

1st March 2020

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Messages of hope (9)

(health: my hope) : Beware! of your heart.

All praise is to Allah, our Lord, The Most Merciful.

“Today insha Allah we will continue to learn from the “Messages of hope” about our goals in life and our hopes in life.

Over the last 3 classes, we learned about “worship of Allah” as the main goal and hope for every man kind.

Today insha Allah we will start to learn about “Health” as a hope for every one of us
Q what is the importance of health?

First A Prophet Mohammed (S.A.W) said.

“Ask Allah (SWT) for forgiveness and health for after being granted certainty, one is given

nothing better than health".

Health is indeed a blessing from Allah, which we take it for granted. We should express gratitude to Allah for bestowing us with health. and we should always try to take care of it.

Allah has entrusted us with our minds - hearts and bodies for a predistined period of time. He (SWT) will hold us to account on how we looked after them.

2 Prophet Mohamed (S.A.W) said :-

Take benefit of five before five :-

Your youth before your old age

Your health before your sickness

Your wealth before your poverty

Your free time before your preoccupation.

And your life before your death.

(Hakim)

Also Prophet Mohamed (S.A.W) said:

"No one will be allowed to move from his position on the Day of Judgement, until he has been asked how he spent his life, how he used his knowledge how he earned and spent his money and in what pursuits he used his health"

(Related to tirmidhi)

Your health is a trust from Allah, which you must follow all the instructions of the Quran and the Sunna of Prophet Mohamed (S.A.W) to maintain it in the best shape.

It is the (purity) of the mind, heart and body that Islam is calling for, through the verses of the Quran and the Hadiths of our Prophet Mohamed (S.A.W) -

Conclusion It is the duty and responsibility of every muslim to have this purity.

Let's start with "the heart" and learn the following:-

- 1) Importance of the heart
- 2) Types of hearts (from the Quran-Sunna).
- 3) How to have a pure (healthy) heart.

Importance of the "heart" in Islam :- Rules regarding the

great favour of the heart over all other body parts :-

Rule (1)

1) Prophet Mohamed (S.A.W) said:

"Both legal and illegal things are evident and in between them there are doubtful (suspicious) things and most of the people have no knowledge about them. So whoever saves himself from these suspicious things, saves his religion and his honor. Beware! There is a piece of Flesh in the body, if it becomes good, the whole body becomes good - but if it gets corrupt - the whole body becomes corrupt - and that is the heart."

(Bukhary- Vol. 1- book 2- N. 49)

Lessons :-

5 Al- Prophet Mohamed (S.A.W) explained that: the halal (lawful) is clear, and (Haram) (unlawful) is also clear (rules of the Quran is clarifying about lawful and unlawful) and that between them are obscure areas, not known to most people. However, what protects a person from the haram and ensures that he remains in the halal is knowledge, but beyond the knowledge

is the state of the heart. Because:

Rule 1)

- If the heart is good → then it makes use of the knowledge and it avoids what is prohibited.
- If the heart is bad → then the knowledge is of no benefit to it so it will indulge in what is prohibited.

Rule 2) The Prophet on the last pilgrimage, informed his Companions and the nations of Muslims, that: There is no favour or no special place of the Arab over the non Arab, nor is there any favour or special position of white over black, but that favour in the sight

Allah, is with those who fear Him, those who have taqwa. After bearing witness to that, he said that: Taqwa is in the heart.

And because Taqwa is in the heart so it is the place of concern in the sight of Allah, as Prophet Mohamed (S.A.W) said:

6 "Verily Allah does not Look at your shapes or wealth, but He Looks at your hearts and deeds."

Rule 3:-

A righteous believer said: I came to the Messenger of Allah (S.A.W), and he said "You have come to ask about righteousness?" "Yes" I answered. He said "Consult your heart, Righteousness is that
• about which the soul feels tranquil and
• the heart feels tranquil.

Rule (4)

The heart is the place by which the correctness of deeds is judged.

Prophet Mohamed (S.A.W) said

" deeds are judged according to the intention "

The Place of the intention is not on the lips. It is in the heart.

The hadith in full " The reward of the deeds depends upon the intention, and every person will get the reward according to what he has intended. So whoever emigrates for Allah and His messenger - then his emigration was for Allah and His Messenger. And whoever emigrates for worldly benefits or for a woman to marry, his emigration was for what he emigrated for. "

So all were emigrants from Makka to Madina at the time of the Prophet.

But not all of them will have the reward of that good deed (emigration with the Prophet (S.A.W).)

So the question is: why some will have the reward of that great deed and some will not have that great reward

Because deeds are not judged by their outside appearance instead they are judged according to the intention.

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Those whose hearts' intention was to emigrate for Allah's sake i.e to escape the tough treatment for muslims in Makkah and follow their Prophet (S.A.W) to Madina, those will be the one to have Allah's reward,

But Those who also emigrate at the same time from Makkah to Madina but not for the sake of their religion but for the sake of marrying a woman who already emigrated or for the sake of trade or any worldly benefit, those people

will not receive any reward from Allah for their emigration because their hearts were not looking for Allah's obedience but for the worldly benefits which they already achieved.

∴ Rule (5)

Our deeds - what we do externally - are judged ultimately by the states of our hearts. Allah will inspect the hearts to determine whether they are truly acts of righteousness.

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In order to imagine the importance of the intentions of your heart regarding your final destination
Let's learn this important hadith, which is related to the first people who would be cast into the Hell fire. These people were involved in what everybody considers great acts of righteousness: they are (1) the scholar who taught knowledge and the wealthy person who gave from his wealth in charity.

Prophet Mohamed (S.A.W) in an authentic narration, said

that: they would be among the first group of people
thrown in the fire because that scholar, when he
taught the knowledge that Allah gave him, did not
do so for the sake of Allah - instead He taught so that
people would praise him, saying: what a great scholar
he is, and how knowledgeable he is. Allah will
say to him "You received your praise in that world
but there is nothing for you in the next." So he
will be drawn off on his face and thrown into Hell.
(no sincerity)

Similarly, the rich individual - who was generous

with his wealth. He gave money and people praised his
generosity, but Allah will say: You did it for the praise
and you were praised. There was no sincerity there, it
was not for the sake of Allah. Your generosity was
conditional, it was not really for the sake of Allah.
So that individual will be drawn off on his
face and thrown into Hell.

From these rules, we find that:

1) The heart is the Place which Allah Favours over all the body parts.

2) The heart is the place of Iman - taqwa (fear) and knowledge.

3) Iman (belief in Allah's Oneness) is the most valuable

thing that a human being can have. It is the determination of those who have belief in Allah - those who have accepted the message and who have chosen Paradise over Hell. It is the distinction of those who have belief and those who have disbelief. The value of iman is more than all of the things of this world.

This is why Prophet Mohammed (S. A. W) said: "For Allah" to guide by your hands a single person to Islam is worth more than anything in this world. For you to help someone to find Iman is worth

more than any of the things in this world.

4) Even the highest deeds can be of no avail if the hearts are sick, if the hearts are corrupt i.e the intention lacks sincerity

Conclusion

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5) So the place of the heart should, in our minds occupy great attention. We have to spend much of our time observing, being aware of the state of our heart.

6) Let's have an example: when Prophet Mohamed (S.A.W)

described Abu-Bakr as-Siddiq, explaining to the

people his status over the rest of them, he said "He does not surpass you by performing more prayers and fasts. There are among you those who pray and fast more - but by something which deeply has embedded itself in his heart, Iman in his heart." That was where his superiority ..

7) There is no other faculty in the human body and existence,

that a believer should more concerned about. We have to make sure that: this faculty is functioning as Allah wishes it to function. We should be greatly concerned about it.

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"I seek refuge in you, O Allah, from knowledge that does not benefit and from a heart which does not fear".

So we learn how important is the heart in regards to other parts of the body .

Types of the hearts in the Quran:

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In the Quran , there are two different types of
the hearts : (A) the Sound, alive healthy hearts and the
^{White)}
(B) corrupt , sick , sealed hearts .(Black)

First let's learn about the healthy, sound alive hearts in

The White hearts

1- The Sound heart:

$$\text{Sumat}(26) \vee 89.$$
$$\text{Surat}(37) \vee 84.$$

This is the heart which is purely devoted to Allah because of its pure belief in Allah's Oneness.

2. The comfort heart

Sumat (13) - V 28

14 Comfort is a profound reality in the hearts of believers who deeply and truly feel the meaning of faith. They have a bond with Allah. This bond touches their hearts, generating a feeling of happiness and reassurance that: they do not stand alone in this universe. Whatever surrounds them is for their service, because it is all made by Allah under whose protection they live.

No one on earth is more miserable than those who are deprived of the blessing of a close relation with Allah. Those who, having severed the most essential bond with their Creator as they feel that: they have no relation with all around them.

Who can be more wretched than one who does not realize why he has been created, or where he is heading or why he suffers. The true loser is the one who goes about

his life isolated in an endless desert, having to strive without support, guidance or help.

In life - we often experience moments which man can withstand unless we are certain of Allah's support and protection, regardless of whatever resources of fortitude and power may be at our command.

Such moments can be ^{face} easily by those who find their comfort in Allah.

3. The united hearts :-

Surat 8 V 62

The faith, when it touches people's hearts, it pours into them a mixture of Love, familiarity and compassion that is certain to them and establish between them a firm and deeply rooted bond.

The faith of Islam makes its appeal to mankind on the basis of pure Love, that

Prophet Mohamed said : some of Allah's servants

shall have on the Day of Judgement a position so close to Allah that Prophets would love to have. His Companions said: Messenger of Allah - will you please tell us, who these people are? He said: They are people who Love one another for Allah's Sake only. They have no relation of kinship or business interests with one another. By Allah, their faces are radiant with light and they have light. They shall experience no fear or sadness, when all other people are taken by fear and sadness.

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