

ALI 510 - Building a Spiritually Strong Family Unit Maintenance

Spiritual Maintenance

- يَا أَيُّهَا الرُّسُلُ كُلُوا مِنَ الطَّيِّبَاتِ وَاعْمَلُوا صَالِحاً إِنِّي بِمَا تَعْمَلُونَ عَلِيمٌ
- “O Messengers, eat from the pure (foods) and work righteousness. *Verily I know best what you do.*”
(Holy Quran 23:51)
- Consumption of Haram affects our soul
 - What kind of consumption?
- Anything that negatively affects the body, affects the mind, and affects the soul

Spiritual Maintenance

- This verse identifies three ways to encourage the tendency to do good deeds:
- A) The influence of pure and wholesome food on the purity of the heart.
- B) Arousing the sense of thanksgiving in man.
- C) Drawing attention to the fact that Allah watches and observes all our deeds.

Spiritual Maintenance

• يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

- “O mankind! Eat of what is lawful and good on the earth and do not follow the footsteps of Shaytan. Indeed, he is to you a clear enemy.” - (Al-Quran 2:168)

Spiritual Maintenance

- A man once told the Prophet (S) that he would like his prayers to be answered.
- The Prophet replied:
- *“Make your food wholesome and refrain from eating unlawful food!”*

Spiritual Maintenance

- The Prophet (S) said:
- *“Worshipping (Allah) with eating that which is unlawful is like a building on sand” or some say “like a building on water.”*

- The Prophet (S) said:
- *“Whoever eats that which is lawful, an angel will overshadow him and will continue to ask Allah’s pardon for him until he finishes eating.”*

Spiritual Maintenance

- Overlook and forgive

• وَالْكٰظِمِيْنَ الْغَيْظَ وَ الْعٰفِيْنَ عَنِ النَّاسِ ...

... *and those who restrain their anger, and forgive people (3:134)* •

- **The Holy Prophet (s) has said: *Beware of anger, for its beginning is madness and its end is regret.* And *Whoever controls his anger when he can vent it, Allah will fill his heart with peace and faith on the Day of Judgement.***

Spiritual Maintenance

- Controlled Anger
- God given faculty – but needs to be used appropriately
- Must Find the balance
- Pick your battles
- Look at the bigger picture
- Try and see the other side

Spiritual Maintenance

• وَ يَوْمَ يَعَضُّ الظَّالِمُ عَلَى يَدَيْهِ يَقُولُ يَا لَيْتَنِي اتَّخَذْتُ مَعَ الرَّسُولِ سَبِيلًا

- A day when the wrongdoer will bite his hands, saying, " I wish I had followed the Apostle's way! (Q 25: 27)
- How does the company we keep affect us?
 - Social Pressures
 - Negative Thinking/Environment

Spiritual Maintenance

- Imam Ali (AS) said, ‘It is incumbent upon you to be bound to the lawful, and excel in goodness to your family, and be in remembrance of Allah at all times.’”