

# MIFTAAH SEMINAR



## REVIVING THE HEART

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### SESSION 4

#### Adhere to the Way of the Prophet SAW

- Ibn Ata'illah continues by saying: Neglect will find no way to you except through your own negligence in following the example of the Prophet SAW.
  - He is essentially saying that there will be no true spiritual revival, except if you adhere to the way of the Prophet SAW.
  - The kalima, la ilaha illallah, is the key that gets us into Jannah, and the grooves on that key are the Prophet Muhammad SAW.
  - We are not the only community that says la ilaha illallah, but what makes us different is the sunnah of the Prophet SAW.
- Allah SWT tells us in the Qur'an: "Say, O Prophet, 'If you love Allah, then follow me; Allah will love you and forgive your sins.'" {3:31}
  - Sunnah is not simply how you eat or what you wear.
  - Although these are important sunnan, the purpose is to make you an object of Divine Love.

- Following the Prophet SAW takes two forms: The outward form and the hidden form.
  - If it weren't for the Companions, we would not know how the Prophet SAW wanted us to pray, fast, how to pay our zakat, how to make hajj, etc.
  - The inward worship, however, is much more difficult to realize.
  - When Allah SWT says “truly God loves” in the Qur’an, the object of God’s Love is never the Angels or the Ka’aba, but rather it is always a set of people who have any number of seven qualities.
- Allah mentions in the Quran that He loves:
  - Taqwa – piety, God-consciousness
  - Tahara – cleanliness, inward & outward
  - Tawba – repentance, those that return to Him
  - Tawakkul – reliance upon God
  - Qist – those who are just in their dealings
  - Sabr – the patient
  - Ihsaan – spiritual excellence
- The Prophet SAW is the perfect example of these qualities.
  - If we embody just one of these qualities, Allah SWT loves us, so it is unimaginable how much He loved the Prophet SAW who embodied all 7 qualities.
- Later in this book, Ibn Ata'illah says to view sins not as breaking a rule, but view your sins as if you are breaking a covenant of love.

- We have a covenant of love with Allah SWT and when we sin, we do not reflect that covenant of love.
- Ibn Ata'illah states: The inward sunnah of the Prophet SAW is to intend to connect with Allah SWT in your prayer.
  - Prayer is something which is done outwardly.
  - If one prays while doing the outward actions, they have technically fulfilled their prayer.
  - However, we have to fulfill more than just the outward conditions of prayer to pray as the Prophet SAW did.
  - He SAW said: The coolness of my eye (meaning 'my heart's delight') is in prayer.
  - If you do not feel the inward process, ask Allah SWT to help you with your focus.
- Ibn Ata'illah explains that a person who prays and does not experience the sunnah of inward connection with Allah is like a sick person who is so ill that even sugar has acquired a bitter taste in their mouth.
  - This person must work on relieving that inward illness which is preventing them from tasting the sweetness of salah.
  - This illness will be relieved by continuing to pray.
  - The power of this pillar of our religion is such that it works whether you realize it or not.

- Ibn Abbas RA narrated that the Prophet SAW said: A person does not get anything from his prayer except that which he is conscious of.
- The second thing which Ibn Ata'illah mentions in terms of inward sunnahs of the Prophet SAW is to read the Quran with tadabur (reflection).
- When reading the Quran, we should take moments to pause and reflect on the meaning of what we are reading.
  - Think about Jannah or Jahanam
  - Think about characteristics of those mentioned in the Quran.
- One of the worst signs of misguidance is that a person reads something about character and thinks about someone else.
- The Quran was sent down in Arabic because that was the language of the people of that time and the Quran was sent to be understood by them.
  - Even if we can not understand Arabic, it is our responsibility to find a translation which we are able to understand so that we are able to form a connection with the Quran.