

MIFTAAH SEMINAR

A PURE HEART



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MIFTAAH PORTAL – SESSION 1: A PURE HEART

INTRODUCTION

- A pure heart doesn't come free of charge. It is a process that we have to work for, starting with the simple things in our everyday life.
- Once we get there and become connected to Allah, everything we're looking for will be easy.
- When we say we really want to be close to Allah, He will send us a simple test to see our sincerity. The lucky one is the one who figures out the test, passes it and moves on.
- Having a pure heart is our goal. It is the only thing that will save us when we are in front of Allah on the Day of Judgment.
- Allah said:

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ ﴿٨٨﴾ إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ ﴿٨٩﴾

The Day when neither wealth nor children will be of any benefit. Only those who come before Allah with a pure heart 'will be saved' (26:88-89)

- Allah created every human with a pure heart. Every newborn is being born on fitrah, or natural instinct.
- Abu Hurairah reported: The Prophet said,

مَا مِنْ مَوْلُودٍ إِلَّا يُولَدُ عَلَى الْفِطْرَةِ فَأَبَوَاهُ يُهَوِّدَانِهِ أَوْ يُنَصِّرَانِهِ أَوْ يُمَجِّسَانِهِ

No child is born but that he is upon natural instinct. His parents make“ him a Jew, or a Christian, or Magian. (Al-Bukhari and Muslim)

- Every single creation glorifies Allah as its creator. He tells us:

تُسَبِّحُ لَهُ السَّمَوَاتُ السَّبْعُ وَالْأَرْضُ وَمَنْ فِيهِنَّ وَإِنْ مِنْ شَيْءٍ إِلَّا يُسَبِّحُ بِحَمْدِهِ وَلَكِنْ لَا تَفْقَهُونَ تَسْبِيحَهُمْ إِنَّهُ كَانَ حَلِيمًا غَفُورًا

The seven heavens, the earth, and all those in them glorify Him. There is not a single thing that does not glorify His praises—but you 'simply' cannot comprehend their glorification. He is indeed Most Forbearing, All-Forgiving. (17:44)

- However, only a majority of people glorify Him. We have to ask ourselves are we this majority?

أَلَمْ تَرَ أَنَّ اللَّهَ يَسْجُدُ لَهُ مَنْ فِي السَّمَوَاتِ وَمَنْ فِي الْأَرْضِ وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومُ وَالْجِبَالُ وَالشَّجَرُ وَالْدَّوَابُّ وَكَثِيرٌ مِّنَ النَّاسِ وَكَثِيرٌ حَقَّ عَلَيْهِ الْعَذَابُ وَمَنْ يُهِنِ اللَّهُ فَمَا لَهُ مِنْ مُّكْرِمٍ إِنَّ اللَّهَ يَفْعَلُ مَا يَشَاءُ

Do you not realize [Prophet] that everything in the heavens and earth submits to God: the sun, the moon, the stars, the mountains, the trees, and the animals? So do many human beings, though for many others punishment is well deserved. Anyone disgraced by God will have no one to honour him: God does whatever He will. (22:18)

- As we grow up and are slowly exposed to the dunya, our spiritual hearts that were once pure, gradually become tainted.
- Many of us are unaware of our spiritual hearts. Allah said:

لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا

They have hearts with which they fail to understand (7:179)

- The Qur'an describes the different types of hearts; some are clear and clean, while others are dark, sick or dead.
- Most of us fall into the category of having a sick heart. To rectify it, only we alone can access the sickness of our heart and be the judge of it.

Ways to Attain a Pure Heart

- Intention
 - In order to attain a pure heart, we need to first and foremost place great importance on learning to make an intention (niyyah) for everything we do.
 - Every single thing we do, must be done with the sole reason of pleasing Allah only. Before doing anything, ensure we check our niyyah.
 - This is one of the most important hadith that tells us the foundation of Islam – it is based on intentions.
 - Narrated 'Umar bin Al-Khattab: I heard Allah's Messenger (ﷺ) saying,

"إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ، وَإِنَّمَا لِكُلِّ امْرِئٍ مَا نَوَى، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى دُنْيَا يُصِيبُهَا أَوْ إِلَى امْرَأَةٍ يَنْكِحُهَا، فَهِيَ هِجْرَتُهُ إِلَى مَا هَاجَرَ إِلَيْهِ "

"The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended. So whoever emigrated for worldly benefits or for a woman to marry, his emigration was for what he emigrated for." (Sahih al-Bukhari)

- Allah has given us an opportunity to gain multiple rewards through our niyyah alone. Hence, we should prioritize setting our intentions right. For example, try making five intentions in one day.
- Upon making niyyah, when Allah tests us with something difficult, we should not get upset about it but instead say 'Alhamdulillah'.
- The process of attaining a pure heart requires removing the filth and beautifying it. The more niyyah one puts into everything they do, the more they are filling their heart with goodness.

- To get closer to Allah, we have to change things in our daily life and fill it with a lot of good deeds.
- Our niyyah will lead us to a lot of good deeds. But first, we need to remove the sickness within our heart; pride, self-admiration, ostentation, lying, anger, jealousy, miserliness etc.
- Pride:
 - We are all servants of Allah regardless of our lineage, race or skin color. There should not be any judgments against one another – this stems from arrogance; like Iblis.

