

# MIFTAAH SEMINAR



## LANGUAGES OF LOVE

Shaykh Abdullah Waheed

### SESSION 1

#### Introduction

- The Prophet SAW taught us everything we need to know about fasting, praying, hajj, etc.
- He SAW also taught us everything we need to know about our social lives.
- He SAW was the most loving and most compassionate person.
- When we are introduced to Allah SWT in the Quran, we are introduced through His Mercy and Compassion.
  - When we recite “bismillah” we are reminded of His Love and Mercy.
- The Quran speaks about how essential love is in our relationships with people, Allah SWT, and the Prophet SAW.
- There are 5 languages of love according to Gary Chapman:
  - Words of Affirmation
  - Quality Time
  - Receiving Gifts
  - Acts of Service
  - Physical Touch

- All of these languages we learned first from the Prophet's SAW life.
- No one is worthy of complete devotion and obsession other than Allah SWT and the Prophet SAW.
  - Family, children, and friends should not be prioritized over Allah SWT.
  - When a person prioritizes their love for a person over their love for Allah SWT and they get hurt by that person, they will lose love for that person as well as their relationship with Allah.
- Allah states in Surah Ar-Rum ayah 21

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ۗ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

And of His Signs is that He has created mates for you from your own kind that you may find peace in them and He has set between you love and mercy. Surely there are Signs in this for those who reflect. (30:21)

- Allah SWT stated here that He created spouses for us so that we may find comfort within one another.
- He SWT mentions two elements which He placed between spouses:
  - An element of **مودة** meaning love and compassion.
  - An element of **رحمة** meaning mercy.
- Scholars say that the initial stage of marriage is all about love and infatuation (**مودة**) and the later stage of a marriage is about mercy (**رحمة**).

- What does it mean to love a person for the sake of Allah?
  - This is to have a relationship that revolves around Allah SWT.
  - Both people have the goal of pleasing Allah and they make this their focus in their relationship.

## What Happens to Love After the Wedding?

- At times a person's love for another person begins to fade with time.
- Love is something that must be invested in.
- When a person sees something that they do not like about someone, it is from the sunnah that they think about something else which they love about them and they overlook their flaws.
- We must love Allah SWT and the Prophet SAW more than anyone in our lives.
  - This means that if our spouse, friend, children, or family disobey Allah SWT and the Prophet SAW, we must make a decision to step away even though we love them.
    - This can be seen in the story of Nuh AS when his son disbelieved.
  - We can not compromise in our religion for our family.
- The Prophet SAW would express his love publicly.
  - When asked by Amr ibn Al-Aas who the most beloved person to him was, he SAW said it was Aisha RA.

## Falling in Love

- At the start of a relationship there is typically infatuation.
  - This is expected to fade away with time.
  - A person might do things for another person that they would not normally do but they do it because of their extreme love for them.
  - Many people may think that this is how a relationship will forever be, however, this is an inaccurate assumption.
- According to Dr. Dorothy Tennov, the average span of romantic obsession is two years.
- The reality of life is that this initial infatuation will not last for very long.
  - When it begins to fade away, both people in the relationship must overlook the others flaws.
  - This is when true love comes in.
- When this fades, shaytan comes into a relationship and begins to cause problems between two people.
  - In Surah Yusuf, we see how Yusuf AS dealt with the conflict between himself and his brothers.
  - He forgave them for throwing him in the well and he did not bring it up later on.
  - He also stated that Allah SWT united them after shaytan had plotted between him and his brothers.
    - Yusuf AS did not say that his brothers plotted against him, but he stated that it was shaytan instead.

- After the years of infatuation, a relationship must transition into real love.
  - This is where both people love each other regardless of their flaws.
- When a marriage gets difficult, some people immediately feel that they should leave and find a better partner.
- The divorce rate for second marriages is higher than the divorce rate for first marriages.
- Divorce is one of the most hated things to Allah SWT.
  - This does not mean that a person should never get divorced.
  - There are specific circumstances where divorce is necessary.
- No one should be looked down upon because of a divorce.

## Language #1: Words of Affirmation

- This includes the use of encouraging words.
  - Encouragement requires empathy and seeing the world from your spouse's perspectives.
  - The Prophet SAW was full of compliments.
    - He SAW would always compliment everyone around him.
  - When a parent refrains from complimenting their child, many times this child grows up and has difficulty complimenting their spouse.
- Love makes requests, not demands.
  - When people are in love, they should request things from the other rather than demanding them.