


Week 1 – STRONG FOUNDATION



ALI 510: Building a Spiritually Strong Family Unit

INTRODUCTION

- Objectives
 - Gain Inspiration for Reform
 - Discuss fundamental elements to building a spiritually stronger family unit
- Define Spirituality
 - “the quality of being concerned with the human spirit or soul as opposed to material or physical things.”
 - "the shift in priorities allows us to embrace our selves in a more profound way"
- What does a building need?
 - Strong foundation
 - Functional elements
 - Maintenance

Strong Foundation

- Change begins from within
- One of the first steps of increasing spirituality is increasing mindfulness
 - The ART of being mindful
 - **A** – ctivities: Be mindful in activities you do and love
 - **R** – outine : Choose a daily routine and bring mindfulness to it
 - **T** – riggers: What sets you off? Replace the anger with mindfulness
 - Turn every thought into a prayer!

Strong Foundation

■ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَ ذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَ اجْعَلْنَا لِمُتَّقِينَ إِمَامًا

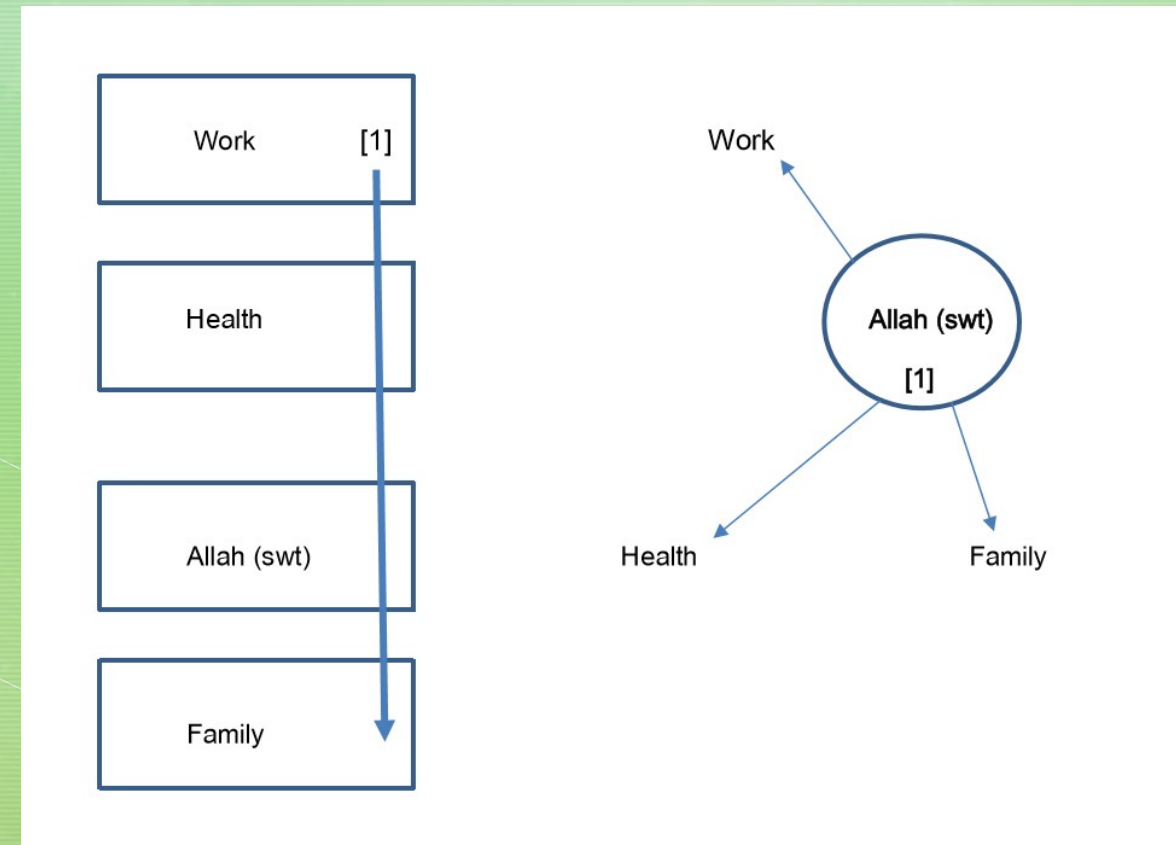
- " Our Lord! Grant us comfort in our spouses and descendants, and make us imams (leaders/role- models) of the God-wary." Al-Furqan (25:74)
- What is meant by قُرَّةَ أَعْيُنٍ
- In order to gain comfort in our relationships and to be a leaders of the God-wary – we must first embody that quality ourselves

Strong Foundation

- And in turn our family will also embody the same
- It grounds all our relationships
- Sets boundaries – flexible to move around in rooms of our building but can't live outside
- Boundaries set by Allah (swt) (through Qur'an, Prophets, Imams)
- Why the use of هَبْ

Strong Foundation - 1

- How do we prioritize?
 - Hierarchical vs God - Centric
- What does the second diagram this look like?
 - God Centricity is a way of life
 - If we can embody this it will translate into our relationships and dealings with others
 - Requires perfecting certain characteristics



Strong Foundation

■ لَيْسَ الْبِرُّ أَنْ تُوَلُّوا وُجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلَكِنَّ الْبِرَّ مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَالْمَلَائِكَةِ وَالْكِتَابِ وَالنَّبِيِّينَ وَآتَى الْمَالَ عَلَى حُبِّهِ ذَوِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسَاكِينَ وَابْنَ السَّبِيلِ وَالسَّائِلِينَ وَفِي الرِّقَابِ وَأَقَامَ الصَّلَاةَ وَآتَى الزَّكَاةَ وَالْمُوفُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا وَالصَّابِرِينَ فِي الْبَأْسَاءِ وَالضَّرَّاءِ وَحِينَ الْبَأْسِ أُولَئِكَ الَّذِينَ صَدَقُوا وَأُولَئِكَ هُمُ الْمُتَّقُونَ

- *Piety is not to turn your faces to the east or the west; rather, piety is personified by those who have faith in Allah and the Last Day, the angels, the Book, and the prophets, and who give their wealth, for the love of Him, to relatives, orphans, the needy, the traveler and the beggar, and for the freeing of the slaves, and maintain the prayer and give the zakat, and those who fulfill their covenants, when they pledge themselves, and those who are patient in stress and distress, and in the heat of battle. They are the ones who are true to their covenant, and it is they who are the God wary (2:177)*

Strong Foundation

- Those who live a God-Centric Lifestyle:
- How can we apply this?
 - Believe in Allah, DOJ, Angels, Prophets
 - Give their wealth for His Sake
 - Establish Prayer
 - Fulfill their covenants
 - Remain Patient

Strong Foundation - 2

- Affection and Love – Parallel to this Hadith

■ قَالَ رَسُولُ اللَّهِ ص الْإِيمَانُ مَعْرِفَةٌ بِالْقَلْبِ وَ إِقْرَارٌ بِاللِّسَانِ وَ عَمَلٌ
بِالْأَرْكَانِ

- Faith is (made up of): Belief in the heart, professing with ones tongue, and action with ones extremities – Bihar 66:64
- Strong Foundation of our building needs this element
 - The love needs to be seen and felt not assumed
 - Expressed and Demonstrated

Strong Foundation

- Love in our Hearts
- Professing Love with our Tongue

■ قال الامام علي ع من أحبَّ شيئاً لَهَجَ بذكره

■ He who loves something constantly mentions it – Ghurar al-Hikam 65

■ How?

- Show the love through actions

■ How?

■ Everyone expresses and Receives Love Differently

Strong Foundation

- Summary
 - Building a Spiritually Strong Family Unit
 - Strong Foundation
 - Fundamental Elements
 - God Centric Priorities/Lifestyle
 - Love and Affection
- This sets our limits, provides framework and guidelines