

# MIFTAAH SEMINAR

## A PURE HEART



Dr. Haifaa Younis

### MIFTAAH PORTAL – SESSION 2: A PURE HEART

#### WAYS TO ATTAIN A PURE HEART - CONTINUED

- Self-admiration:
  - We should not be self-absorbed and love praise for ourselves. It is one of the destructors of our good deeds.
  - Ibn Umar reported: The Messenger of Allah (ﷺ) said:

ثَلَاثٌ مُهْلِكَاتٌ وَثَلَاثٌ مُنْجِيَّاتٌ وَثَلَاثٌ كَفَّارَاتٌ وَثَلَاثٌ دَرَجَاتٌ فَأَمَّا الْمُهْلِكَاتُ فَشُحُّ مَطَاعٍ وَهَوَى مُتَّبَعٌ وَإِعْجَابُ الْمَرْءِ بِنَفْسِهِ وَأَمَّا الْمُنْجِيَّاتُ فَالْعَدْلُ فِي الْعَضْبِ وَالرِّضَى وَالْقَصْدُ فِي الْفَقْرِ وَالْغِنَى وَخَشْيَةُ اللَّهِ فِي السِّرِّ وَالْعَلَانِيَةِ وَأَمَّا الْكَفَّارَاتُ فَانْتِظَارُ الصَّلَاةِ بَعْدَ الصَّلَاةِ وَإِسْبَاغُ الْوُضُوءِ فِي السَّبْرَاتِ وَنَقْلُ الْأَقْدَامِ إِلَى الْجَمَاعَاتِ وَأَمَّا الدَّرَجَاتُ فِإِطْعَامُ الطَّعَامِ وَإِفْشَاءُ السَّلَامِ وَصَلَاةٌ بِاللَّيْلِ وَالنَّاسِ نِيَامٌ

Three deeds are destructive vices, three are salvific virtues, three are expiations, and three are a rise in ranks. As for destructive vices, they are greed that is obeyed, whims that are followed, and man being impressed with himself. As for salvific virtues, they are justice in a time of anger or pleasure, moderation in wealth or poverty, and fear of Allah in public and private. As for expiations, they are waiting for prayer in between prayers, thorough ablution on cold mornings, and walking to the congregations. As for rises in ranks, they are feeding the poor, spreading peace, and prayer at night while people sleep. (al-Mu'jam al-Awsat)

- Ostentation:
  - We must stop showing off what we have; i.e. flaunting our house, our beauty on social media. It makes it very hard for us to stay focused on Allah.
- Lying:
  - We should fear the punishment of Allah instead of his creation. Lying is a major sin.
  - Allah narrates to us the deceit that Yusuf's brothers resorted to after they threw him to the bottom of the well.

وَجَاءُوا عَلَىٰ قَمِيصِهِ بِدَمٍ كَذِبٍ

And they brought his shirt, stained with false blood (12:18)

- We cannot expect to be close to Allah if we are doing something that displeases Him. Allah tells us He loves those who are truthful.

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّٰدِقِينَ

O believers! Be mindful of Allah and be with the truthful. (9:119)

- Three things we must do:
  - 1. Learn to be honest with ourselves
    - We must ask Allah to help us clean our hearts – we cannot do it alone. Strip arrogance off of our hearts and come to Allah with humility.
    - We have to acknowledge and identify the diseases within our hearts in order to purify it.
    - For example, when Umar ibn al-Khattab gave a sermon, he said, “Do not be excessive in the dowry of women.” A woman said, “It is not so, O Umar, for Allah said: You gave one of them a great amount,” (4:20). Umar once said:

إِنَّ امْرَأَةً خَاصَمَتْ عُمَرَ فَخَصَمْتُهُ

“The woman is right and the man is wrong.”

- Never justify our disobedience with Allah
  - Whenever anything in our life takes us away from Allah, we have to leave it. Trust that He will replace it with much better.
  - The process of attaining a pure heart requires removing and staying everything haram from our lives and inputting only the halal in it.
  - This is why the Prophet (ﷺ) used to make this du'a:

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ،  
وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.

- Before doing or saying anything, practice focusing on Allah and then ask Him “Is this pleasing to You?”. We should not be pretentious because Allah will expose us.
- 3. Knowledge
  - If Allah wants good for a person He opens the door of knowledge for them. He puts a resolve to learn the Deen.
  - Mu'awiyah reported: The Messenger of Allah (ﷺ) said,

مَنْ يُرِدْ اللَّهُ بِهِ خَيْرًا يُفَقِّهُهُ فِي الدِّينِ

“To whomever Allah wills goodness, He grants him understanding of the religion.” (Al-Bukhari and Muslim)

  - The knowledge we learn has to be beneficial knowledge; something that brings us closer to Allah.
  - Knowledge is the most important way to get you closer to Allah. Nevertheless, knowledge must be put into action, otherwise it would be useless.

## Ways to Overcome Ill-feelings

- 1. Constantly make this du'a to keep our heart purified:

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ ءَامَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

“Our Lord! Forgive us and our fellow believers who preceded us in faith, and do not allow bitterness into our hearts towards those who believe. Our Lord! Indeed, You are Ever Gracious, Most Merciful.” (59:10)

- 2. Avoid things that will bring harm to our heart
  - For example, we should avoid confronting someone if we know that the outcome will be very painful for us.
  - We must learn how to protect our heart – it is like an expensive diamond. Anything that can affect it should be avoided.
- 3. Be forgiving towards others
  - This is an instruction from Allah. He said:

أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ

Do you not love to be forgiven by Allah? And Allah is All-Forgiving, Most Merciful. (24:22)

- This ayah was revealed concerning Abu Bakr as-Siddiq when he swore that he would not financially help his relative Mistah bin Uthathah after he accused A'ishah in the incident of Ifk.
- Immediately after this, Abu Bakr said, “Of course, by Allah, we love -- O our Lord -- that You should forgive us. By Allah I will never stop spending on him.” Then he resumed his spending on Mistah.
- This shows us that many times we will get disappointed and hurt by others, whether intentionally or unintentionally. But we must learn to make du'a for Allah to remove any hatred or anger in our heart and learn to forgive and pardon the other person.

- Be mindful that if Allah is forgiving to us, we should be forgiving to others.
- When our focus is the akhirah, forgiving becomes easy. We should not allow anyone to take Jannah away from us.

### Ways to Exert Control On Sins

- 1. Never give up
  - Giving up on ourselves is what Shaytan wants us to do. Instead, we should stay positive, knowing that Allah will help us through our struggles.
- 2. Know that Allah is forgiving
  - We should not pass judgments on ourselves thinking that Allah will not forgive us. Hence, we should not act like Allah.
  - Allah tells us:

قُلْ يٰعِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ ۚ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

Say, 'O Prophet, that Allah says,' "O My servants who have exceeded the limits against their souls! Do not lose hope in Allah's mercy, for Allah certainly forgives all sins. He is indeed the All-Forgiving, Most Merciful.

(39:53)

- Allah forgives all sins except for those who don't say the kalima.
- 3. Help ourselves not to disobey Allah
  - For example, we should put our phones away before we sleep as it distracts us from Allah and can cause disobedience.
- 4. Don't make our beds comfortable
  - This makes it easier to wake up and pray tahajjud to ask Allah for forgiveness.
- 5. Keeping making du'a
  - We must ask Allah to make us hate the sin so we will never repeat it; i.e. 'O Allah, strip the love from my heart from [whatever the sin is].'

## Ways to Rid Insecurities

- The human being is the most honored creation of Allah. Therefore, we have to be self-confident but not prideful.
  - The Messenger of Allah (ﷺ) would say,

اللَّهُمَّ كَمَا أَحْسَنْتَ خُلُقِي، فَحَسِّنْ خُلُقِي { رَوَاهُ أَحْمَدُ وَصَحَّحَهُ ابْنُ جَبَّانٍ  
 “O Allah You have made my creation perfect, so make my moral characteristics also be the best.”

- 1. Stop putting ourselves down
  - Comparing ourselves to others will not bring us any good. Instead, we should busy ourselves with matters that will get us to Jannah.
- 2. Increase in goodness
  - Allah looks at our hearts and our deeds, not our exterior.
- 3. Look inwards not outwards
  - We need to be self-vigilant, not overconfident or arrogant. There needs to be a balance.
  - Never love praise. Whenever we find someone praising us, we should make this du’a:

اللَّهُمَّ اجْعَلْنِي خَيْرًا مِمَّا يَظُنُّونَ وَاعْفِرْ لِي مَا لَا يَعْلَمُونَ وَلَا تُؤَاخِذْنِي بِمَا يَقُولُونَ  
 “O Allah, make me better than what they think of me, and forgive me for what they do not know about me, and do not take me to account for what they say about me.”

- We have to recognize that we are flawed. Hence, we should never get upset over anyone’s remarks about our behaviour or character. This is a sign of arrogance.
- Whenever we find ourselves in such a situation, say ‘Jazakallah khayr’ to the one who called us out, reflect upon what they said about us and then have a private conversation with Allah asking Him to help us better ourselves.