

ALI 369: The Spiritual Journey

Session Two

Question for Reflection

What are some signs when
I feel spiritual?

Qualities of a Spiritual person

First Quality - Love

Love goes beyond knowledge. It is the emotional reaction to knowledge.

It includes awe, appreciation, respect . . .

Islam is based on Love; love for God, for His chosen ones, for His people, for His creation

وَمِنَ النَّاسِ مَن يَتَّخِذُ مِن دُونِ اللَّهِ أَندَادًا
يُحِبُّونَهُمْ كَحُبِّ اللَّهِ ^{صَلَّى} وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ

Among the people are those who set
up objects of worship besides Allah
loving them as if loving Allah
but those who believe have a
stronger love for Allah

Sura Baqarah, 2:165

Understanding Love for Allah

- It means not loving anyone/ anything more than Allah
- It includes to love for the sake of Allah and to dislike for the sake of Allah
- Love for Allah increases with knowledge about Him

Second Quality - Thankfulness

Thankfulness is closely linked to faith.

When a person is thankful he acknowledges God's benefits and knows that he is only a servant. Nothing belongs to him.

فَلَمَّا رَأَاهُ مُسْتَقِرًّا عِنْدَهُ قَالَ هَذَا مِنْ فَضْلِ
رَبِّي لِيَلُونِي أَشْكُرُ أَمْ أَكْفُرُ

So when he saw it set near
him, he said, 'This is by the
grace of my Lord, to test me
if I will give thanks or be
ungrateful.

Sura an Naml, 27:40

وَإِذْ تَأْتِيَنَّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ^{صَلِّ} وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And when your Lord
proclaimed, If you are
grateful, I will surely
increase you [in blessings]

Sura Ibrahim, 14:7

One might wonder how it is possible that Allah's (SWT) generosity increases by giving. When Allah (SWT) gives you something and you are thankful and can maintain that state, your capacity to receive increases. There is no limit for divine generosity except our limited capacity. The more Allah (SWT) gives, the more capacity we have to receive, and so His Generosity accelerates into this infinite Mercy

3 Types of Thankfulness

1) With the heart - understanding that something is from Allah

2) With the tongue - verbalizing the gratitude

3) With actions - using the blessings of God as they should be used.

3 Levels of Thankfulness

1) To be pleased with the blessings of Allah

2) To be pleased with whatever Allah gives

3) To be so absorbed in love for Allah that there is no distinguishing between ease and pain.

Third Quality - Humbleness

Humbleness is spiritual poverty.
It includes the following understandings;

- a) Neediness of the self
- b) Power of the Almighty
- c) Reliance on Him

A person who is spiritually humble does not need to fight arrogance. There is nothing that you have that is from yourself.

What you have achieved is through what God gave you.

Even your deeds are not guaranteed until the Day of Judgement.

Everything constantly changes in this world. Sometimes circumstances are for us and sometimes they are against us.

This is to help us understand that the only Being that can be relied upon is Allah.