

Welcome to ALI 151
Qualities of a Believer, Part 1
Session Three

Peace

Questions

What are five good things about:

a) rainy weather b) sunny weather

2) If you could get an attitude makeover, what are three things you would change about your attitude?

3) Read Sura al-Furqan, verses 63 – 74. How do the believers achieve peace as described in these verses?

Agenda

Enhancing Inner Peace through a change in attitude

- Towards life
- Towards others
- Towards yourself
- Verses of the Quran on people with inner peace
Sura al-Furqan, 25: 63-76

Enhancing Inner Peace

- A change in attitude towards life can increase and enhance inner peace
- Positive energy makes everything seem brighter
- You are what you think. Peaceful thoughts make peaceful people. Positive thoughts make positive people.
- Indulge in daily exercises of seeing good in what comes your way; the weather, events, people . . .
don't complain, state facts.
- Smile and be cheerful, even when you don't feel like it.

A believer [is one who] his cheerfulness is on his face, and his grief is in his heart – Imam Ali (a)

1) Value life

1a) Purpose of creation

I was a hidden treasure, and I wanted to create a creature that would benefit from My qualities

Hadith al-Qudsi

I created the Jinn and human beings so that they may worship Me (az-Zariyat, 51:56)

Blessed is He in whose hand is the Kingdom, and He has power over all things, who created death and life so that He may test you – which of you is best in deeds (al-Mulk, 67: 1-2)

1b) **Bounties of Allah to make life pleasant**

An appreciation for the system that Allah has created helps human being achieve satisfaction and inner peace.

- beauty in nature
- the mind and its capabilities
- relationships, communication, emotional satisfaction
- food, sense of taste, desire to eat . . .

1c) Life as a challenging race

Life is a race which you want to win. You are trying to overcome the obstacles of limited time, selfish desires, material attractions of the world, doubts and skepticism, etc. to win the prize of the Pleasure of Allah

Race towards forgiveness from your Lord, and a Paradise as vast as the heavens and the earth, prepared for those who have faith in Allah and His Messengers . . .

al-Hadeed, 57:21

Enjoy the race and work hard for the prize.

2) Value Others

2a) Human beings as the family of Allah

Mankind is my family and the most beloved of them to Me is the most kind to them

Hadith al-Qudsi

Every human being has good and bad qualities, appreciate the good and learn from the bad.

Every relationship you have is a gem in your precious collection of life. It adds to who you are and what you will take from the world.

2b) Expect Good from others

Expect good from your brothers, unless something happens that make you rule otherwise, and do not assume a word of his is evil when there is still the possibility of it being good.

He who trusts others gains love from them

Trust is a comfort of the heart and security in faith

Trust reduces depression

Ahadith of Imam Ali (a)

3) Towards yourself

Importance of self-esteem

Do you think you are a small mass while within you dwells a great world? **from a poem of Imam Ali (a)**

A human being flies with his self-confidence the way a bird flies with its wings – Imam Ali (a)

Know yourself and be happy with who you are.

Self-confidence means an appreciation of God given qualities, it is different from pride.

It is healthy and necessary for inner peace.

Sura Furqan, 25: 63-76

A believer's attitude

- Does not indulge in arguments, vain talk etc.
- Close relationship with Allah
- Balance in habits
- A soft, responsive heart
- Takes joy in his family

Readings

Ethics and Spirtual Growth

Sayyid Mujtaba Musawi Lari

<http://www.al-islam.org/ethics/index.htm>