

MIFTAAH SEMINAR



REPENTANCE

Shaykh Rami Nsour

SESSION 1

Tawbah

- Tawbah is not only to seek repentance after a person has done something haram.
 - It is an entire process of change.
 - For a change to occur, the first step is tawbah.
- Tawbah is mentioned in several place in the Quran.
 - Allah SWT specifically commands us to repent **sincerely**.
 - This means a person must analyze why they did what they did and they must think about why they decided to change.

The Conditions of Tawbah

- The first condition is Nadm.
 - The Prophet SAW said: Tawbah is Nadm.
 - This means that it is the main component of repentance.
 - Nadm is to feel that you did something wrong.
 - This remorse must be for the sake of Allah, not because someone else saw us do it or it affects our dunya.

- Reflecting on an action and realizing that you feel bad about doing it is necessary for repentance.
- Reflection should be a constant part of our lives as Muslims.
 - It is an easy act of obedience because it does not require us to be in a specific time or place.
 - Anyone can reflect on their lives and actions at any moment throughout their day.
- A human naturally knows what is right or wrong.
- This is why when we commit a sin, we naturally feel regret.
- The Prophet SAW said: Sin is that which irritates your heart.
- Having remorse is the easy part because it is in our nature.
- The second condition is to have the intention to never return to that act.
 - This step is more difficult than the first because one must have a firm commitment to never return to that action.
 - A person may end up going back to that act, but in the moment of their repentance, they must have a firm intention that they will not return to it.
- The third condition is to stop doing the action.
 - If someone is in the middle of doing a haram act, and they begin to feel remorse, they must stop that act and seek repentance in that moment.

- If a person delays their repentance, this is another sin for which forgiveness must be sought.
- The fourth condition is to return anything or apologize to anyone who was harmed.
 - If something was stolen, it must be returned.
 - If someone was slandered, we must fix anything that was said or any harm that was done because of it.
 - The person harmed does not have to forgive you because Allah SWT stated that it is their right to be upset and hold it against you.
 - The better thing to do is to forgive each other for any mistakes, but for some people this is very difficult.
- Imam Nawawi mentions some additional aspects to repentance.
 - He stated that wherever the wrong act was done, the person should try to return to that location and do a good act.

Changing For the Better

- There are 2 types of changes:
 - Between a person and Allah SWT
 - These are known as Ibaadaat - Worship
 - Between a person and another person who was harmed/involved
 - These are known as Mu'amalaat - Interactions

- There are 5 stages of change:
 - Precontemplation
 - A person knows about the change
 - Contemplation
 - A person has thought about the change but they have not taken any steps to change.
 - Preparation
 - A person has made the intention to change
 - Action
 - A person has started the change
 - Maintenance
 - A person is able to keep this change for at least 6 months.
 - Once a person maintains it for 6 months, they have truly changed.
 - Added stage: Relapse
 - This will typically occur during the maintenance stage.
 - Once a person relapses, they may begin the process again at any of the 5 stages.
- These 5 stages are comparable to the stages/conditions of tawbah.
 - In order for a person to feel remorse about their action (the first stage of tawbah) they must understand that the action is wrong (precontemplation).

- One of the main problems which stops people from seeking tawbah is that they are ignorant about the issue and they are ignorant that they are ignorant about it.
- Seeking knowledge consistently can help a person avoid this ignorance.
- Scholars stated that a sin which brings a person to tawbah is better than a person who does something good, but is arrogant about it.
- In order to effectively change, it is important that a person analyzes why they typically fall into their bad habits.
 - Even if a person relapses back into the habit, they should take time to think about what caused them to relapse.
 - This way they can avoid that cause in the future.
 - It is better that a person realizes their trigger because it will lead to more permanent change.

REBT - Rational Emotional Behavioral Therapy

- This is used to help individuals who are suffering with addiction through their recovery.
- The ABCs of REBT include:
 - Active Event
 - Underlying Belief
 - Consequence
- These ABCs allow a person to learn more about their stressors and triggers.

- The **Activating Event** is that event which causes the stress.
- Once a person experiences a stressor, they must reflect on the **Underlying Belief**.
 - This is assess what it is that you believe allows you to act in a certain way when the stressor is presented.
- The way a person acts when they experience the stressor is known as the **Consequence**.
 - Typically, a person understands the activating event and the consequence, but they fail to understand their underlying belief.

The Six M's

- The Six M's are:
 - Musharata - Goals
 - Muraqabah - Observing
 - Mujaahada - Struggle
 - Muhasabah - Accounting
 - Mu'aqabah - Punishment
 - Mu'atabah - Verbal Reproach
- These can be done over a long period of time or all in one day.
- It is recommended that a person does these on a daily basis, just like we pray 5 times a day.

- **Musharata** (goals) is what you are going to work on that day.
 - This could be one small goal or several goals.
- Throughout the day, one must be vigilant (**Muraqabah**).
 - One must observe themselves and insure that they are trying to meet their goals.
 - This is where a person must be observant of the stressors which may cause them to stray from their goal.
- When the underlying belief and the stressor occur, one must engage in **Mujahadah** (struggle).
 - A person must struggle against their urge to fall into their bad habits.
 - A person should have a plan for what they will do when the stressor occurs.
 - This could be that they call someone or do something specific to stay away from the act.
 - Dhikr, Wudu, and Salah are all powerful ways to repel any negative thoughts.
- At the end of the day, one must take themselves to account (**Muhasabah**).
 - A person must assess if they met their goals or not.
- Once you recognize if you met your goals, you do **Mu'aqabah** (punishment) and **Mu'atabah** (verbal reproach).

- We should speak to ourselves and state that what we did was wrong.
- Punishment does not refer to physically harming oneself.
 - It is to do something which would deter you from wanting to do the act again.
- When doing Muhasabah, a person can grade themselves and place themselves in one of three categories:
 - Al-Saabiqoon - The fast runners, the outliers, those who are ahead
 - Muqtasid - Those in the middle (some good and some bad)
 - Thaalimun Li Nafsih - Those who failed

