



# INTRODUCTION

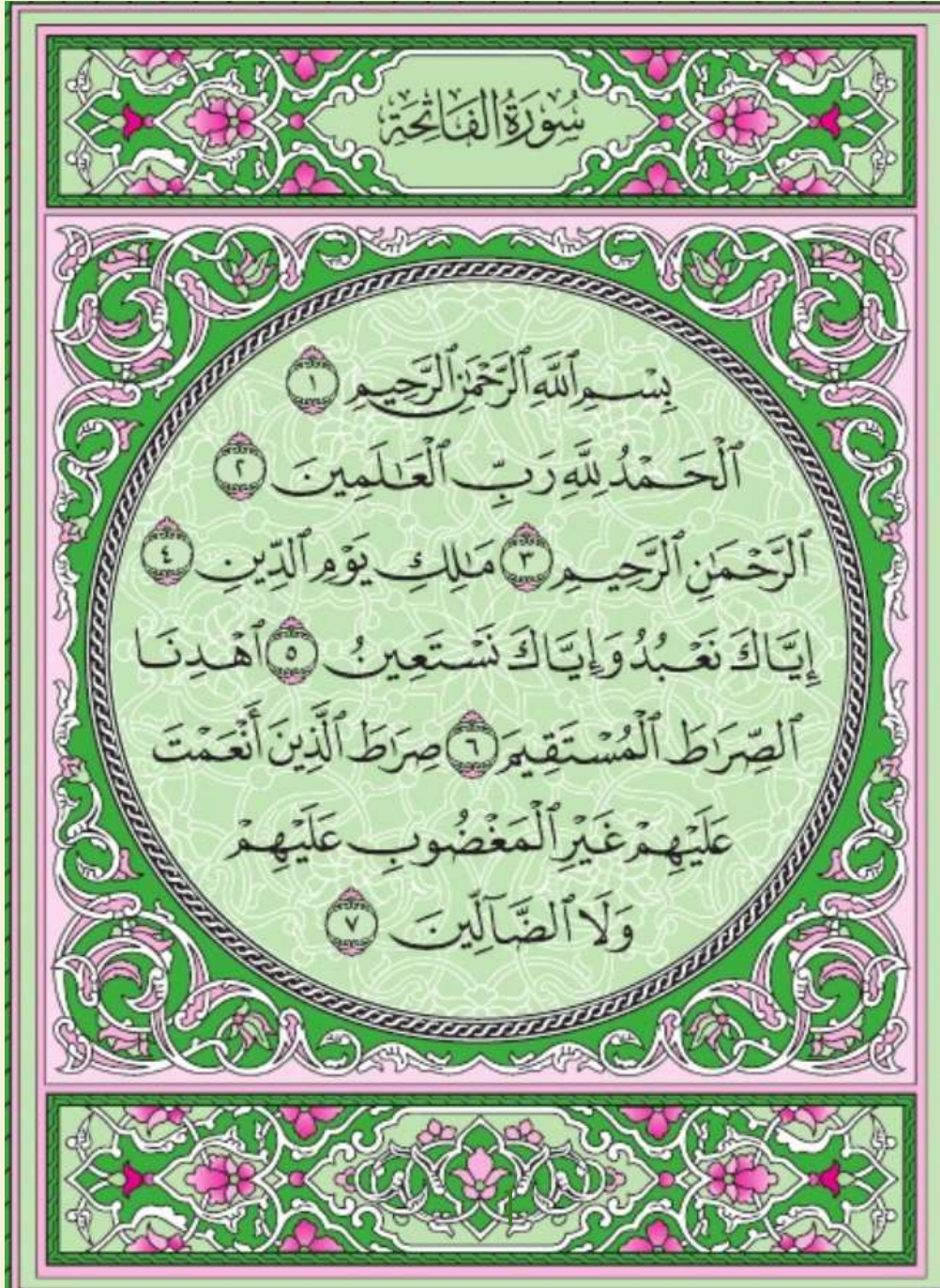
- ♥ We think we only need guidance when we are in a situation, but we need guidance in how we receive it, how our senses take it in and how our mind takes it.
- ♥ With guidance, we need multiple “controllers”, we have the fitra, senses and mind. We cannot give all the “keys” to the fitra because then it will not progress, it will remain quiet all the time. And we cannot give the “keys” to the senses because it can mislead, depending on our mood. We can listen or look with desire.
- ♥ And we cannot only depend on our feelings, otherwise we will just watch the world pass by.
- ♥ There is emotional intelligence, but then we need sensibility over it, and this is the role of the mind over the senses.

- ♥ We cannot become too emotional and at the same time, we cannot be overly logical that we become stubborn.
- ♥ There are people who always think they are oppressed. And this can happen when treated unfairly as a child, so he carries on with this thought. Or someone becomes sensitive thinking others are talking about him, but who is he that everyone wants to talk about him? Subhan Allah. And this happens when a person thinks he is central.
- ♥ It is not about what happens to us, but how we receive it. If we receive it with desire, then surely what we perceive will be with desire as well.
- ♥ So how can we deal when we hear or see something disliked? With taqwa.

# سورة الفاتحة

## SURAH AL FATIHA

### OPENING CHAPTER



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Entirely Merciful, the Especially Merciful.

2

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

[All] praise is [due] to Allah, Lord of the worlds -

3

الرَّحْمَنِ الرَّحِيمِ

The Entirely Merciful, the Especially Merciful,

4

مَالِكِ يَوْمِ الدِّينِ

Sovereign of the Day of Recompense.

5

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

It is You we worship and You we ask for help.

6

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us to the straight path -

7

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

## GUIDE US TO THE STRAIGHT PATH

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us to the straight path

- ♥ To be guided to the Straight Path is great. Someone who disbelieves will see things as wrong. The hypocrites want people to always see them as good, so they hide the truth of themselves.
- ♥ The Messenger (ﷺ) was a means of guidance for them, but they only see misguidance. If the Prophet (ﷺ) is silent, they say he listens too much. And if he speaks, they say he talks too much. So they always have an issue and will always try to justify themselves.

- ♥ A believer will be guided with one ayah, while a disbeliever will remain in misguidance even if many ayat are brought to him.

## FIVE TYPES OF GUIDANCE FROM ALLAH

- ♥ There are five types of guidance, three are built-in and two are external, but all of them are customized for us.
- ♥ However, we cannot benefit from the external if our internal is out of order. How can we benefit from the Qur'an and Sunnah if our fitra, senses and mind are off? Subhan Allah.
- ♥ We want to be truthful in life; we do not want the deen to just be a "garment" that we slip on and remove. Rather we want it to be our "color" (صبغة الله). The deen is not just surface. The deen changes us inside and out.

## BUILT-IN GUIDANCE

♥ Guidance is not just something outer, but it is something in us. They are three:

1. Fitra (natural disposition): it is important to follow the fitra Allah has granted us,
2. Senses: Allah gave us hearing, sight and feelings for guidance. And the fitra should support the senses, but if we are overly emotional, then we can go all over the place.
3. Intellect: it should put the senses in place

## EMOTIONS AND INTELLECT

♥ There is a story of twins – a boy and girl – who were born prematurely. The doctors knew that the girl would survive and not the boy, simply because of the nature of the woman who can be more emotional, thus she can bear more.



And the nature of man is to be more using his intellect.

- ♥ It is not about competing with each other, but complementing each other, and the role of being charge is to the man, as set by Allah.

### SURAH AN NISAA 34

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ بِمَا فَضَّلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ

Men are in charge of women by [right of] what Allah has given one over the other

- ♥ A women can juggle many things and has stronger emotions because she needs to take care of everyone and make things light around her, but then the man with his intellect can place a boundary.
- ♥ If we overthink then we can become too sharp and strict. And that's why even people prefer to have a man as a manager than a woman who can be overly restrictive.

- ♥ All that we hear and see needs to be taken as a guidance. We cannot see and hear with our desires, otherwise we will be misled. And similarly, with our mind, we need to have the light of faith.
- ♥ Humans and animals have senses and fitra (meaning a nature), but the difference is intellect. Humans have intellect while animals do not.

SURAH TA HA 42 TO 50

42

اَذْهَبْ أَنْتَ وَأَخُوكَ بِآيَاتِي وَلَا تَنِيَا فِي ذِكْرِي

Go, you and your brother, with My signs and do not slacken in My remembrance.

43

اَذْهَبَا إِلَىٰ فِرْعَوْنَ إِنَّهُ طَغَىٰ

Go, both of you, to Pharaoh. Indeed, he has transgressed.

44

فَقُولَا لَهُ قَوْلًا لَّيِّنًا لِّعَلَّهِ يَتَذَكَّرُ أَوْ يَخْشَىٰ

And speak to him with gentle speech that perhaps he may be reminded or fear [Allah]."

45

قَالَ رَبَّنَا إِنَّنا نَخَافُ أَنْ يَفْرُطَ عَلَينا أَوْ أَنْ يَطْغَى

They said, "Our Lord, indeed we are afraid that he will hasten [punishment] against us or that he will transgress."

46

قال لا تَخَافا ۖ إِنِّي مَعَكُما أَسْمَعُ وَأَرى

[Allah] said, "Fear not. Indeed, I am with you both; I hear and I see."

47

فَأْتِياهُ فَقُولا إِننا رَسُولا رَبِّكَ فَأَرْسِلْ مَعنا بَنى إِسْرَائِيلَ وَلا تُعَذِّبْهُمْ ۖ قَدْ جِئناكَ بِآيةٍ مِّنْ رَبِّكَ ۖ وَالسَّلَامُ عَلى مَنِ اتَّبَعَ الْهُدَى

So go to him and say, 'Indeed, we are messengers of your Lord, so send with us the Children of Israel and do not torment them. We have come to you with a sign from your Lord. And peace will be upon he who follows the guidance.'

48

إنا قَدْ أَوْحى إِلَينا أَنَّ الْعَذابَ عَلى مَنِ كَذَّبَ وَتَوَلَّى

Indeed, it has been revealed to us that the punishment will be upon whoever denies and turns away.' "

49

قَالَ فَمَنْ رَبُّكُمَا يَا مُوسَى

[Pharaoh] said, "So who is the Lord of you two, O Moses?"

50

قَالَ رَبُّنَا الَّذِي أَعْطَى كُلَّ شَيْءٍ خَلْقَهُ ثُمَّ هَدَى

He said, "Our Lord is He who gave each thing its form and then guided [it]."

- ♥ A command came from Allah to Musa (عليه السلام) that he must go to Firaoun. But then Musa (عليه السلام) said he is afraid because the mind says Firaoun will kill and exceed his boundaries. Though Allah gives comfort by saying "do not be afraid". This itself is guidance because Firaoun is human too, so he should not be afraid of him, and this is intellect. Then there is

guidance of emotions when Allah says, “I am with You, hearing and seeing.”

- ♥ And Allah gives them even more guidance by informing them of what they should tell Firaoun. This itself gives them more courage.
- ♥ Firaoun thinks he is rabb by providing or having authority or handling people, but Musa ( عليه السلام ) says, “Ar Rabb is the One Who gave the creation their form and then guided them.”
- ♥ Did Firaoun create the creation and give them roles? No. Look at the shape of the heart and how it matches its role, the eyes which match their role and the shape of humans which matches their role and that is to worship Allah. This is fitra that Allah guides all to their role, for example, the fitra of the birds is to fly.

## SURAH AN NAHL 78

وَجَعَلْ لَكُمْ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ تَشْكُرُونَ

And Allah has extracted you from the wombs of your mothers not knowing a thing, and He made for you hearing and vision and intellect that perhaps you would be grateful.

- ♥ The best job for our senses is to be grateful. And if we are not using our senses to be grateful, then our intellect needs to say, “be grateful”, otherwise we will be emotional, jealous, ungrateful and depressed. To be grateful is to take whatever Allah gives us, and this needs intellect.
- ♥ Intellect comes after emotions, and it is needed to keep the senses on track, and the senses will be on track when they are grateful.
- ♥ But then the intellect can be too sharp and arrogant, so it needs to be humbled, and that is with the Qur'an and Sunnah.

- ♥ The religion is not just surface, but we need guidance to become truthful.
- ♥ Sometimes people practice religion without feeling it because of the pressure of people around them. And it is human nature to want to fit in. There is a story of a teacher who held a green book, but told everyone to say it is red, and kept repeating this. Then when she asked the students the color of the green book, they said “red.” There was one student who had arrived late and when he saw the students saying “red”, he was confused, but then when it came to his turn, he answered it was “red”, though it is a green book.
- ♥ Even while shopping, so much pressure can be placed in order to purchase something, and in the end, we have the whole store in our house.

- ♥ The Companions are not copy and paste of each other. The Prophet (ﷺ) gave them the space to express.
- ♥ If there is only intellect and fitra, then it will be so dry. Iblis was only intellect and this became his god. So he exceeded his boundaries and was then cast out.

MAY ALLAH HELP US TO USE OUR FITRA, EMOTIONS AND INTELLECT IN THE WAY PLEASING TO HIM. MAY HE MAKE US AMONG THE GRATEFUL ONES. AMEEN



## REFERENCES

1. تفسير الشيخ السعدي – TAFSEER SHEIKH AS SA'ADY



## ADDITIONAL RESOURCES

LISTEN TO THE CLASS – FOR WOMEN

<https://vimeopro.com/markazalsalam/qnpn-surah-al-fatihah>

TO REQUEST ACCESS TO THE RECORDING:

<https://markazalsalam.com/recordings-notes>

CLASS NOTES FOR WOMEN AND MEN

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ENGLISH

<https://t.me/markazalsalampublicationsENG>

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ARABIC

<https://t.me/markazalsalampublicationsAR>

FOR CHILDREN CLASS NOTES

<https://t.me/dropletsofdew>

FOR BEGINNERS TO ISLAM

<https://t.me/truthfulentry>