



Qualities of a Faithful believer

Khutba no. 87

What quality from the first paragraph do you think is the most outstanding for a faithful believer?

Which one is the most difficult?

Excerpts from Khutba 87

عِبَادَ اللَّهِ، إِنَّ مِنْ أَحَبِّ عِبَادِ اللَّهِ إِلَيْهِ عَبْدًا أَعَانَهُ اللَّهُ عَلَى
نَفْسِهِ، فَاسْتَشَعَرَ الْحُزْنَ، وَتَجَلَّبَبَ الْخَوْفَ فَزَهَرَ مِصْبَاحُ الْهُدَى
فِي قَلْبِهِ، وَأَعَدَّ الْقِرَى لِيَوْمِهِ النَّازِلِ بِهِ، فَقَرَّبَ عَلَى نَفْسِهِ
الْبَعِيدَ، وَهَوَّنَ الشَّدِيدَ

O creatures of Allah! The most beloved of Allah is he whom Allah has given power (to act) against his passions, so that his inner side is (submerged in) grief and the outer side is covered with fear. The lamp of guidance is burning in his heart. He has provided hospitality for the day that is to befall him. He regards what is distant to be near himself and takes the hard to be light.

Agenda

- Power against the nafs
- Grief and Fear
- Internal lamp of guidance

Power against the Nafs

Questions

- what is the nafs?
- how can *insan* fight against himself?
- why did God create *insan* such that he has to fight his nafs?
- how does God help in the fight against the nafs?

Understanding the nafs

- Everything is in movement in this universe, and so is the human being. Nafs propels the movement towards certain desires.
- The nafs desires to move towards something, or move away from something. Insan has the free will to obey or disobey the nafs.
- This free will is what differentiates the human being from other creation, and makes him nobler than all others.

The enemy within

The nafs is an enemy that we should fight constantly against.

The Holy Prophet (s) says:

اعدى عدوك نفسك التي بين جنبيك

Your bitterest enemy is your nafs that is within you.

Biharul Anwar, Vol 67, pg 64

Fighting the Nafs

Fighting the Nafs means fighting against:

- a) insatiable imagination
- b) wrong desires/passion
- c) negative thinking
- d) egoistic thoughts
- e) all thoughts and feelings that take you away from God.

How to fight the Nafs

- 1) Reason with yourself
- 2) Subdue the thoughts/feelings
- 3) Replace them with appropriate thoughts/feelings
- 4) Allow faith to counter the nafs
- 5) Recognize the irrationality of the nafs
- 6) Inspire yourself

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II –Grief and Fear

Questions

- why does Islam encourage emotions that are so negative?
- Is Islam against happiness and conquering of fear?
- how can human beings function and progress if they always fearful and sad? Do they not need positive energy?

The ultimate reward is the conquering of all fear and grief.

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Now surely the friends of Allah, they shall have no fear nor shall they grieve.

Sura Yunus, 10:62

Types of Grief

Grief due to loss of material things in life

Depression and negative emotions

Grief at the loss of loved ones

Grief due to separation from God, yearning for God

Grief at one's own insignificance and unworthiness

Grief at disappointing God through misconduct

Hadith of the Holy Prophet (s) on Grief

يَا أَبَا ذَرٍّ مَا عُبِدَ اللَّهُ عَزَّ وَ جَلَّ عَلَى مِثْلِ طُولِ الْحُزْنِ

O Abuzar, Allah, the Honored and the Elevated has not been worshipped with anything [better than] grief.

Biharul Anwar, Vol. 74, pg 80 (Wafaa organization, Beirut)

Types of Fear

Fear of People; their opinions, words, actions . .

Fear of undesirable outcomes in life

Fear of what the future will bring

Fear of death and the Hereafter

Fear of wrong done by the self

Fear of the Justice of God

Fear of the Day of Judgment

Fear of the going astray of family, society . . .


Fear of others being hurt

Hadith of the Holy Prophet (s) on Fear

مَنْ عَبَدَ اللَّهَ عَلَى مِيزَانِ الْخُوفِ وَالرَّجَاءِ لَا يَضِلُّ وَ يَصِلُ إِلَى مَأْمُولِهِ
وَ كَيْفَ لَا يَخَافُ الْعَبْدُ وَ هُوَ غَيْرُ عَالِمٍ بِمَا تُخْتَمُ صَحِيفَتُهُ وَ لَا لَهُ عَمَلٌ
يَتَوَسَّلُ بِهِ اسْتِحْقَاقًا وَ لَا قُدْرَةَ لَهُ عَلَى شَيْءٍ وَ لَا مَفَرَّ

Whoever worships Allah on the scale of fear and hope will not go astray, and will reach what he hopes for. How can a slave [of Allah] not fear while he does not know how his book will end, nor is there any act for him which he can use deservingly, nor any power over anything, nor any refuge.

Biharul Anwar, Vol. 67, pg 391 (Wafaa organization, Beirut)



Grief and fear are both necessary in doses that spur action in the right direction. Balance and moderation is required in all emotions.

Grief and fear can create progress of the soul and stimulate a person towards perfection. That is the type of grief and fear Islam recommends.

Absence of any type of grief and fear creates a feeling of heedlessness and arrogance in the human being.

III – Lamp of Guidance

When the human being becomes unattached to worldly things due to grief and fear, he is able to see things clearly. These emotions open up the eyes of the heart and dispel the veils around it.

Absence of any form of grief and fear create veils which act as barriers for spiritual upliftment.

The internal lamp shows:

- A correct perspective. Things as they really are.
- True values and concerns that one should have in life.
- Insignificance of things that are temporary and worldly
- Importance of the life that will be eternal.