

ALI 243: Approaches to Spirituality

Session Four

Combining the three approaches

- 1) According to Quran and Sunnah
- 2) Based on reason
- 3) Covers all aspects of the human being
- 4) Has clear priorities
- 5) Outlines different stages

Spiritual journey as ascending

يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا
الْعِلْمَ دَرَجَاتٍ

Allah will exalt those of you who believe
and those who are given knowledge
in rank.

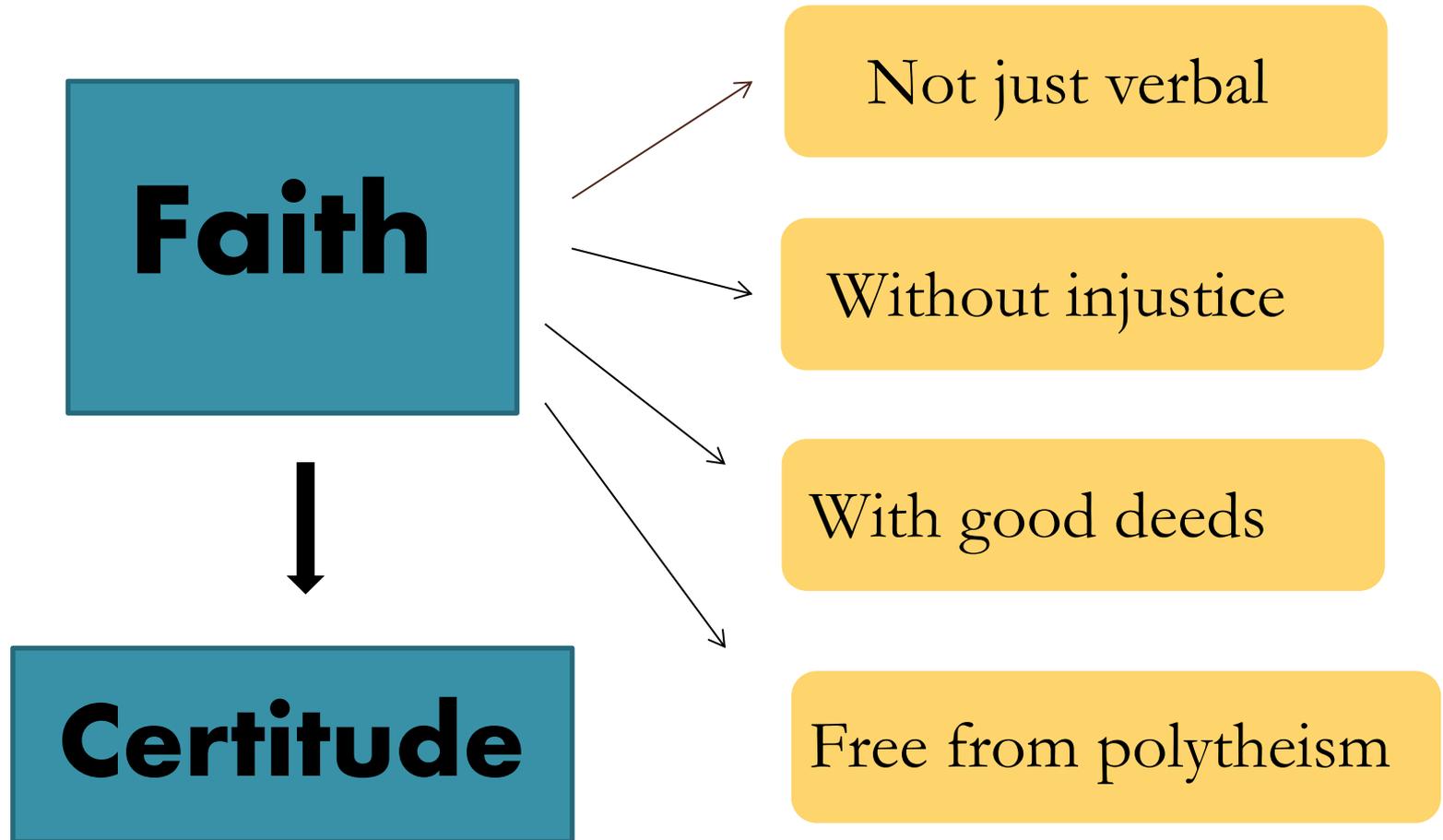
Sura Mujadilah, 58:11

إِلَيْهِ يَصْعَدُ الْكَلِمُ الطَّيِّبُ وَالْعَمَلُ الصَّالِحُ يَرْفَعُهُ

To Him do ascend the good words
and He elevates righteous deeds

Sura Fatir, 35:10

Provisions of the Journey - 1



Provisions for the Journey - 2

Taqwa

- God Consciousness
- Self consciousness

وَمَا تَفْعَلُوا مِنْ خَيْرٍ يَعْلَمُهُ اللَّهُ ۖ وَتَزَوَّدُوا فَإِنَّ
خَيْرَ الزَّادِ التَّقْوَىٰ ۖ وَاتَّقُونِ يَا أُولِيَ الْأَلْبَابِ

and whatever good you do Allah knows it
and take provision
for surely the best provision is God consciousness
so be conscious of Me
O people of understanding.

Sura Baqarah, 2:197

Provisions for the Journey - 3

Remembrance of Allah

- Physical
- Mental
- Emotional

Provision for the Journey - 4

Trust in Allah

- Acceptance of His decree
- Not trusting the self
- Asking Him for all things

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ۗ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ ۗ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ ۗ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا

and whoever is wary of Allah

He will make a way out for him

and give him sustenance from where he does not expect

and whoever trusts in Allah

He is sufficient for him

Surely Allah will accomplish his purpose

Allah indeed has appointed a measure for everything.

Sura Talaq, 65:2,3

Other Provisions

- 5) Obedience in obligatory and forbidden actions, as well as recommended actions.
- 6) Renouncing certain levels of comfort, luxury, carnal desires. . .
- 7) Taking account of the self
- 8) Constantly seeking forgiveness

Hadith from Imam Sadiq (a)

There is no real comfort for a believer until he meets Allah. Until then, comfort can be found in four things:

- 1) **Silence** – through which he becomes aware of the state of his heart and soul, regarding that which is between him and his Lord.
- 2) **Seclusion**– which will save him from the trials of the time, both apparent and hidden.
- 3) **Hunger** – through which he deadens his desires and whisperings.
- 4) **Waking up early in the morning** – to illuminate his heart, purify his nature, and cleanse his soul.