

A SOUND HEART WITH THE NAMES OF ALLAH

These notes are based on a previous course. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.



www.markazalsalam.com



t.me/markazalsalam



+97150 8008875



info@markazalsalam.com



t.me/dropletsofdew



Al Salam Islamic Center





Sound Heart (القلب السليم)

A Sound Heart with the Names of Allah– Compiled Notes

Date: 03 March 2019 / 26 Jamad Al Thani 1440



Introduction

Surah Ash Shu'ara 77-89

77

فَأَنَّهُمْ عَدُوٌّ لِّي إِلَّا رَبَّ الْعَالَمِينَ

"Verily they are enemies to me, save the Lord of the 'Alamin (mankind, jinn and all that exists),

78

الَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ

"Who has created me, and it is He Who guides me.

79

وَالَّذِي هُوَ يُطْعِمُنِي وَيَسْقِينِ

"And it is He Who feeds me and gives me to drink.

80

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

"And when I am ill, it is He who cures me.

81

وَالَّذِي يُمِيتُنِي ثُمَّ يُحْيِينِ

"And Who will cause me to die, and then will bring me to life (again).

82

وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ

"And Who, I hope, will forgive me my faults on the Day of Recompense, (the Day of Resurrection).

83

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

My Lord! Bestow Hukm (religious knowledge, right judgement of the affairs and Prophethood) on me, and join me with the righteous.

84

وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ

And grant me an honourable mention in later generations.

85

وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

And make me one of the inheritors of the Paradise of Delight.

86

وَاعْفِرْ لِأَبِي إِنَّهُ كَانَ مِنَ الضَّالِّينَ

And forgive my father, verily he is of the erring.

87

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ

And disgrace me not on the Day when (all the creatures) will be resurrected.

88

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

The Day whereon neither wealth nor sons will avail,

89

إِلَّا مَنْ آتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

Except him who brings to Allah a clean heart [clean from Shirk (polytheism) and Nifaq (hypocrisy)]."

- Surah Ash Shu'ara is about eloquence in speech while spreading the knowledge. The Qur'an takes us back to the right mindset, vision and mission. It is a criterion which gives us the best of the best and guides us to the best of the best.
- Allah (سبحانه وتعالى) looks at how healthy, sound, and pure is our heart. Allah (سبحانه وتعالى) wants to give us better than what our parents want to give us; He wants to take us to paradise.
- We need to feel that we need Allah (سبحانه وتعالى) more than anyone in our life.
- Nowadays when we look around, and we find those who are down or complaining and the reason is not because of he/she, but the reason is our sins. We don't want to admit to this so we blame others, subhan Allah.



- Ibrahim (عليه السلام) still asked Allah (سبحانه وتعالى) to forgive his sins despite being a messenger of determination. This shows his humility, and knowing Allah (سبحانه وتعالى) purifies our heart.
- If we're attached to the tangible, thinking about the tangible and are sensitive to the tangible then surely everyday there'll be an issue to face, but when our heart is attached to the unseen then we will live a beautiful life. The heart is the place which Allah (سبحانه وتعالى) will look at and Ibrahim (عليه السلام) understood this.
- He asked Allah (سبحانه وتعالى) to not be disappointed on the Day of Judgement because no wealth or children can benefit on that Day except a sound heart. And our destination depends on our heart, subhan Allah.

A Sound Heart

- There is no pleasure greater than to feel closeness to Allah (سبحانه وتعالى) because it gives us contentment, tranquility and peace. People are sad because they'll take anything into their heart.
- Pleasures of the duniya are temporary while sweetness of the faith is lasting. Sometimes we say, "but I can't taste this sweetness." And the reason is because our heart is being mixed with many other things. How can we taste faith if the heart is sick, subhan Allah.
- When a person tastes the sweetness of faith then there's nothing which can taste better after it so a person always wants to taste it.
- Knowing Allah (سبحانه وتعالى) by His names gives life to the dead hearts. When a person ignores the sicknesses of the heart then it will become weaker until it dies.



Mockery (الاستهزاء)

- People think making fun others is something ok but it's a sickness which has negative impacts.
- Mockery causes others to want to mock back.
- It makes a person not want to listen to the truth because everything is taken as a joke. All that we see, hear and say affects our heart.
- Allah's wrath upon those who mock. Our life is precious so we can't waste our life making fun of others.

Reason for mockery:

- Insecure
- Gain attention
- So others don't take things seriously
- Weakness
- Arrogance
- Lack of knowledge
- Defense
- Jealousy

Impacts of mockery:

- Those who mock are dishonoring another and when a person dishonors then he will do anything after that.
- Sometimes we are not the ones mocking but are being mocked at and this causes us to be sick as well.
- Being mocked at leads to feelings of humiliation and lowliness.

Cure to attain a good heart:



- Attaining honor is not by hand, tongue or writing a message. A person can attain honor without any movement of the limbs, what's required is a heart that feels and reacts.
- We all want honor and we need to believe honor is from Allah (سبحانه) because He's Al Aziz – The Most Honorable, The All Mighty. (وتعالى)

Allah Al Aziz

- There is no one more honorable or irresistible than Him.

Surah Al Jinn 12: (وَأَنَّا ظَنَنَّا أَن لَّن نُّعْجِرَ اللَّهَ فِي الْأَرْضِ وَلَن نُّعْجِرَهُ هَرَبًا) ('And we think that we cannot escape (the punishment of) Allah in the earth, nor can we escape Him by flight.)

- We think jinn can go wherever they want but they cannot escape or resist Allah (سبحانه وتعالى).
- Allah Al Aziz is the One Who's Most Strong and Dominating.

Surah Fatir 44: (أَوَلَمْ يَسِيرُوا فِي الْأَرْضِ فَيَنْظُرُوا كَيْفَ كَانَ عَاقِبَةُ الَّذِينَ مِن قَبْلِهِمْ وَكَانُوا أَشَدَّ مِنْهُمْ قُوَّةً) (Have they not travelled in the land, and seen what was the end of those before them - though they were superior to them in power? Allah is not such that anything in the heavens or in the earth escapes Him. Verily, He is All-Knowing, All-Omnipotent.)

- No one can resemble Allah (سبحانه وتعالى) in any aspect.

Surah Al Imran 26: (قُلِ اللَّهُمَّ مَالِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَن تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّن تَشَاءُ وَتُعِزُّ مَن تَشَاءُ) (Say (O Muhammad صلى الله عليه وسلم): "O Allah! Possessor of the kingdom, You give the kingdom to whom You will, and You take the kingdom from whom You will, and You endue with

honour whom You will, and You humiliate whom You will. In Your Hand is the good. Verily, You are Able to do all things.)

- Allah the All Mighty is the One Who honors whomever He wills and humiliates whomever He wills. Allah (سبحانه وتعالى) will deal with us according to how much we believe in Him. If we believe we can attain honor from Allah (سبحانه وتعالى) then we will attain it because Allah (سبحانه وتعالى) is the Most Truthful and He will realize it.
- We cannot attain honor from people because they change; they change from love to hate and hate to love.

Surah Fatir 10: (مَنْ كَانَ يُرِيدُ الْعِزَّةَ فَلِلَّهِ الْعِزَّةُ جَمِيعًا ۗ إِلَيْهِ يَصْعَدُ الْكَلِمُ الطَّيِّبُ وَالْعَمَلُ الصَّالِحُ يَرْفَعُهُ ۗ) (Whosoever desires honour, (power and glory), then to Allah belong all honour, power and glory [and one can get honour, power and glory only by obeying and worshipping Allah (Alone)]. To Him ascend (all) the goodly words, and the righteous deeds exalt it (i.e. the goodly words are not accepted by Allah unless and until they are followed by good deeds), but those who plot evils, theirs will be severe torment. And the plotting of such will perish.)

- People mistake honor by gluing themselves to someone with position. They don't know that it's actually humiliation for them. Though when we believe in Allah (سبحانه وتعالى), then we will get full honor.
- Islam gives us honor because it's not about our clothes or position but by following Allah's commands and being a Muslim.

Surah Al An'am 103: (لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ) (No vision can grasp Him, but He grasps all vision. He is Al-Latif (the Most Subtle and Courteous), Well-Acquainted with all things.)

Value: Honor

- Honor is not by wealth, children or beauty.

Surah Al Munfiqoon 8: (وَيُفَوِّضُونَ إِلَيْنَا رِجَالَنَا إِلَى الْمَدِينَةِ لَنُخْرِجَنَّ الْأَعَزُّ مِنْهَا الْأَذَلَّ وَلِلَّهِ الْعِزَّةُ وَلِرَسُولِهِ) (They (hypocrites) say: "If we return to Al-Madinah, indeed the more honourable ('Abdullah bin Ubai bin Salul, the chief of hypocrites at Al-Madinah) will expel therefrom the meaner (i.e. Allah's Messenger (صلى الله عليه وسلم))." But honour, power and glory belong to Allah, and to His Messenger (Muhammad (صلى الله عليه وسلم)), and to the believers, but the hypocrites know not.)

- We will attain honor when we worship Allah (سبحانه وتعالى), follow the Prophet (صلى الله عليه وسلم), be Muslim, pardon others and be humble.

May Allah (سبحانه وتعالى) grant us a sound heart and truthful tongue.

Ameen.



Sound Heart (القلب السليم)

A Sound Heart with the Names of Allah– Class 2

Date: 10 March 2019 / 03 Rajab 1440



Introduction

Hadith: (إِذَا مَرَرْتُمْ بِرِيَاضٍ) عَنْ أَنَسِ بْنِ مَالِكٍ، رَضِيَ اللَّهُ عَنْهُ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِذَا مَرَرْتُمْ بِرِيَاضٍ " إِذَا مَرَرْتُمْ بِرِيَاضٍ " حَلَقُ الذُّكْرِ " (الْجَنَّةِ فَارْتَعُوا " . قَالَ وَمَا رِيَاضُ الْجَنَّةِ قَالَ " حَلَقُ الذُّكْرِ ") - Jami` at-Tirmidhi 3510

- The gardens of paradise are not to connect us to what's on earth, but to connect us to what's divine and perfect. We are all in need of attaching to what's divine and eternal because then we will have eternal happiness.
- If we know who's Allah (سبحانه وتعالى), love Him and attach to Him then it will increase our faith because we're increasing our knowledge about Him. We will see what's right, hear what's right and feel what's right thus our devotion will be correct.

A Sound Heart

- When the heart is getting pure then all the parts of the body will work properly, but when it's getting corrupt then all other body parts will not function.



- The place which Allah (سبحانه وتعالى) looks is not the place which people look. People look at our appearance and actions, but Allah (سبحانه وتعالى) looks at our heart and for this reason we should focus on our heart.

Hastiness (العجلة)

- We become focused with only our day to day and routine. We just want to do it quickly.
- With hastiness there's no barakah. We feel we're doing something but we're not achieving anything.
- Hastiness is a dangerous sickness which has negative effects.

Meaning of hastiness:

- To do something before its time.

Reason for hastiness:

- It's in our nature. **Surah Al Anbiya 37: (خُلِقَ الْإِنْسَانُ مِنْ عَجَلٍ ۗ سَأُرِيكُمْ آيَاتِي فَلَا) (تَسْتَعْجِلُونَ)** (Man is created of haste. I will show you My Ayat (torments, proofs, evidence, verses, lessons, signs, revelations, etc.). So ask Me not to hasten (them).) / **Surah Al Isra'a 11: (وَيَدْعُ الْإِنْسَانُ بِالشَّرِّ دُعَاءَهُ بِالْخَيْرِ ۖ وَكَانَ (الْإِنْسَانُ عَجُولًا))** (And man invokes (Allah) for evil as he invokes (Allah) for good and man is ever hasty [i.e., if he is angry with somebody, he invokes (saying): "O Allah! Curse him" and that one should not do, but one should be patient].)
- We start late or we're lazy so we hasten in order to catch up
- Fear of losing an opportunity
- Competition



- Desires
- Seeing others who are hasty
- Extreme anger or sadness
- Hasty in wanting answers. For example, we take a blood test and we want the result immediately.
- Not asking others when making a decision

Impacts of hastiness:

- Accidents
- Mistakes
- Extreme reactions – imbalanced
- Missing other opportunities
- Regret
- Deprived from goodness
- Deprived from leadership

Depictions of hastiness:

- Musa's hastiness with Al Khidr. We will learn more in life when we're not hasty. Sometimes we are listening to a lecture and have a question. But when we don't interrupt to ask and have trust in Allah (سبحانه وتعالى) that our questions will be answered, then Allah (سبحانه وتعالى) will teach us in the best way.
- Adam's hastiness to eat from the tree. He thought he would become an immortal or become an angel by eating from it.
- Hasty in learning the Qur'an. **Surah Al Qiyama 16: (لَا تُحَرِّكْ بِهِ لِسَانَكَ لِتَعْجَلَ بِهِ) (Move not your tongue concerning (the Qur'an, O Muhammad صلى الله عليه وسلم) to make haste therewith.).**

Praiseworthy hastiness:

- Repentance
- Performing good deeds
- Increase in faith

Allah Al Lateef (الله اللطيف) – The Most Subtle

Surah Al Mulk 14: (أَلَا يَعْلَمُ مَنْ خَلَقَ وَهُوَ اللَّطِيفُ الْخَبِيرُ) (Should not He Who has created know? And He is the Most Kind and Courteous (to His slaves), All-Aware (of everything).)

- Allah (سبحانه وتعالى) deals with us in the most subtle and gentle way. He's not rushing when nurturing us.

Surah Al Hajj 63: (أَلَمْ تَرَ أَنَّ اللَّهَ أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَتُصْبِحُ الْأَرْضُ مُخْضَرَّةً إِنَّ اللَّهَ لَطِيفٌ خَبِيرٌ) (See you not that Allah sends down water (rain) from the sky, and then the earth becomes green? Verily, Allah is the Most Kind and Courteous, Well-Acquainted with all things.)

- Allah (سبحانه وتعالى) sends down rain subtly and He knows which drops of water are to fall in what parts of the land, subhan Allah.

Surah Luqman 16: (يَا بُنَيَّ إِنَّهَا إِنْ تَكُ مِثْقَالَ حَبَّةٍ مِنْ خَرْدَلٍ فَتَكُنْ فِي صَخْرَةٍ أَوْ فِي السَّمَاوَاتِ أَوْ فِي الْأَرْضِ يَأْتِ بِهَا اللَّهُ إِنَّ اللَّهَ لَطِيفٌ خَبِيرٌ) ("O my son! If it be (anything) equal to the weight of a grain of mustard seed, and though it be in a rock, or in the heavens or in the earth, Allah will bring it forth. Verily, Allah is Subtle (in bringing out that grain), Well-Aware (of its place).)

- He is kind in dealing with us, He doesn't rush with us or snatch things away from us. There was one lady who loved her father but he fell sick and went to the hospital. His sickness worsened and she was only



resisting. When she saw he was suffering and was in pain, she let it go. When she became accepting then her father passed away.

- Anything decreed for us will be brought to us, but Allah (سبحانه وتعالى) will bring it in the Most Gentle way. He knows when we can accept it and handle it.

Surah Ash Shura 19: (اللَّهُ لَطِيفٌ بِعِبَادِهِ يَرْزُقُ مَنْ يَشَاءُ ۗ وَهُوَ الْقَوِيُّ الْعَزِيزُ) (Allah is very Gracious and Kind to His slaves. He gives provisions to whom He wills. And He is the All-Strong, the All-Mighty.)

- Allah (سبحانه وتعالى) is Al Lateef when He commands anything, He will prepare us before accepting it.
- If we shouldn't hasten with the Qur'an or in the prayer, then why do we hasten for the duniya? Subhan Allah.
- Allah (سبحانه وتعالى) can nurture and fix us quickly, but He does it in the most gentle way and He does it in a way we can't imagine. We don't know which steps will take us to the highest level. He will customize decrees for us, He will customize people for us and He will customize worships just for us; it's not just copy and paste. He brings us up in a customized way without even feeling it's reforming or nurturing. He knows our make-up, our thoughts, what we can handle and what we can't; that's why there is no one like Him.
- All of the messengers and prophets were brought up in the most gentle way. Yusuf (عليه السلام) was with his father, he went from a well to becoming a leader in the land. No one thought the jealousy of the brothers would have a positive impact on him, subhan Allah.

Surah Yusuf 100: (وَرَفَعَ أَبَوَيْهِ عَلَى الْعَرْشِ وَخَرُّوا لَهُ سُجَّدًا وَقَالَ يَا أَبَتِ هَذَا تَأْوِيلُ رُؤْيَايَ مِنْ قَبْلُ قَدْ جَعَلَهَا رَبِّي حَقًّا وَقَدْ أَحْسَنَ بِي إِذْ أَخْرَجَنِي مِنَ السِّجْنِ وَجَاءَ بِكُمْ مِنَ الْبَدْوِ مِنْ بَعْدِ أَنْ نَزَعَ الشَّيْطَانُ بَيْنِي وَبَيْنَ إِخْوَتِي ۗ إِنَّ رَبِّي لَطِيفٌ لِمَا يَشَاءُ ۗ إِنَّهُ هُوَ الْعَلِيمُ الْحَكِيمُ) (And he raised his parents to the throne and they fell down before him prostrate. And he said: "O my father! This is the interpretation of my dream aforetime! My Lord has made it come true! He was indeed good to me, when He took me out of the prison, and brought you (all here) out of the bedouin-life, after Shaitan (Satan) had sown enmity between me and my brothers. Certainly, my Lord is the Most Courteous and Kind unto whom He wills. Truly He! Only He is the All-Knowing, the All-Wise.)

- Every step in our life is an elevation. We cannot grasp Allah (سبحانه وتعالى) and what He does is beyond our imagination.

Value: Slowly (الأناة)

- Enjoy Allah's nurturing because it's the most subtle and enjoyable.

May Allah (سبحانه وتعالى) grant us a sound heart and truthful tongue.

Ameen.



Introduction

- It's important to appreciate the guidance and that Allah (سبحانه وتعالى) has gathered us in the study circles which are gardens of paradise.
- Human beings love to learn and it fills us when learn something new. The best knowledge which will satisfy us is knowledge about Allah (سبحانه وتعالى); this is the purpose of our living. It not only solves our issues but it takes us to the highest positions.
- Knowing Allah (سبحانه وتعالى) affects our heart and makes it a sound and healthy heart. Our heart is the source of love and happiness. We cannot have a healthy heart without knowing Who's Allah (سبحانه وتعالى).
- The heart is the king of all limbs and if it's reformed then everything else will be reformed.

Harshness and Distance (الجفاء)

Meaning of harshness:

- Harshness is lack of gentleness when dealing with others. There are those who are task-oriented so they only focus on completing their work regardless of people's feelings. And there are those who are people-oriented, who are not productive but they get their energy from being around others.



Depictions of harshness:

1. Harshness and distant from Allah (سبحانه وتعالى): we cannot harm or benefit Allah (سبحانه وتعالى). He is in no need of our connection, but we're in need of His, so how can we be cold towards Him? Subhan Allah.
2. Harshness with the Prophet (صلى الله عليه وسلم): when this person hears his name, he does not send blessings upon him. When we send blessings upon him, Allah (سبحانه وتعالى) praises us ten times.
3. Harshness with parents: we need to be careful to not even say 'uff' to them and not show any type of harshness towards them. There are those who are good to others, but harsh to their parents, subhan Allah. It's important to speak with honor to our parents.
4. Harshness with friends: friendship cannot be based on harshness. People assume that if someone is a friend then they can deal with them in any way they want.
5. Harshness towards someone who does good to you: we shouldn't be harsh towards those who do good to us.
6. Harshness in dealing with others
 - It's important to be accommodating, we think we need to finish our task and then we can give attention to our children, but the test is when they come in the middle of our task.
 - It's not about our plan but what Allah (سبحانه وتعالى) decrees for us and He will make room for us when we accept.

Why do we fall into harshness?

- Lack of faith and lack of knowledge
- Adornment of the shaitan



- Jealousy
- Environment
- Arrogance
- Reacting harshly when shown harshness from others

Impacts of harshness:

- Loss of friends
- Relations are cut-off
- Much problems
- Deprived from people's help

What is the solution to treating harshness?

Need of love: to love someone truly and to have that love reciprocated.

Allah Al Wadood (الله الودود) – The Most Loving

- Allah (سبحانه وتعالى) loves but there is nothing like His love because it's true love.
- It comes from the word (الود) which is the purest and gentlest love. It's a love that comes with ease and is not overwhelming. Sometimes people love someone else too much that the other person does not reciprocate it because he doesn't feel the same way.
- Imagine someone Who is perfect loves the one who's made of sand, subhan Allah. As we grow in faith, Allah (سبحانه وتعالى) loves us more.
- Everything in this universe shows and expresses love from Allah (سبحانه وتعالى) to His creation.
- Allah (سبحانه وتعالى) guides us to our happiness. The journey to guidance is a beautiful journey.

Surah An Noor 46: (لَقَدْ أَنْزَلْنَا آيَاتٍ مُبَيِّنَاتٍ ۖ وَاللَّهُ يَهْدِي مَن يَشَاءُ إِلَى صِرَاطٍ مُسْتَقِيمٍ) (We have indeed sent down (in this Qur'an) manifest Ayat (proofs, evidence, verses, lessons, signs, revelations, lawful and unlawful things, and the set boundaries of Islamic religion, etc. that make things clear showing the Right Path of Allah). And Allah guides whom He wills to the Straight Path (i.e. to Allah's religion of Islamic Monotheism).)

- Those who accept Allah's guidance are shown a special love.

Surah Al Baqarah 165: (وَمِنَ النَّاسِ مَن يَتَّخِذُ مِن دُونِ اللَّهِ أَنْدَادًا يُحِبُّونَهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا) (And of mankind are some who take (for worship) others besides Allah as rivals (to Allah). They love them as they love Allah. But those who believe, love Allah more (than anything else). If only, those who do wrong could see, when they will see the torment, that all power belongs to Allah and that Allah is Severe in punishment.)

- Allah (سبحانه وتعالى) will put all means in order to attract their hearts towards their Creator. The more we believe in Him and accept His guidance, the more He will put the sparks of love in the believers heart. How can we be attracted to Him if we cannot see Him? When He teaches us about His names and attributes.
- Those who love Allah (سبحانه وتعالى) have an intense love for Him because they are connecting to the Most Strong.

Surah Hud 90: (وَاسْتَغْفِرُوا رَبَّكُمْ ثُمَّ تُوبُوا إِلَيْهِ ۚ إِنَّ رَبِّي رَحِيمٌ وَدُودٌ) ("And ask forgiveness of your Lord and turn unto Him in repentance. Verily, my Lord is Most Merciful, Most Loving.")



- Allah (سبحانه وتعالى) shows His love to the sinners so they may return and repent back to Him. Someone might think the one who's worthy of love is only a good doer, but even the sinner can be shown love.
- Allah Al Wadood shows mercy and forgiveness. Allah's love is a favor and generosity from Him and it's not because of the might and power of the slave.
- Allah Al Wadood puts love in the hearts of the people so they may love each other.

Surah Maryam 96: (إِنَّ الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ سَيَجْعَلُ لَهُمُ الرَّحْمَنُ وُدًّا) (Verily, those who believe [in the Oneness of Allah and in His Messenger (Muhammad صلى الله عليه وسلم)] and work deeds of righteousness, the Most Gracious (Allah) will bestow love for them (in the hearts of the believers).)

- It's a guarantee from Allah (سبحانه وتعالى) that He will put love between those who believe and do good deeds.

Surah Ar Room 21: (وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً) (And among His Signs is this, that He created for you wives from among yourselves, that you may find repose in them, and He has put between you affection and mercy. Verily, in that are indeed signs for a people who reflect.)

- Allah (سبحانه وتعالى) is the One Who puts the love and compassion between husband and wife.
- The name of Allah Al Wadood causes the hearts to be gentle. Whoever knows this name will not cause him to be alone but he will search for the means which Allah (سبحانه وتعالى) loves.



- Whoever knows Allah Al Wadood will cause his heart to be gentle, attracted, humbled, attached, surrendered and happy.

Value: Sacrifice (التضحية)

- Sacrifice is not to harm oneself but to give from his effort, time and wealth for Allah's sake.

We ask Allah (سبحانه وتعالى) for His love, to love whomever He loves and love deeds which bring us closer to His love. Ameen.



Sound Heart (القلب السليم)

A Sound Heart with the Names of Allah– Class 4

Date: 24 March 2019 / 17 Rajab 1440



Introduction

- Knowing Allah (سبحانه وتعالى) gives us a sound and healthy heart and when we know Him we will enjoy our life. We will feel what needs to be felt and understand what needs to be understood.
- Knowing Allah (سبحانه وتعالى) is the purpose of our creation and having feelings towards Him will draw for ourselves a Straight Path.
- Our heart is our capital and king. It has soldiers which are the limbs, thus we should not allow the soldiers to domination the king, we should not allow our limbs to dominate our heart.
- Everything in this world is a reminder for us. We all want to change and this begins with the heart. We ask Allah (سبحانه وتعالى) to grant us a sound heart and a truthful tongue. Ameen.
- The heart is the place which Allah (سبحانه وتعالى) looks at. No one can look at what's inside our hearts, not even the angels or shayateen. It is private between us and our Creator.
- The heart can get sick and influenced, and if we're not treating it then more sicknesses can come and it can die.

Sickness: Revenge (الانتقام)

Meaning of revenge:



- To punish another out of hatred until it reaches wrath. It's like a burning fire in the heart of another. If someone does bad to us, we can't treat it with something worse. It's important to leave the people to the Lord of the people.
- When we seek revenge, then we hurt ourselves even more.

Why do people seek revenge?

7. They feel they have been treated unjustly so they want to get their rights.
 8. They take things personally and not as nurturing.
 9. They want to make others feel what they felt, and this shows a cruel heart.
 10. Lack of patience and forbearance
 11. Lack of pardoning
 12. Cannot suppress their anger
 13. Enmity and hatred
- The Prophet (صلى الله عليه وسلم) never sought revenge against anyone. He was called a madman, magician, liar, and poet. He migrated to Medina and returned to Makkah despite the much injustice done upon him by the disbelievers of Quraish.

Harms of seeking revenge

1. Deprived from reaching any kind of lofty position
2. Not the manner of the good ones
3. Brings forth malice
4. Full of remorse



What is the remedy?

1. Come forward to Allah and be sincere to Him
2. Pardon and start a new page
3. Suppress anger
4. Fear losing time and life
5. Empty the heart from being occupied with it

Allah Al Haleem (الله الحليم) – The Most Forbearing

- Allah Al Haleem is the One Who much forbears His slaves. No one is more forbearing to hear insults, accusations and be shown disrespect than Allah (سبحانه وتعالى). Many disrespect Him, associate with Him and disbelieve in Him, yet still He is forbearing, subhan Allah. No one is more forbearing than Him because He is perfect.
- Allah Al Haleem has complete forbearance which encompasses all, even the disbelievers and criminals.
- He gives time and respite so they may repent and return back to Him. He does not benefit when someone repents. Whether people are good or bad, it will not change His attribute of forbearance because this is Who He is – He is Al Haleem.
- He not only gives them respite, but He also reminds them to repent to Him.
- To take things slowly and to forbear are good qualities. The quality of a messenger is the more he's made angry, the more he'll forgive, and the more he's irritated, the more he'll be lenient, subhan Allah. This was the Prophet (صلى الله عليه وسلم).



- Allah Al Haleem provides blessings to both the obedient and disobedient ones.
- Allah Al Haleem forebears the believers so they may increase in obedience and reward.
- Allah Al Haleem will not deprive goodness as a result of the sins of others.
- Without His forbearance, the heavens and the earth would not have been established.

Surah Fatir 41: (إِنَّ اللَّهَ يُمَسِّكُ السَّمَاوَاتِ وَالْأَرْضَ أَنْ تَزُولَا ۖ وَلَئِن زَالَتَا إِنْ أَمْسَكَهُمَا مِنْ أَحَدٍ مِّنْ بَعْدِهِ ۗ) (Verily! Allah grasps the heavens and the earth lest they should move away from their places, and if they were to move away from their places, there is not one that could grasp them after Him. Truly, He is Ever Most Forbearing, Off-Forgiving.)

- Allah (سبحانه وتعالى) initiates feelings and good deeds for His slaves, and when we do good deeds, He appreciates what we did. Though He is the One Who initially commanded us, gave us and taught us, subhan Allah.

Surah At Taghabun 17: (إِنْ تُقْرِضُوا اللَّهَ قَرْضًا حَسَنًا يُّضَاعِفْهُ لَكُمْ وَيَغْفِرْ لَكُمْ ۗ وَاللَّهُ شَكُورٌ حَلِيمٌ) (If you lend Allah a goodly loan (i.e. spend in Allah's Cause), He will double it for you, and will forgive you. And Allah is Most Ready to appreciate and to reward, Most Forbearing,)

Dua for calamity: when a person is in a calamity, what dua should he make?

Dua: (عَنِ ابْنِ عَبَّاسٍ، أَنَّ نَبِيَّ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ يَدْعُو بِهِنَّ عِنْدَ الْكَرْبِ " لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ) (Narrated Ibn



`Abbas (may Allah be pleased with him): Allah's Messenger (صلى الله عليه) used to say at the time of difficulty, "None has the right to be worshipped but Allah, the Majestic, the Most Forbearing. None has the right to be worshipped but Allah, the Lord of the Tremendous Throne. None has the right to be worshipped but Allah, the Lord of the Heavens and the Lord of the Honourable Throne.) - Sahih al-Bukhari 7431

Value: Forbearance (الحلم)

- Allah Al Haleem loves those who are forbearing.

We ask Allah (سبحانه وتعالى) Al Haleem grant us forbearance. Ameen.

ADDITIONAL RESOURCES

PAST CLASS NOTES AND NEW POSTS ON TELEGRAM

THIS IS OPEN TO BOTH WOMEN AND MEN

<https://t.me/markazalsalampublicationsENG>