

# ALI 510 - Building a Spiritually Strong Family Unit

Week 2 – FUNCTIONAL ELEMENTS

# Quick rECAP

- The ART of Mindfulness
- Strong Foundation = God Centric Lifestyle
- Implemented through love and affection
- Allows us to set limits and gives us our guidelines

# Strong foundation - Love and affection

- Love in your heart for His Sake
- Profess through different ways
- Show through actions

# Functional elements - patience

- Make yourself wait
- Evaluate what is important
- Be mindful of what makes you impatient (triggers)
- Relax – Take Deep Breaths

# Functional elements – Language of Love

- Everyone gives and receives love differently
  - 5 Languages of Love
    - Words of Affirmation
    - Acts of Service
    - Receiving Gifts
    - Quality Time
    - Physical Touch

# Functional elements – Communication

## Importance of Communication

### Cultural View?

In Hadithe Mufazzal, Imam Ja'far as-Sadiq (a) says:

- *O Mufazzal! Consider the blessing of speech with which he [human being] is endowed by Allah the Almighty, which is the medium for the expression of his inner thoughts and his cordial feelings springing from his understanding, and with which he also understands the inner points of others. Without this faculty he would have been like quadrupeds, neither able to convey his own inner thoughts nor to understand the words of the speaker.*
- Extremely important for a family to communicate needs, wants, and concerns

# Functional elements – Communication

- Communicate without passing judgement
- Send messages clearly
- قَوْلًا كَرِيمًا (Q 17: 23)
  - Noble, Kind, Respectful
- قَوْلًا سَدِيدًا (Q 33: 70)
  - Straight to the point, words of appropriate justice, , correct, straight, pertinent, to the point, direct.
- قَوْلًا لَيِّنًا (Q 4: 9)
  - Gentle, Mild

# Functional elements – Relationships

- Understanding and fulfilling each others rights
  - Islam has set rights
- Akhlaq is an intrinsic aspect
  - فَبِمَا رَحْمَةٍ مِّنَ اللَّهِ لِنْتَ لَهُمْ وَلَوْ كُنْتَ فَظًّا غَلِيظَ الْقَلْبِ لَانفَضُّوا مِنْ حَوْلِكَ
- ***"Thus, it is due to the mercy from Allah that you have been lenient with them, and had you been rough, hard hearted, they would certainly have dispersed from around you.." (Q 3:159)***
  - Effective Leadership Style = Gift from Allah
- Empathy - *"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."*



# Functional elements - Relationships

- Always refocus your intention
- Get interested in each family member
- Make time for each other
- Cultivating an Encouraging Environment
- al-Kafi, narrating from Abu Basir: “I asked Abu ‘Abdullah [al-Sadiq] (a.s.) about the saying of Allah: “*Save yourselves and your families from a fire... ( Q 66:6)*” “How can we save our families.” He (a.s.) said: “By enjoining them [to good] and forbidding them [from evil].”

# A day in the life of...story

- Which lifestyle elements that we've spoken about are incorporated in this narration and which need improvement? Discuss in groups.