He would certainly grant you provision as He provides it to the birds that depart hungry in the morning, and return with a full belly at dusk.”
 - Only if you put your trust fully in Allah
- ❖ Anas ibn Malik (RA) narrates that the Prophet (SAW) used to say upon leaving his home:
 - “Bismillahi tawakkaltu ‘alaallah, wa laa hawla wa laa quwwata illaa billah” (In the Name of Allah; I trust in Allah; there is no might and not power but in Allah)
- ❖ Don't sit idle – try, take action, make dua, but also put your trust in Allah and trust that He choose for you
- ❖ It may be that you think something is the right thing for you, but Allah knows otherwise

- ❖ You only know what you can see, but Allah knows more and sees more – try your best, and then put your trust in Allah and let Him take care of you
- ❖ Hatim al Asam wanted to go for Hajj and his wife told him he can't, who is going to provide for his family; one of his daughters told him to go for Hajj, he is not Razak, Allah is Ar-Razaq; he went for Hajj and the house ran out of food and water; they people in the house told the daughter this is because he went for Hajj; she started crying and started reciting Surah at-Talaaq, ayahs 2 and 3
 - You think your rizq is somewhere, but you don't know where Allah has put your rizq
- ❖ The leader of the Muslim was walking by with his army; he went to the nearest home which was the house of Al Asam; he asked whose house it was, and they said the house of Al Asam; he asked where he was and they said he went for Hajj; he said it is their obligation to take care of his family in his absence; he took a bag of gold and threw it at the house; the family was so happy, but Allah wanted more for them
- ❖ The leader said whosoever loves me, you should do exactly as I did – everyone started throwing bags of gold in the house
- ❖ The daughter was crying – she said a small creation of Allah has looked after us and we have become so rich, what about when Allah looks after us?
- ❖ Hadith in Ahmad in which Muhammad (SAW) said about the 70 000 – I asked Allah and Allah has promised me 70 000 with no reckoning – their faces are as bright as the moon; and I asked Allah for more than 70 000, and off of each one of the 70 000, another 70 000
 - 4.9 billion to enter Jannah without hisab (70 000 squared) – must have tawakkul to be amongst them

The Difference between the Living and the Dead
The Degree of Remembrance

- ❖ The diff between the living and the dead - Those that remember Allah are alive and those that do not remember Allah are dead
- ❖ Surah al-Araaf, ayah 205
 - “And perform the dhikr of your Lord in you very soul with humility and without loudness in words in the mornings and evenings and do not be of those who are unheedful.”
- ❖ Surah al Kahf, ayah 24
 - “And remember your Lord when you forget.”
- ❖ Surah Ta Ha, ayah 13
 - “And glorify the praises of your Lord before the rising of the sun, and before its setting.”
 - Good times to do adhkar after fajr and after sunset
 - Good to do dhikr at all times – cooking, driving, walking
 - For every SubhanAllah, Alhamdulillah of AllahuAkbar that you say, Allah plants a tree for you in Jannah
- ❖ Surah Aali Imran, ayah 191
 - “(Speaking of the wise men these are) such as remember Allah, standing, sitting, and reclining, and consider the creation of the Heavens and the Earth, and say, (after deliberations) ‘Our Lord! Thou has not created this in vain. Glory be to Thee! Preserve us from the doom of the Fire.’”
- ❖ Hadith in which Abu Hurayrah (RA) narrates that Muhammad (SAW) said:
 - “No people gather together in one of the Houses of Allah, reciting the Book of Allah and studying it among themselves, except that Sakeenah (Tranquility) descends upon them, and Mercy envelops them, and the Angels surround them, and Allah mentions them amongst those who are with Him.”
- ❖ Hadith in Bukhari that the example of the one who remembers of Allah and the example of the one who does not remember Allah is the example of the one who is living and the one who is dead
 - Khalid bin Walid understood this hadith – in a battle he said he was going to fight the dead because they didn’t make dhikr of Allah
- ❖ Dhikr of Allah is the polishing of the heart
- ❖ Muhammad (SAW) said renew your Iman by saying la illaha illa Allah
 - Iman gets rusty – make dhikr, recite Quran to increase your Iman

Types of Dhikr:

- ❖ Adhkar which have fixed timing
 - E.g. When you wake up, go to sleep
- ❖ Adhkar specified for certain actions
 - E.g. Eating, drinking, putting your clothes on, intimacy
- ❖ Adhkar which are unrestricted
 - Can say these anywhere, e.g. istigfar
- ❖ Hadith – whosoever sticks to istigfar, Allah shall take his stress and anxiety and will provide for him in ways he has never imagined
 - Albani said this hadith is weak; another shaykh said it is sahih
- ❖ Rizq – money, spouse, health, friends, air, etc.
- ❖ Hadith in which Umar ibn al-Khattab (RA) narrates that the Messenger of Allah (SAW) said:
 - “Whoever of you performs wudu carefully and then affirms *Ash-hadu an laa ilaaha illallaahu wahdahu laa sharika lahu, wa ash-hadu anna Muhammadan ‘abduhu wa Rasooluhu*” (I testify that

there is no true Allah except Allah Alone, Who has no partners, and that Muhammad (SAW) is His slave and Messenger), the eight gates of Jannah are opened for him. He may enter through whichever of these gates he desires (to enter)."

- ❖ Saying "la illaha illa Allah", in the sight of Allah, this is heavier than the universe and all it contains
- ❖ On the Day of Judgment, your actions is what has weight
- ❖ People who say la illaha illa Allah are more favored to Allah than some angels
- ❖ Hadith in which Abu ad-Darda' narrates that the Prophet (SAW) said:
 - "Shall I not inform you of the best of your actions, the most pure in the sight of your Master, the one which raises your ranks highest, that which is better for you than giving gold and silver (in charity), and better for you than your meeting your enemies, so that you strike their necks and they strike yours?" The companions urged, 'Of course, O Messenger of Allah, inform us!' He replied, 'It is the remembrance of Allah."
- ❖ Ali (RA) said "I contemplated the universe and I found that iron is the strongest creation of Allah; then when he saw how iron melts when it touches fire, he said fire is the strongest creation of Allah; then when he saw fire be put out by water, he said water is the strongest creation of Allah; then when he saw rain created by clouds, he said clouds are the strongest creation of Allah; then he saw mountain block clouds/fog from moving; then he saw a man standing on top of a mountain, then said man is the strongest creation of Allah; then he said a man can only survive with a heart, so the heart is the strongest creation of Allah; then he said a heart can only survive with the dhikr of Allah, so the dhikr of Allah is the strongest creation of Allah."

Heart Strings The Degree of Longing (ash-shawq)

- ❖ Difference between 'I miss you' and 'I long for you'. Longing for someone means you are in need of that person.
- ❖ Surah al Ankaboot, ayah 5
 - "Whoever is looking forward to the meeting with Allah, then Allah's Term is surely coming and He is the All-Hearer, the All-Knower."
 - Some people are longing to see the face of Allah

3 levels of longing:

- ❖ Longing for Allah
 - Longing to see Allah
- ❖ Longing for Jannah
- ❖ Longing to see Muhammad (SAW) and to be with Him
 - If you were to see Muhammad (SAW) right now, what would you say to him? If you truly long for him, you should know what you would say to him
 - If you want to thank Muhammad (SAW), also thank Allah for giving us the ability to thank Muhammad (SAW)
- ❖ Hadith in which Mu'adh ibn Jabal narrates that the Prophet (SAW) said:
 - "I ask You for the joy of seeing Your face and for the longing to meet You."
- ❖ Ali ibn Abi Taalib (RA) said:
 - "The pleasure of giving pardon is followed by a praiseworthy outcome. The pleasure or taking revenge is followed by the bitterness of regret."
- ❖ Surah Ta Ha, ayah 84
 - "I hastened to You, O my Lord, that You might be pleased."
- ❖ Surah al Anaam, ayah 76
 - "When the night covered him over with darkness, he saw a star. He said, 'This is my lord.'
 - Ibrahim was longing to see a sign of Allah – every time he saw a sign, he was thinking this was his lord
- ❖ Ibn al Qayyim says:
 - "Longing for Allah is one of the signs of love. Longing is the journey of the heart to its beloved. Ash-Shawq, if exceeded, can lead to anger and thirst."
 - If this longing exceeds its limit, it may lead to anger
- ❖ Hadith in which the Prophet (SAW) said:
 - "No one should judge between two people when he is angry."

Anger

- ❖ If Longing exceeds its limits it may cause anger
- ❖ A man went to the masjid at the time of Muhammad (SAW) and started urinating; the sahaba started beating him up; Muhammad (SAW) said to leave him and let him finish; he finishes, then Muhammad (SAW) tells him this is a mosque, don't do that here; if you want to do that, go outside
 - Muhammad (SAW) was angry too, but he knew how to manage that anger – he used hikma
- ❖ Not wrong to feel angry – it is a normal and necessary emotion; one just has to know how to deal with it

4 styles of anger management:

- ❖ Open aggression
 - Uses physical or verbal force to get rid of the anger
 - Often leads to bigger problems and increased anger
 - Research has shown these people often become more angry rather than less angry
- ❖ Suppressed anger
 - Choose to pretend that they're not angry
 - Ignore their feelings and the fact they're angry, hoping their anger will just go away
 - Instead of getting rid of the situation, people who adopt this style may develop diseases, e.g. ulcers, headaches, stomach problems, etc. because the anger is still there
 - The anger is still inside them – hasn't been dealt with
- ❖ Passive aggressive
 - Instead of dealing with their anger, they show aggression, but say they're fine
 - They want the other person to understand they're angry and their feelings, but they won't admit to them
 - They say they're not angry, but they vent their anger into doing things hoping that you'll notice they're angry
 - This leads to major types of anger
- ❖ Assertive problem solving
 - The best style in terms of dealing with anger
 - These people choose to pay attention to their feelings
 - Know when they are angry and express their anger in a polite and assertive manner
 - Seek to resolve problems in a mutual, agreeable way
 - Use the ACTS technique
 - A ware
 - Aware of your anger signals, e.g. voice changes, hands shake, color of your face changes, short of breath, muscles become tense
 - Control
 - Control your response, e.g. make wudu, make dhikr, sit down or lie down
 - Don't respond on the spot when you're angry
 - Talk
 - Use the WIN technique
 - When – always start with saying “when”
 - When you did something, said something...
 - I felt – tell them how you feel when they do that
 - E.g. I feel like you don't care about me, like you don't love me
 - Need
 - Never say I want you to do something, say I need you to do/say something
 - Solve
 - Solve the problem – negotiate a mutually agreeable solution to the problem
 - Never be stubborn – there is always a solution to a problem

Ways to limit the effect of anger:

- ❖ Seeking refuge with Allah from the Shaytan
- ❖ Keeping silent
- ❖ Not moving
- ❖ Following the advice of Prophet Muhammad (SAW)
- ❖ Knowing that if you do not become angry, Paradise will be yours
- ❖ Knowing the high status and advantages offered to those who control themselves
- ❖ Following the example of Prophet Muhammad (SAW) when he got angry
- ❖ Knowing that resisting anger is one of the signs of righteousness
- ❖ Listening to reminders
- ❖ Knowing the bad effects of anger

Stress

- ❖ Stress is your body's response to things that trigger an emotional reaction in you
- ❖ Happens as a result of life's demands - everybody wants a piece of you, but there is only one of you and you can only do so much and it's hard to say no

- ❖ If you want to travel to Allah, you travel using your heart – that is the means

Do you really love the Supreme Bestower?

The love of Allah

- ❖ Parents would be upset if their kids got a bad grade on a test – would you be as sincerely upset if your kids missed a salah?
 - If your kid gets a bad grade, you take steps to make them improve – get a tutor, study more
 - What steps do you take when your kids miss a salah?
 - We claim we love Allah, but do we really?
- ❖ The love of Allah is not sunnah, it is wajib – an obligation
- ❖ Surah Baqarah, ayah 165
 - “And those who believe have intense love for Allah.”
- ❖ If you abstain for food for a long time, you feel angry because you have a love of food
- ❖ The love of Allah and Muhammad (SAW) should be more beloved to you than anything
- ❖ The love of Allah should be like the air we breathe – if we were to be prevented from this air we would die
- ❖ Surah At-Tawbah, ayah 24
 - “Say: If your fathers, your sons, your brothers, your wives, your kindred, the wealth that you have gained, the commerce in which you fear a decline, and the dwellings in which you delight...are dearer to you than Allah and His Messenger, and striving hard in His cause, then wait until Allah brings about His Decision (torment). And Allah guides not the people who are faasiqoon (rebellious, disobedient).”

Love is divided into 2 Types

- ❖ Haram love
 - The love that gets developed through dating because it was not developed correctly
 - Ibn Taymiyyah said:
 - “Improper love is a psychological sickness, and if it grows strong, it affects the body and becomes a physical sickness, either as diseases of the brain, which are said to be diseases caused by waswas, or diseases of the body such as weakness.”
- ❖ Halal love
 - Love of Allah, Muhammad (SAW), your spouse, the believers, brothers and sisters, your kids
- Ibn al Qayyim says the love of Allah is the power of the heart, the sustenance of the soul, and the light
- Hadith in which Muhammad (SAW) said:
 - “None of you truly believes until I am more beloved to him than his child, his father and all the people.”

General Love is of 3 Types

- ❖ Natural love
 - E.g. Love of food and water
- ❖ Love based on mercy
 - E.g. Love a mother to her children
- ❖ Love based on friendship and acquaintance

To earn Allah’s love:

- ❖ Obedience
 - Must obey His orders
- ❖ Following the guidance of Muhammad (SAW)

- Love Muhammad (SAW) by reviving the sunnah and mimicking him by sourah, seerah and saeerah
- Allah says “Say If you claim you love Allah, then follow the commands of Allah and the footsteps of Muhammad (SAW)”
- Compare our love of Muhammad (SAW) to the sahabas’ love of Muhammad (SAW)
 - Umm Habiba’s father was Abu Sufyan; he came to visit her and sat on the bedding of Muhammad (SAW); she rushed to fold the bedding; he asked her which is more dear to you, me or the bedding; she told him I love you, but you are a mushrik and this is the bedding of Muhammad (SAW)
 - When Muhammad (SAW) used to make wudu, the sahaba used to rush to get the water he used and put it on their bodies
- To love Muhammad (SAW) is not by words, it is by mimicking him and reviving his sunnah
 - Simple sunnahs – visiting each other, treating your neighbors nicely, visiting the sick
- ❖ Recitation of the Quran
 - Sahih hadith – a man used to love surah tawhid; Muhammad (SAW) asked him why he recites the surah all the time; he said because he loves it; Muhammad (SAW) said to tell him that Allah loves him as he loves this surah
- ❖ Performing nawafil prayers
 - Nawafil are superogatory prayers
 - Muhammad (SAW) used to love superogatory prayers
 - Hadith narrated by Abu Hurayrah (RA) that Muhammad (SAW) said:
 - “Whosoever show enmity to someone devote to Me, I shall be at war with him. My servant draws not near to Me with anything more loved by Me than the religious duties I have enjoined upon him, and my servant continues to draw near to Me with supererogatory works so that I shall love him. When I love him, I am his hearing with which he hears, his seeing with which he sees, his hand with which he strikes, and his foot with which he walks. Were he to ask [something] of Me, I would surely give it to him, and were he to ask Me for refuge, I would surely grant him it. I do not hesitate about anything as much as I hesitate about [seizing] the soul of My faithful servant: he hates death and I hate hurting him.”
 - The nawafil you do earns you the love of Allah
 - Another narrations says “When Allah loves you, He will tell Jibreel that I love so and so, so love him; then Jibreel will love him; then Jibreel will command the other angels to love him, and all the angels will love him; then the angels will call to all the people on the earth that we love so and so, so love him; then all the people on the earth will love him.”
 - These voluntary works will earn you the love of Allah
 - If Allah loves you, He will protect you and assist you – if Allah protects you, nobody can harm you
 - We underestimate the importance of the nawafil – dhikr of Allah, recitation of Quran
 - Strive to be people whose tongue is constantly moistened by the remembrance of Allah
- ❖ Constant remembrance of Allah
- ❖ Loving, visiting one another
 - In Sahih Muslim, there is a hadith which says there was a man traveling to visit another man; he was met by someone in the middle of the trip who asked him where he’s going; he said he’s going to visit this person for the sake of Allah; he said he is just going to visit him for the sake of Allah because I love him for the sake of Allah; the man said I am an angel from the heavens and Allah sent me to tell you that He loves you just as you love that person for the sake of Allah
- ❖ Being tested
 - When you go through a trial, it is a sign that Allah loves you
- ❖ Qiyaam al-Layl

- Qiyaam al Layl enlightens your face and illuminates it
- It's like the icing on the cake
- This is the closest you can get to Allah
- It softens your heart
- ❖ The gathering of Ilm
 - Hadith sahih – Man named Abu Iblis al Khawlani; he went to Syria and saw a man giving a lecture in a masjid; the man was named Muadh; he listened the lecture, and at the end, he told Muadh, I've never seen you, but I love you; Muadh asked him if he's sure; he said yes; he asked him again, and he again said yes, by Allah, I love you; Muadh says ok, glad tiding to you, I have heard from Muhammad (SAW) who said Allah says I shall love those who love one another for the sake of Allah, I shall love those who visit one another for the sake of Allah, I shall love those who sit together for the sake of Allah.
 - Hadith sahih – Muhammad (SAW) said when one of you loves his brother, he should tell him that he loves him for the sake of Allah
 - This is a sunnah we have abandoned
- ❖ Pondering creation of Allah and His blessings
 - Allah has blessed us with countless blessings
- ❖ Repentance
 - This earns you the love of Allah
- ❖ When you do an act, do it with ihsan
 - Hadith sahih – Allah loves those when they do an act, they do it with ihsan
 - Regardless of how trivial that act may be, when you do anything, give 100% of yourself and do it with ihsan – that will earn you the love of Allah
- ❖ Allah loves those who purify themselves
 - Keep yourself clean

Don't Worry Be Happy!
The Degree of Happiness

- ❖ We differ in so many ways, but we all want to be happy
- ❖ How do we define happiness? Happiness for one person may not be happiness for others
- ❖ Some people find happiness in the disobedience of Allah
- ❖ Lots of people think they are happy, but they're not
- ❖ There are people that find happiness in being close to Allah – in salah, Qiyam, in the dhikr or Allah, in being with the believers
 - Where do you find happiness?
- ❖ When you are sad and depressed, do you think of Allah? Of salah?
- ❖ Surah ar-Rad, ayah 28
 - “Truly in the remembrance of Allah do hearts find rest.”
- ❖ Surah Aali Imran, ayah 170
 - “They rejoice in what Allah has bestowed upon them of His Bounty, rejoice for the sake of those who have not yet joined them, but are left behind that on them no fear shall come, nor shall they grieve”
 - The praiseworthy happiness of the believers
 - Describes the believers who are meeting Allah and rejoicing on what Allah has bestowed on you
- ❖ Surah Yoonus, ayah 57
 - “O mankind! There has come to you a good advice from your Lord (i.e. the Quran, enjoining all that is good and forbidding all that is evil), and a healing for that (disease of ignorance, doubt, hypocrisy and differences) which is in your breasts, a guidance and a mercy (explaining lawful and unlawful things) for the believers.”
- ❖ Surah Yoonus, ayah 58
 - “Say, ‘In the Bounty of Allah, and in His Mercy (i.e. Islam and the Quran) – therein let them rejoice.’ That is better than what (the wealth) they amass.”
 - Be happy that Allah has bestowed on us His deen, His rahma
 - We say la illaha illa Allah so easily – there are so many people who can't say it, we should be so happy and thankful that Allah has blessed us with this
- ❖ Surah an-Nahl, ayah 97
 - “Whoever does right, whether male or female, and is a believer, We will make him live a good life, and We will award them their reward for the best of what they used to do.”
- ❖ Surah al-An'aam, ayah 125
 - “Those whom Allah wills to guide, He opens their breast to Islam; those whom He wills to leave straying, He makes their breast closed and constricted, as if they had to climb up to the skies: thus does Allah (heap) the penalty on those who refuse to believe.”
- ❖ Ibn Masood:
 - “Allah has placed ease and happiness in certainty of faith and contentment. He has placed worry and misery in discontent and doubt.”
- ❖ Bukhari:
 - “True enrichment does not come through possessing a lot of wealth, but true enrichment is enrichment of the soul.”

There are 2 Types of Happiness

- ❖ Blameworthy
 - Surah al Qasas, ayah 76
 - “Remember when his people said to him, “Do not exult (with riches, being ungrateful to Allah). Verily Allah likes not those who exult (with riches, being ungrateful to Allah).”
 - Qarun came up in pride, and Allah split the earth beneath him and destroyed him
- ❖ Commendable

To be Happy:

- ❖ Think and thank
 - Think of all the blessings that Allah has blessed you with and thank Him for it
 - As simple as thinking and thanking Allah that He made the earth so that we can walk on it, despite all our sins
 - Think if we had to pay \$ for the air we breathe
- ❖ Don't wait for anyone to thank you
 - You are doing business with Allah, you're not doing business with people
 - Imp sometimes to get recognition, but we often don't get that recognition, e.g. as a parent, a spouse
 - We often don't get recognition because it's part of the package
 - You'll never be happy if you wait for people to thank you because people will never likely come and do this
 - Despite this, we should remember to thank people because those who do not thank people do not thank Allah
- ❖ Doing ihsan to others will bring you contentment and happiness
 - Do ihsan to Muslims and non-Muslims alike
 - Can be as trivial as a smile in the face of your brother
 - Bringing contentment in the lives of others can make you happy
- ❖ Fill your time with things that are beneficial
 - Sometimes go through anxiety and depression because you have too much free time – busy that time with beneficial things
- ❖ Belief in Qada and Qadr – the whim and decree of Allah
 - Don't regret over the past
- ❖ Certainly, after hardship comes ease
 - Trust Allah that after hardship comes ease – don't despair
 - It can't always be night - at some point the sun will rise
 - When you're going through hardship, look at it like a cloud that is moving and it will be clear again and you'll move on
- ❖ Turn a loss into a gain
 - Be optimistic
 - Think about what you want to see – have a vision and be optimistic
 - E.g. Ibn Taymiyyah wrote books in jail
 - Be a winner wherever you are
 - In bad situations, think about what you can learn from it
- ❖ Dua
 - Whenever you are going through difficulties, make dua
- ❖ Whoever leaves something for the sake of Allah, Allah shall reward him with something that is better
 - Hadith Qudsi in which a man lost his eye and Muhammad (SAW) said that Allah said that when My servant goes through the test of Me taking his sight away, if he shows patience, I will reward him with Jannah
- ❖ Dhikr of Allah

- Certainly it is in the remembrance of Allah that hearts find ease
- ❖ Don't envy anyone
 - Envy burns your good deeds as fire burns wood
 - Why would you envy anyone for what Allah has blessed him with?
 - have good feelings for that person and hope to be like him, but don't wish for the blessings to be seized from that person
- ❖ Prayers
 - Muhammad (SAW) said you commit sins, then you pray fajr and it washes off all the bad deeds you have done; then you commit sins, then you pray dhuhr and it washes off all the bad deeds; this happens for each prayer; then when you pray ishaa, it will wash everything off, and then you will go to sleep clean like a baby – nothing will be written on you until you wake up the next day
- ❖ Delegate your affairs to Allah
 - Tawakkul – put your trust in Allah
- ❖ Don't carry the entire world on your shoulders
 - Some people are always complaining about anything and are always sad
 - Don't worry about everything in the world
 - Don't forget the problems in the world, but make dua and praise Allah for what we've been blessed with
- ❖ Please Allah before anybody else
 - Do everything you can do, but you can never please everyone
 - If you choose to please Allah, you'll be happy
- ❖ Be content with what you have
 - Doesn't mean you shouldn't seek perfection and excellence and strive for more
 - Muhammad (SAW) had the fastest camel – nothing wrong with religious people being rich or having nice things
- ❖ Give to others
 - Chinese proverb – if you want happiness for an hour, take a nap; if you want happiness for the day, go fishing; if you want happiness for a year, inherit a fortune; if you want happiness for a lifetime, help someone
 - The happiest people are not those who get the most, they are those who give the most
- ❖ Make sure Allah is happy with you

Are You a Loner? The Degree of Alienation

- ❖ The people who follow the religion of Allah often feel the sense of not belonging because they choose to follow the truth
- ❖ Sometimes this feeling occurs within your own family or community
- ❖ Muhammad (SAW) has given glad tidings to those strangers – has given them great news
- ❖ Be happy you're a stranger
- ❖ Surah Hood, ayah 116
 - "If only there had been among the generations before you, persons having wisdom, prohibiting (others) from Al-Fasad (disbelief, polytheism, and all kinds of crimes and sins) in the earth, (but there were none) except a few of those whom We saved from among them."
 - "except a few of those" – refers to the strangers
- ❖ Surah Yoosuf, ayah 103
 - "And most of mankind will not believe even if you desire it eagerly."
- ❖ Surah Saba', ayah 13
 - "But few of My slaves are grateful."
 - People often ignore the blessings of Allah and do not look at what they have, rather they focus on what they don't have
-
- ❖ Hadith in which Anas ibn Maalik (RA) narrates that the Prophet (SAW) said:
 - "It is possible that a disheveled, dusty person, with not many belongings [literally, 'with two headdresses'], who is not noticed among the people, if he asks of Allah, Allah will fulfill his prayer."
- ❖ Hadith in which the Prophet (SAW) said:
 - "Indeed, order good and forbid evil until you see stinginess being obeyed, and desires being followed, and this world preferred [over the next], and each person being deluded by his own opinions. Then take care of yourself and leave the common people. For indeed, after you there will be days of patience, where patience will be like holding onto glowing embers. Whoever is able to do this will have the reward of fifty people that do like him.' They asked, 'O Messenger of Allah, the reward of fifty of them?' He replied, 'The reward of fifty of you.'"

3 Types of Strangeness

- ❖ Strangeness of the Muslim adherents
 - A Muslim is a stranger in this world, but he's not afraid to be a stranger
 - This is a praiseworthy strangeness
 - Hadith in which Abu Hurayrah (RA) narrates that the Messenger of Allah (SAW) said:
 - "Islam began as something strange and will revert to being strange as it began, so give glad tidings to the strangers."
- ❖ Strangeness of the adherents of the sunnah
 - The beard and hijab are the origin, but now become a stranger because you choose to adhere to the sunnah
 - The Muslims are very few in number but they are like the white thread on a black bull – they stand out
 - Don't care about the quantity of Muslims – quantity has never been an issue in Islam, e.g. the battle of Badr
 - The issue is quality, not quantity
 - Now we have the quantity of Muslims, but not the quality – we are like the foam on the ocean
 - We need to come together as one body as Muhammad (SAW) described in the hadith if one part of the body feels pain, the entire body feels pain – then we will see the dignity and victory from Allah

- Our segregation is making us weak
 - Muhammad (SAW) said I wish to meet my brothers; the sahaba said aren't we your brothers; he said no, you are my companions, my brothers are those who will come after me and believe in me
 - Muhammad (SAW) also longs to see us
 - Muhammad (SAW) said those who adamantly cling to the sunnah, the reward of one of them is the equivalent of 50 sahabis
- ❖ Strangeness in this world
 - This is a praiseworthy strangeness

Qualities of the Strangers:

- ❖ Hadith: Those who remain in the state of righteousness when the people are in a state of moral decay
- ❖ Another narration which says "Those who revive my sunnah when people rebuke the sunnah and introduce bid'ah"

Some ways that Help Ward off Strangeness:

- ❖ Adhering to Allah's rope
 - Obedience to Allah
- ❖ Reviving the Islamic brotherhood
 - We can't do it alone, we have to do it together
 - The segregation that is happening now is weakening us
- ❖ Enjoining good and forbidding evil
 - Use hikma
- ❖ Endurance
 - Patience and fortitude to face the crisis we are going through
- ❖ Never despairing
 - Allah has promised that Islam shall be victorious
- ❖ How do you want to be remembered?
 - Do something with your life that people will remember – contribute and leave a legacy!

The Weapon of the Believer
The Station of Supplication

- ❖ Allah is Al-Mujeeb – the One who answers the call of the needy
- ❖ The day when all the doors are locked before you, you resort to Allah
- ❖ The One who wants you to make dua to him
- ❖ Surah Ghaafir, ayah 60
 - “And your Lord said, ‘Invoke Me [i.e. believe in My Oneness (Islamic Monotheism) and ask Me for anything] I will respond to your (invocation).”
 - Just ask Allah – He wants you to ask Him
- ❖ Surah al Baqarah, ayah 186
 - “And when My slaves ask you (O Muhammad (SAW)) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright.”
 - Many ayahs that start with saying “They ask you about _____, tell them _____” except in this ayah
 - When it says “When My servants ask you O Muhammad”, it doesn’t say “tell them”, rather Allah directly answers and says “I am near, I answer the call of the needy.”
 - The only requirement is that you have to believe in Allah and obey Him
- ❖ Everyday billions of people supplicate to Allah – Allah hears each of them and responds to the call of each person because he is Al Mujeeb
 - Allah loves it when we ask of Him - He gets upset when we don’t ask
- ❖ Hadith in Bukhari – whosoever does not invoke Allah, Allah will become angry with that person
- ❖ Hadith in Bukhari – Dua is worship
- ❖ Surah al Araaf, ayah 180
 - “And (all) the Most Beautiful Names belong to Allah, so call on Him by them, and leave the company of those who belie or deny (or utter impious speech against) His Names.”
- ❖ Ibn al Qayyim said:
 - “Dua is like a weapon, and a weapon is only as good as the person who is using it; it is not merely a matter of how sharp it is. If the weapon is perfect and free of faults, and the arm of the person using it is strong, and there is nothing stopping him, then he can lay waste the enemy. But if any of these three features are lacking, then the effect will be lacking accordingly.”

Conditions for Dua to be Accepted:

- ❖ Ask Allah with His names and attributes
 - Surah al Araaf, ayah 180
 - When we ask things of people, we ask a certain way – think of how we ask people for things
 - Say bismillah walhamdullilah wasalatu wasalama wa Rasoolula – prepare your dua
 - Then ask with His names and attributes
 - Muhammad (SAW) used to begin his dua by saying O Allah I ask you by every name that I know and every name that I do not know....
 - Have etiquette when you make dua
 - Umar (RA) used to say my worry is not whether Allah will answer my dua, but my worry is that I ask Allah the right way so that Allah will answer my dua
- ❖ Obeying Allah’s commands
- ❖ Sincerity
- ❖ Invoke Him using His Beautiful Names

- ❖ Praise and glorify Him
- ❖ Facing the Qiblah
 - A sunnah of Muhammad (SAW) - Umar (RA) went to see Muhammad (SAW) in the Battle of Badr; he saw Muhammad (SAW) in the tent and he was facing the Qibla and raising his hands
- ❖ Raising the hands
- ❖ Repeating the dua thrice
- ❖ Al-Ilhah (Invoke Him continuously)
 - Have determination and persistence in your dua – keep continuously asking Allah
 - One of three things happen when you make dua:
 - Allah answers your dua on the spot
 - Allah wards off an evil that was meant to happen to you
 - Allah will store something for you in Jannah as a replacement to the extent that you will wish that Allah didn't answer any of your duas
- ❖ Don't doubt the dua
 - If you doubt the dua you make, Allah will never answer your dua
 - Muhammad (SAW) said make dua to Allah having no doubt in your heart that Allah will not answer your dua; Allah does not answer the dua of an oblivious heart
 - The best time to cry is when you are making dua
- ❖ Seek the best times
 - Last third of the night
 - When it rains
 - Friday between Asr and Maghrib – one hour in this time
 - Before breaking your fast
 - Arafah
 - Travelling
 - In sujood
 - When you're sick
 - When delivering a baby
 - Between adhan and Iqama
 - Dua of a mother to her child
 - In Ramadan
 - Dua of the oppressed
- ❖ If you want your dua to be accepted, seek halal
 - Bukhari – The man who is travelling and raising his hands invoking Allah, but he eats from haram, dresses from haram...how can Allah answer the dua that comes from such a man
 - If you deal with haram, maybe that is why Allah doesn't answer your dua

Reasons Why Dua is Not Answered:

- ❖ You know Allah, yet you do not obey Him
- ❖ You recite the Quran, yet you do not act according to it
- ❖ You know Shaytan, yet you have agreed with him
- ❖ You proclaim that you love the Messenger of Allah (SAW), yet you abandon his sunnah
- ❖ You proclaim your love for Paradise, yet you do not act to gain it
- ❖ You proclaim your fear for the Fire, yet you do not prevent yourselves from sins

The Final Stretch
The End of the Journey

- ❖ When Imam Ahmed was dying, his son was telling him to la illa illa Allah and Imam Ahmed kept saying no, no, no; he said Shaytan kept coming to him and telling him to accept other religions
- ❖ Surah an-Nisaa, ayah 78
 - “Whosoever you may be, death will overtake you even if you are in fortresses built up strong and high.”
- ❖ Surah ar-Rahman, ayahs 26 and 27
 - “Whatsoever is on it (the earth) will perish. And the Face of your Lord full of Majesty and Honor will remain forever.”
- ❖ Surah az-Zumar, ayah 30
 - “Verily, you (O Muhammad (SAW)) will die and verily, they (too) will die.”
- ❖ Surah Aali Imran, ayah 185
 - “Everyone shall taste death. And only on the Day of Resurrection shall you be paid your wages in full.”
- ❖ Surah al-Qasas, ayah 88
 - “Everything (that exists) will perish except Him.”
- ❖ Surah az-Zumar, ayah 42
 - “It is Allah that takes the souls (of men) at death; and those that die not (He takes) during their sleep: those on whom He has passed the decree of death, He keeps back from returning them to life) but the rest He sends (to their bodies) for a term appointed. Verily in this as Signs for those who reflect.”
- ❖ Surah Ghaafir, ayah 39
 - “O my People! This life of the present is nothing but (temporary) convenience. It is the Hereafter that is the Home that will last.”
- ❖ Surah al-Jumu’ah, ayah 8
 - “Say: Verily, the death from which you flee will surely meet you, then you will be sent back to (Allah), then All-Knower of the unseen and the seen, and He will tell you what you used to do.”
- ❖ Hadith narrated by Abu Hurayrah (RA) in which the Prophet (SAW):
 - “The life span of my followers is between sixty and seventy. Very few of them do exceed this age.”
- ❖ Hadith in which the Prophet (SAW) said:
 - “Always remember the Destroyer of pleasure.”
- ❖ We are scared to talk about death, but it’s the reality we all have to go through
- ❖ Leverage all of the chances Allah gives you in the dunya – take advantage of them in the dunya because when you die, your soul will say give me another chance so I can do good deeds – do good deeds now
- ❖ If you are amongst the believers, you’ll see beautiful angels with bright faces when you die – they’ll help you say la illaha illa Allah
- ❖ If you are amongst the disbelievers, scary looking angels will come to take your soul when you die
 - Think of how scared you’ll be at the moment of your death because you don’t know which angels are coming – do good deeds now
- ❖ When you die and are put in your grave, that is when your real life starts
- ❖ This life is just a bridge to the real life
- ❖ Hadith about Muhammad (SAW) sleeping on a straw mat which left marks on him – he said the disbelievers have the dunya and I have the akhira
- ❖ The time in the grave for the believers will be like praying 2 rakats
- ❖ The believer will feel no pain or harm in the grave – they will see their place in Jannah
- ❖ The disbeliever’s grave will crush him – it will feel so tight on him
- ❖ The grave is either a garden of heaven or a pit of hellfire

- ❖ Hadith in Bukhari in which Muhammad (SAW) was walking by a graveyard and heard people being punished in their graves – one used to engage in backbiting, the other used to not protect himself when urinating

Causes of the Punishment of the Grave

- ❖ Disobedience of Allah
- ❖ Shirk
- ❖ Hypocrisy
 - Quran – those hypocrites with many faces, they will be in the lowest part of Hellfire
- ❖ Not taking care to avoid getting urine on oneself
- ❖ Spreading malicious gossip among people
- ❖ Lying
- ❖ Sleeping and missing an obligatory prayer
- ❖ Neglecting the Quran
- ❖ Riba (interest)
- ❖ Adultery and fornication
- ❖ Eating haram
- ❖ Dealing with haram

Salvation from the Punishment of the Grave

- ❖ Crying out of the fear of Allah
- ❖ Tawheed
- ❖ Obedience of Allah
- ❖ Observing the sunnah
- ❖ Living with the sunnah
- ❖ Salah
- ❖ Enjoining good and forbidding evil
- ❖ Obedience to the parents
- ❖ Gathering of Ilm
- ❖ Reciting Surah al Mulk before going to sleep
 - Surah al Mulk comes and accompanies you in your grave
- ❖ Pondering for a moment before going to sleep
 - ibn al Qayyim says ponder every night before going to sleep about your life and yourself; if you are a sinner, repent to Allah and then try to reconcile between you and Allah – accountability
 - Umar (RA) used to do accountability before going to sleep every night – would say “O Umar, what would you tell your Lord tomorrow?”

Signs of a Good Ending

- ❖ Saying la illaha illah Allah
 - Muhammad (SAW) said whoever says this as their last words, they will be admitted to Paradise
- ❖ Dying with sweat on their forehead
 - Hadith: the believer dies with having sweat on his forehead
- ❖ Dying on the day or night of Friday
 - Hadith: There is not a Muslim that dies on a Friday but Allah saves him from the trial of the grave
- ❖ Dying of the plague
 - Hadith: The plague is martyrdom for every Muslim

- Hadith: 5 are martyrs: the one who dies of a plague, the one who dies of an abdominal disease, the one who dies of drowning, the one who is buried alive and dies, the one who is killed in the cause of Allah
- ❖ Dying by being crushed by a wall
- ❖ Dying from being burned
- ❖ Dying while giving birth
 - Hadith - the woman who dies while giving birth is a martyr; her baby will drag her by the umbilical cord to Jannah
- ❖ Dying defending you religion
- ❖ Dying while defending your wealth
- ❖ Dying while doing a good deed
- ❖ Dying in self defense

How to Break Better Than Even
The Degree of Steadfastness – Istiqama

- ❖ Iman increases with obedience and decreases with disobedience
 - ❖ Surah Fussilat, ayah 30 and 31
 - “Verily, those who say, ‘Our Lord is Allah (Alone),’ and then stand firm, on them the angels will descend (at the time of their death) (saying), ‘Fear not, nor grieve! But receive the glad tidings of Paradise which you have been promised! We have been your friends in the life of this world and are (so) in the Hereafter. Therein you shall have (all) that your inner-selves desire, and therein you shall have (all) for which you ask.”
 - 2 interpretations of when these angels will descend:
 - Mujahid – these angels will descend on them at the time of death to bring the glad tiding and to help you say la illaha illa Allah and to help you remain steadfast because you will be so scared
 - If you are a person of belief, these angels will descend on you at the time of death to bring you glad tidings
 - They will tell you fear not, grieve not, but receive the glad tiding of Paradise – this person will know that they are amongst the people of Jannah before they even die
 - You’ll be so happy and you’ll be able to say la illaha illa Allah – you will ask the angels who they are
 - Ibn Abbas – these are the angels that will come to you at the time of resurrection; you will wake up and you’ll be in the land of the Hereafter; everybody will be resurrected and you’ll be so scared; these angels will come to you and say we are your friends in this life, and in the Hereafter
 - Both interpretations are correct – the angels come upon you twice; first at the time of death, and then again at the time of resurrection
 - These angels will help you stay strong and stay in the state of steadfastness – because in the dunya, you stood firm to the deen of Allah and lived with Allah and Muhammad (SAW) throughout trials and problems
- ❖ Surah al-Ahqaaf, ayah 13
 - “Verily, those who say, ‘Our Lord is (only) Allah,’ and there after stand firm (on the Islamic faith of monotheism), and on them shall be no fear, nor shall they grieve.”
- ❖ Surah Ibrahim, ayah 27
 - “Allah will keep firm those who believe, with the word that stands firm in this world and in the Hereafter. And Allah will cause to go astray those who are dhaalimoon (polytheists, wrongdoers, etc.), and Allah does what He wills.”
- ❖ Surah al-Baqarah, ayah 25
 - “And give glad tidings to those who believe and do righteous good deed that, for them, will be gardens under which rivers flow (Paradise).”
- ❖ Surah an-Nisaa, ayah 57
 - “But those who believe (in the Oneness of Allah – Islamic Monotheism) and do deeds of righteousness, We shall admit them to Gardens under which rivers flow (Paradise), abiding therein forever.”
- ❖ Surah al-Muminoon, ayahs 1 to 11:
 - “Successful indeed are the believers.
 - Those who offer their salat (prayers) will full solemnity and full submissiveness.
 - And those who turn away from al-Laghw (dirty, false, evil, or vain talk, falsehood, and all that Allah has forbidden.

- And those who pay the Zakat.
 - And those who guard their chastity (i.e. private parts from illegal sexual intercourse). Except from their wives or (slaves) that their right hands possess – for then, they are free of blame. But whoever seeks beyond that, then those are the transgressors.
 - Those who are faithfully true to their Amanat (all duties which Allah has ordained, honesty, moral responsibility and trusts) and to their covenants.
 - And those who strictly guard their (five compulsory congregational) salawat (prayers) (at their fixed stated hours).
 - These are indeed the inheritors who shall inherit the Firdaws (Paradise). They shall dwell therein forever.”
- ❖ Hadith in which a man came to the Prophet (SAW) and said, “Advise me,” and he (SAW) said, “Say, I believe in Allah, and remain steadfast.”
 - ❖ Umm Salamah (RA) narrates that he Prophet (SAW) said, “O Controller of the hearts, make my heart steadfast upon Your religion.”
 - ❖ Abu Umamah (RA) narrates that the Prophet (SAW) said:
 - “I guarantee a house in Jannah for one who gives up arguing, even if he is in the right; and I guarantee a house in the middle of Jannah for one who abandons lying, even when joking for the sake of fun; and I guarantee a house in the highest part of Jannah for one who has good manners.”
 - ❖ In Jannah, you shall have everything you desired – all that you asked for
 - In Jannah, it’s all about desire – just desire it and it will come to you, you don’t have to do anything
 - ❖ Hadith about the last man who enter Jannah – Musa (AS) asked Allah who this man is; Allah said this is a man who comes from hellfire and goes to Jannah, and then comes from Jannah and goes back to Allah and says Jannah is packed and there is no room for me; Allah tells this man, would you like your accommodation in Jannah to be equivalent to the greatest kingdom on earth (the kingdom of Sulaiman); the man says yes; Allah says you have the same; Allah tells the man, would you like your accommodation in Jannah to be twice the size of the greatest kingdom on earth; the man says yes; Allah says you have the same twice; this goes on until Allah gives him his place in Jannah equivalent to 10 times the greatest kingdom on earth
 - This is the lowest man in Jannah
 - ❖ In a different narration, this man comes out from hellfire crawling and he looks back at Hellfire and says Alhamdulillah that Allah has saved me from you and He has given me something that He has given to nobody before me or after me (he doesn’t know about the other people Allah has given Jannah to); as he is going to Jannah, he sees a trees and says O Allah, get me closer to that tree; Allah says, if I were to get you close to that tree, would you not ask me for anything else; the man says yes; Allah takes him closer; then he sees a tree more beautiful that the first tree; he says O Allah, please get me closer to the 2nd tree; Allah says didn’t you say you wouldn’t ask me for anything else; the man says yes, but he is overtaken by the beauty of this tree; Allah forgives him and takes him close to the 2nd tree; then he sees a 3rd tree more beautiful than the first and the second; then he says O Allah, please get me close to this and I won’t ask you for anything else; Allah takes him close to the tree and it happens to be close to the gates of Jannah; he hears the people of Jannah; Allah asks the man if he wants his place in Jannah to be equivalent to the greatest kingdom on earth; the man asked Allah are you fooling me?; Allah smiled and said I’m not fooling you, I am the All Powerful, I am Allah
 - This is the last man to enter Jannah and this is the Mercy of Allah
 - ❖ Allah says he has prepared things eyes have never seen, ears have never heard, hearts have never felt for his slaves in Jannah

Means of Steadfastness:

- ❖ Obedience to Allah
- ❖ Turning towards the Quran
- ❖ Studying stories of the Prophet (SAW) and the companions
 - E.g. Bilal kept saying Ahad Ahad rather than other names of Allah because that was the only name that would make the people torturing him mad – he was enjoying the torture
- ❖ Dhikr
- ❖ Dua
- ❖ Calling others to Allah
 - Your nafs and Shaytan are your main enemies
 - Shaytan is calling people towards evil, so if you call people towards good, you will be the enemy of Shaytan and Shaytan will stay off your path
- ❖ Befriending the righteous
 - We are a mirror onto each other
 - If I look at a friend, I should look at myself
- ❖ Patience
- ❖ Thinking about the reward and the delight of Jannah

- ❖ The utmost pleasure of Allah is seeing the face of Allah – does this even increase the beauty of people in Jannah

The Gateways to Jannah:

- ❖ Obedience of Allah
- ❖ Pleasing Allah
 - If Allah is on your side, you are the most successful person on earth
- ❖ Tawbah
- ❖ Dhikr
- ❖ Accountability
- ❖ Salah
- ❖ Doing good deeds
- ❖ Inviting towards Allah
- ❖ Enjoining good and forbidding evil
- ❖ Recitation of the Quran
- ❖ Learning and teaching the Quran
- ❖ Spreading salam
- ❖ Visiting each other
- ❖ Visiting the sick
- ❖ Helping those need and in debt
- ❖ Maintaining family ties
- ❖ Good character
- ❖ Managing your anger
- ❖ Patience
- ❖ Taking care of orphans
- ❖ Making wudu
- ❖ Dua after wudu
- ❖ Building a masjid
- ❖ Going to the masjid
- ❖ Salah

- ❖ Fajr and Isha in the masjid
- ❖ Going to Jumaa
- ❖ Qiyam ul Layl
- ❖ Fasting
- ❖ Giving sadaqa
- ❖ Steadfastness
- ❖ Hajj/Umrah
- ❖ Smile in the face of your brother ☺
- ❖ Safeguarding the tongue and private parts

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