





# RAMADAN WITH A SOUND HEART


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.




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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
لا حول ولا قوة إلا بالله

## RAMADAN WITH A SOUND HEART



Ramadan 1440: Ramadan with a Sound Heart

Virtual Nurturing (التربية البصرية) – Class 6

Date: 12 May 2019 / 07 Ramadan 1440



### Introduction

- What is the meaning of a sound heart? A heart which is free from doubts and desires. The sound heart is the one which is fulfilling its role by attaching to Allah (سبحانه وتعالى).
- What are the qualities of a sound heart? A sound heart which is forgiving. The month of Ramadan is the month of forgiveness. **Hadith:** (عن أبي هريرة رضي الله عنه عن النبي صلى الله عليه وسلم قال: من صام رمضان (Abu Hurairah (May Allah be pleased with him) reported: The Prophet (صلى الله عليه وسلم) said, "He who observes fasting during the month of Ramadan with Faith while seeking its reward from Allah, will have his past sins forgiven.") – Riyadh As Saliheen, Al Bukhari and Muslim Book 9, Hadith 1219
- Sometimes we think how can I forgive someone who hurt me? It's important to think vast and know Allah (سبحانه وتعالى) is Al Ghafoor.

## Surah Ghafir – Forgiveness

### Allah The All-Forgiving

**Surah Ghafir 3: (عَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي الطُّوْلِ إِلَّا إِلَهَ إِلَّا هُوَ ۚ إِلَيْهِ الْمَصِيرُ)**  
**(The Forgiver of sin, the Acceptor of repentance, the Severe in punishment, the Bestower (of favours). La ilaha illa Huwa (none has the right to be worshipped but He), to Him is the final return.)**

- When Allah (سبحانه وتعالى) forgives, He covers the mistakes and erases it from the books. He's also severe in punishment, but He's the grantor of favors as well.
- We will all return to Allah (سبحانه وتعالى) and we want to return to Him forgiven. It just requires a moment of truthfulness of asking Allah (سبحانه وتعالى) to be forgiven. May Allah (سبحانه وتعالى) forgive us. Ameen.
- Who also loves forgiveness? The purest creation – the angels. The carriers of the Throne of Allah (سبحانه وتعالى) loves forgiveness and it is a part of their invocation.

## Invocation of the Angels

### Surah Ghafir 7-9:

الَّذِينَ يَحْمِلُونَ الْعَرْشَ وَمَنْ حَوْلَهُ يُسَبِّحُونَ بِحَمْدِ رَبِّهِمْ وَيُؤْمِنُونَ بِهِ وَيَسْتَغْفِرُونَ لِلَّذِينَ آمَنُوا رَبَّنَا وَسِعْتَ  
كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ

Those (angels) who bear the Throne (of Allah) and those around it glorify the praises of their Lord, and believe in Him, and ask forgiveness for those who believe (in the Oneness of Allah) (saying): "Our Lord! You comprehend all things in mercy and knowledge, so forgive those who repent and follow Your Way, and save them from the torment of the blazing Fire!

8.

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنِ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَّحَ مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ ۗ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

"Our Lord! And make them enter the 'Adn (Eden) Paradise (everlasting Gardens) which you have promised them - and to the righteous among their fathers, their wives, and their offspring! Verily, You are the All-Mighty, the All-Wise.

9.

وَقِهِمُ السَّيِّئَاتِ ۗ وَمَنْ تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ ۗ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ

"And save them from (the punishment, for what they did of) the sins, and whomsoever You save from (the punishment for what he did of) the sins (i.e. pardon him) that Day, him verily, You have taken into mercy." And that is the supreme success.

- The greatest creation is the Throne and there are eight angels carrying it. Allah (سبحانه وتعالى) is in no need of a Throne or angels, but it's an honor for them.
- Angels are made of light, pure, never disobey Him, love all good and hate all evil. They are sensitive to the people, surroundings and smells. They love the good people and the study circles and hate arguments and bad odors.
- If someone tells us "so and so" is making dua'a for you, how would we feel? We would think they are so nice. Angels who are above in the heavens are making dua'a for us on earth. *What is their dua'a?*
  1. They first begin by glorifying Allah (سبحانه وتعالى) and praising Him.
  2. Then they seek forgiveness for the believers. Whoever believes on this earth then may Allah (سبحانه وتعالى) forgive them. There is no relation between us and the angels, but what is the connection between us and them? Belief, subhan Allah. Anyone who believes then the angels love them. The angels are pure and they know humans need forgiveness.
  3. They also ask for the believers to be protected from the torment of the hellfire.

Believer of the Family of Firaoun

### Surah Ghafir 41-44:

41.

وَيَا قَوْمِ مَا لِي أَدْعُوكُمْ إِلَى النَّجَاةِ وَتَدْعُونَنِي إِلَى النَّارِ

"And O my people! How is it that I call you to salvation while you call me to the Fire!

42.

تَدْعُونَنِي لِأَكْفُرَ بِاللَّهِ وَأَشْرِكَ بِهِ مَا لَيْسَ لِي بِهِ عِلْمٌ وَأَنَا أَدْعُوكُمْ إِلَى الْعَزِيزِ الْغَفَّارِ

"You invite me to disbelieve in Allah (and in His Oneness), and to join partners in worship with Him of which I have no knowledge; and I invite you to the All-Mighty, the Off-Forgiving!

43.

لَا جَرَمَ أَنَّمَا تَدْعُونَنِي إِلَيْهِ لَيْسَ لَهُ دَعْوَةٌ فِي الدُّنْيَا وَلَا فِي الْآخِرَةِ وَأَنْ مَرَدَّنَا إِلَى اللَّهِ وَأَنَّ الْمُسْرِفِينَ هُمْ أَصْحَابُ النَّارِ

"No doubt you call me to (worship) one who cannot grant (me) my request (or respond to my invocation) in this world or in the Hereafter. And our return will be to Allah, and Al-Musrifun (i.e. polytheists and arrogant, those who commit great sins, the transgressors of Allah's set limits): they shall be the dwellers of the Fire!

44.

فَسَتَذْكُرُونَ مَا أَقُولُ لَكُمْ وَأَفَوضُ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ

**"And you will remember what I am telling you, and my affair I leave it to Allah. Verily, Allah is the All-Seer of (His) slaves."**

- There was a believer from the family of Firaoun but he concealed his faith. Nevertheless, he supported Musa (عليه السلام) by telling others to follow him and look at the ayat. He said, "I'm inviting you to be saved while you invite me to the hellfire."
- When someone invites us to do good deeds then they're inviting us to be saved but if someone is inviting us to leave the religion and turn to sins then they're inviting us to the hellfire.
- He said, "I'm inviting you to Al Aziz Al Ghafaar" – no matter how many sins a person has, it cannot be resisted by Allah Al Aziz.
- We should always invite the people to forgiveness – we don't need to give money or confess to another to have our sins forgiven. Our heart should just turn to Allah (سبحانه وتعالى) and He will forgive us.

Command to the Prophet ((صلى الله عليه وسلم))

### Surah Ghafir 55

فَاصْبِرْ إِنَّ وَعْدَ اللَّهِ حَقٌّ وَاسْتَغْفِرْ لِذَنْبِكَ وَسَبِّحْ بِحَمْدِ رَبِّكَ بِالْعِشِيِّ وَالْإِبْكَارِ

So be patient (O Muhammad صلى الله عليه وسلم). Verily, the Promise of Allah is true, and ask forgiveness for your fault and glorify the praises of your Lord in the 'Ashi (i.e. the time period after the midnoon till sunset) and in the Ibkar (i.e. the time period from early morning or sunrise till before midnoon) [it is said that, that means the five compulsory congregational Salat (prayers) or the 'Asr and Fajr prayers].

- Allah (سبحانه وتعالى) tells the Prophet ((صلى الله عليه وسلم)) to be patient on the decree and patient with the people. Also the Promise of Allah (سبحانه وتعالى) is true. Allah (سبحانه وتعالى) then tells him to ask for forgiveness. The Prophet ((صلى الله عليه وسلم)) is the best of people and surely he's not committing sins, but in order to be complete and pure, a person needs to ask forgiveness.
- We should not associate seeking forgiveness with sins alone, but our shortcomings in gratitude, obedience and wasting time.
- Then Allah (سبحانه وتعالى) commands him to glorify the praises of his Lord in the sunset and sunrise.
- When a person knows Allah (سبحانه وتعالى) forgives, then what will the sound heart do?
  1. It will ask for forgiveness from Allah (سبحانه وتعالى). Before we can forgive others, we ourselves need forgiveness.



2. Ask for forgiveness for all the believers – male and female – Muslims – male and female – alive and dead. When we ask forgiveness for them then we are rewarded for each one.
3. Forgive and conceal the mistakes of others

### **How can I change myself for the better?**

○ Ask Allah (سبحانه وتعالى) for forgiveness, for others and forgive others.

**May Allah (سبحانه وتعالى) forgive us, have mercy on us and you are the Best of those Who show mercy. Ameen.**



## Ramadan 1440: Ramadan with a Sound Heart

### Ramadan with a Sound Heart – Class 2

Date: 19 May 2019 / 14 Ramadan 1440



#### Introduction

- We want a good heart which is filled with mercy and has soft feelings towards others.
- What is the meaning of mercy? Mercy is to attain all that's beneficial and good and to be driven away from all that's hated and evil.
- The one with mercy is not selfish but wants everyone to attain benefit and be protected from harm.

**Hadith:** (عَنْ سَلْمَانَ الْفَارِسِيِّ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِنَّ لِلَّهِ مِائَةَ رَحْمَةٍ فَمِنْهَا ) (Salman Farisi reported Allah's Messenger (صلى الله عليه وسلم) as saying: Verily, there are one hundred (parts of) mercy for Allah, and it is one part of this mercy by virtue of which there is mutual love between the people and ninety-nine reserved for the Day of Resurrection.) - Sahih Muslim 2753

- People want to be shown mercy and Allah (سبحانه وتعالى) is showing us mercy in every moment of our life.

## Allah Ar Rahman Ar Raheem

- The mercy of Allah (سبحانه وتعالى) is so vast and surrounds all the creation.

**Surah Ta Ha 5: (الرَّحْمَنُ عَلَى الْعَرْشِ اسْتَوَى) (The Most Gracious (Allah) rose over (Istawa) the (Mighty) Throne (in a manner that suits His Majesty).)**

**Hadith: (عَنْ أَبِي هُرَيْرَةَ قَالَ: أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ رَجُلٌ وَمَعَهُ صَبِيٌّ، فَجَعَلَ يَضُمُّهُ إِلَيْهِ، فَقَالَ: (Abu Hurayra (may Allah be pleased with him) said, "A man came to the Prophet, may Allah bless him and grant him peace, with a child which he began to embrace. The Prophet, may Allah bless him and grant him peace, said. 'Do you show mercy towards me?' 'Yes,' the man replied. He said, 'Allah is more merciful towards you than you are towards this child. He is the Most Merciful of the merciful.) - Al-Adab Al-Mufrad 377, Authenticated by Al Albani as Sahih**

- Allah (سبحانه وتعالى) gives mercy depending on who we are. For example, a mother with one child will have enough mercy to bear that child, unlike a mother with ten children who will have more mercy to bear them.
- Who is Ar Rahman – The Most Merciful?

**Surah Al An'am 12: (قُلْ لَمَن مَّا فِي السَّمَاوَاتِ وَالْأَرْضِ طُغِيَ لِلَّهِ كَتَبَ عَلَى نَفْسِهِ الرَّحْمَةَ لِيَجْمَعَنَّكُمْ) (Say (O Muhammad صلى الله عليه وسلم): "To whom belongs all that is in the heavens and the earth?" Say: "To Allah. He has prescribed Mercy for Himself. Indeed He will**

gather you together on the Day of Resurrection, about which there is no doubt. Those who have lost themselves will not believe [in Allah as being the only Ilah (God), and Muhammad صلى الله عليه وسلم as being one of His Messengers, and in Resurrection].)

○ Allah (سبحانه وتعالى) ordained and wrote upon Himself to have mercy.

**Surah Al An'am 54:** (وَإِذَا جَاءَكَ الَّذِينَ يُؤْمِنُونَ بِآيَاتِنَا فَقُلْ سَلَامٌ عَلَيْكُمْ كَتَبَ رَبُّكُمْ عَلَى نَفْسِهِ ) (When those who believe in Our Ayat (proofs, evidence, verses, lessons, signs, revelations, etc.) come to you, say: "Salamun 'Alaikum" (peace be on you); your Lord has written (prescribed) Mercy for Himself, so that if any of you does evil in ignorance, and thereafter repents and does righteous good deeds (by obeying Allah), then surely, He is Off-Forgiving, Most Merciful.)

Surah Al Mulk

**Ayah 3:** (الَّذِي خَلَقَ سَبْعَ سَمَاوَاتٍ طِبَاقًا مَّا تَرَى فِي خَلْقِ الرَّحْمَنِ مِنْ تَفَافُوتٍ فَارْجِعِ الْبَصَرَ هَلْ تَرَى ) (Who has created the seven heavens one above another; you can see no fault in the creation of the Most Gracious. Then look again: "Can you see any rifts?")

○ Allah (سبحانه وتعالى) is The Most Merciful and compassionate to His creation. He created seven heavens and each heaven has a purpose.

○ Each sky is perfect and there are no faults in it. It is filled with mercy.

**Ayah 19:** (أَوَلَمْ يَرَوْا إِلَى الطَّيْرِ فَوْقَهُمْ صَافَاتٍ وَيَقْبِضْنَ ۗ مَا يُمْسِكُهُنَّ إِلَّا الرَّحْمَنُ ۗ إِنَّهُ بِكُلِّ شَيْءٍ بَصِيرٌ)  
 (Do they not see the birds above them, spreading out their wings and folding them in? None upholds them except the Most Gracious (Allah). Verily, He is the All-Seer of everything.)

- Allah Ar Rahman is the One holding the birds as they fly. Allah Ar Rahman is the One Who causes the plane and birds to fly.

**Ayah 20:** (أَمَّنْ هَذَا الَّذِي هُوَ جُنْدٌ لَّكُمْ يَنْصُرُكُمْ مِّنْ دُونِ الرَّحْمَنِ ۗ إِنَّ الْكَافِرُونَ إِلَّا فِي غُرُورٍ) (Who is he besides the Most Gracious that can be an army to you to help you? The disbelievers are in nothing but delusion.)

- Only Ar Rahman can give victory. The meaning of the word “Mulk” is dominion and the name Ar Rahman is mentioned four times, so there is mercy in His Dominion.

**Ayah 29:** (قُلْ هُوَ الرَّحْمَنُ أَمَّنًا بِهِ وَعَلَيْهِ تَوَكَّلْنَا ۖ فَسْتَعْلَمُونَ مَنْ هُوَ فِي ضَلَالٍ مُّبِينٍ) (Say: "He is the Most Gracious (Allah), in Him we believe, and in Him we put our trust. So you will come to know who it is that is in manifest error.")

- We shouldn't hope from anyone to give us mercy except the One Whom mercy is in His Hands. It's important to believe Allah (سبحانه) is The Most Merciful and if we believe this then it's not acceptable to believe someone else will show more mercy. We rely on Him alone to give us mercy.

## The Sound Heart with Mercy

**Surah Al Baqarah 218:** ( **إِنَّ الَّذِينَ آمَنُوا وَالَّذِينَ هَاجَرُوا وَجَاهَدُوا فِي سَبِيلِ اللَّهِ أُولَٰئِكَ يَرْجُونَ** ) ( **Verily, those who have believed, and those who have emigrated (for Allah's Religion) and have striven hard in the Way of Allah, all these hope for Allah's Mercy. And Allah is Off-Forgiving, Most-Merciful.** )

**Surah Al Mu'minoon 109:** ( **إِنَّهُ كَانَ فَرِيقٌ مِّنْ عِبَادِي يَقُولُونَ رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ** ) ( **Verily there was a party of My slaves, who used to say: "Our Lord! We believe, so forgive us, and have mercy on us, for You are the Best of all who show mercy!"** )

- Make dua'a: The one who believes in Allah (سبحانه وتعالى) will make dua to Him asking for His mercy. May Allah (سبحانه وتعالى) have mercy on us.
- Show mercy to others: the one who shows mercy to those on the earth then The One in the heavens will show mercy to him.
- Paradise is Allah's mercy and we can only enter paradise by His mercy.

**Surah Al Imran 107:** ( **وَأَمَّا الَّذِينَ ابْيَضَّتْ وُجُوهُهُمْ فَفِي رَحْمَةِ اللَّهِ هُمْ فِيهَا خَالِدُونَ** ) ( **And for those whose faces will become white, they will be in Allah's Mercy (Paradise), therein they shall dwell forever.** )

- May Allah (سبحانه وتعالى) make us from the dwellers of paradise. Ameen.

**How can I change myself for the better?**

- Make dua to Allah (سبحانه وتعالى) seeking His mercy
- Show mercy to others
- Believe in His mercy

**May Allah (سبحانه وتعالى) forgive us, have mercy on us and you are the Best of those Who show mercy. Ameen.**



## Ramadan 1440: Ramadan with a Sound Heart

### Ramadan with a Sound Heart – Class 3

Date: 26 May 2019 / 21 Ramadan 1440



#### Introduction

- Alhamdulillah we have reached the last ten nights of Ramadan, but it's important to reach with a sound, healthy heart.
- Allah (سبحانه وتعالى) appreciates the movements of our heart because this is the place He looks. What do we have inside our hearts? There are different types of hearts:
  1. Sound heart
  2. Sick heart
  3. Dead heart which only feels wrong feelings and sees wrong
- The heart is the place of feelings, love, sincerity and devotion.

#### Surah Ash Shua'ara 88 – 89:

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

The Day whereon neither wealth nor sons will avail,

إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

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



- On the Day of Judgement, no wealth or children will benefit us except a sound heart. This is the salvation when we come to Allah (سبحانه وتعالى) with a pure heart.
- What is the relation between a sound heart and Surah Ash Shua'ara? It is about broadcasting a message to the public, and a truthful tongue and sound heart are needed in order to still be quoted until the Day of Judgment. What makes people who have passed away yet their words remain? A sound heart. We are in the last ten nights of Ramadan and when we make dua asking to be pardoned then we should really mean it.
- The sound heart is also mentioned in Surah As Saafaat. In both surahs, it is mentioned by Ibrahim (عليه السلام). What is the relation between a sound heart and Surah As Saafaat? The surah is about submission to Allah's decrees, commands and decisions, even if it's contrary to our desires. Who will submit? The sound heart. And who will not submit? The unsound heart, the one filled with the fog of desires and doubts.
- The sound heart has feelings; it's not dragged or forced. It feels everything because it's truthful. Guidance comes when there is a truthful tongue and sound heart.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ وَأَسْأَلُكَ عَزِيمَةَ الرُّشْدِ وَأَسْأَلُكَ شُكْرَ نِعْمَتِكَ وَحُسْنَ عِبَادَتِكَ وَأَسْأَلُكَ لِسَانًا صَادِقًا وَقَلْبًا سَلِيمًا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعَلَّمَ وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعَلَّمَ وَأَسْتَغْفِرُكَ مِمَّا تَعَلَّمَ إِنَّكَ أَنْتَ عَلَّامُ الْغُيُوبِ

“O Allah, I ask You for steadfastness in the affair and I ask You for determination upon guidance, and I ask You to make me grateful for Your favor, and excellence in worshiping You, and I ask You for a truthful tongue and a sound heart, and I seek refuge in You from the evil of what You know, and I ask You for the good of what You know, and I seek Your forgiveness for that which You know. Verily, You are the Knower of all that is hidden (Allāhumma innī as’alukath-thabāta fil-amri, wa as’aluka `azīmatar-rushdi, wa as’aluka shukra ni`matika, wa ḥusna `ibādatika, wa as’aluka lisānan ṣādiqan wa qalban salīman, wa a`ūdhu bika min sharri mā ta`lamu, wa as’aluka min khairi mā ta`lamu, wa astaghfiruka mimmā ta`lamu innaka anta `allāmul-ghuyūb).’

Jami` at-Tirmidhi 3407

Feeling poor to Allah (سبحانه وتعالى)

**Surah Fatir 15: (يا أَيُّهَا النَّاسُ أَنْتُمُ الْفُقَرَاءُ إِلَى اللَّهِ وَاللَّهُ هُوَ الْغَنِيُّ الْحَمِيدُ) (O mankind! it is you who stand in need of Allah. But Allah is Rich (Free of all needs), Worthy of all praise.)**

- We do not want to enter the last ten nights feeling confident in ourselves. We need to feel poor to Allah's pardoning and mercy.
- The sound heart feels in need, but the sick heart feels assured and already has a routine to follow. The sound heart feels there is no might or change except with Allah (سبحانه وتعالى).

Surah Al Qadr

**Surah Al Qadr (سورة القدر):**

**(إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ) (Verily, We have sent it (this Qur'ân) down in the night of Al-Qadr (Decree))**

- The Qur'an was sent down on the Night of Decree and this is what gives value to this night. The Qur'an was revealed in the night with the best decrees, in the night of pardoning, and in a night where the angels are filled, subhan Allah.
- There is a connection between the Night of Decree and the Qur'an thus we should believe in the Qur'an. We should pray qiyam because Qur'an is recited, and if we cannot pray then we recite the Qur'an.
- We should ponder upon the words of Allah (سبحانه وتعالى) when it's being recited.

**Surah Saad 29: (كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُو الْأَلْبَابِ) ((This is) a Book (the Qur'an) which We have sent down to you, full of blessings, that they may ponder over its Verses, and that men of understanding may remember.)**

- Allah (سبحانه وتعالى) will make us understand if we truly want to understand.

**(وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ) (And what will make you know what the night of Al-Qadr (Decree) is?)**

- The sound heart feels the Night of Decree is an honored night. Every night it feels, “this could be the Night of Decree?”. If a person focuses that every night can be Night of Decree then he will attain it. A person shouldn't be picky and only think it's the 27<sup>th</sup>. It can be either of these ten nights.
- A person shouldn't think either, “was last night the Night of Decree?”. A person might think “yes” and then slacks off, then someone says “it was the 29<sup>th</sup>”.
- The Prophet (صلى الله عليه وسلم) would enliven the nights by awakening the household and putting his best effort.

**Surah Al Isra'a 19: (وَمَنْ أَرَادَ الْآخِرَةَ وَسَعَىٰ لَهَا سَعْيَهَا وَهُوَ مُؤْمِنٌ فَأُولَٰئِكَ كَانَ سَعْيُهُمْ مَشْكُورًا) (And whoever desires the Hereafter and strives for it, with the necessary effort due for it (i.e. does righteous deeds of Allah's Obedience) while he is a believer (in the Oneness of Allah - Islamic Monotheism) - then such are the ones whose striving shall be appreciated, (thanked and rewarded by Allah).)**

- Our body is limited but our heart and soul are unlimited. With our heart we can climb to the seventh heaven, but our body cannot.

**(لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ) (The night of Al-Qadr (Decree) is better than a thousand months (i.e. worshipping Allâh in that night is better than worshipping Him a thousand months))**

- The Night of Decree is better than a thousand months. Any deeds we do on that night then it's as if we are worshipping Him constantly for over 84 years. Thus how should the heart feel? Grateful to Allah (سبحانه وتعالى). Before thinking what to do, we should draw closer to Allah (سبحانه وتعالى) with gratitude and sincerity. Imagine being grateful to Allah (سبحانه وتعالى) on that night, subhan Allah.
- We need to believe if we are grateful then Allah (سبحانه وتعالى) will increase us. Gratitude is an unlimited worship. May Allah (سبحانه وتعالى) help us to remember Him, be grateful to Him and worship Him in excellence. Ameen.

**(تَنْزَلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ) (Therein descend the angels and the Rûh [Jibril (Gabriel)] by Allâh's Permission with all Decrees)**

- The angels and Jibreel will all come down to the earth on that night. The Night of Decree is a special "event" and gathering because the Qur'an is sent down on that night, worship is more than a thousand months and Allah (سبحانه وتعالى) allows the inhabitants of the heavens to come down.
- The sound heart feels the earth is filled with angels. We cannot see the angels but they are a creation made of light. They do not eat

or drink, they have feelings – loving what Allah (سبحانه وتعالى) loves and hating what Allah (سبحانه وتعالى) hates. They love all that the fitra loves. They never disobey Allah (سبحانه وتعالى) and are waiting to carry out His commands.

- The word “qadr” means value, decree and also tight. The earth will be “tight” with many angels.
- When the angels descend then there is the feeling of tranquility and excitement. There is a feeling of joy but we do not know why.
- There is a sign to the Night of Decree on that night, but only the one who's heart is not busy with the tangible. The sound heart rejoices with Allah's favor and mercy.
- Real happiness is when we love something, respect it and prefer it.
- All the decrees for the entire year will be decreed on that night according to what's in the Preserved Tablet. These decrees will be shown to the angels so they will carry out the commands for that year. The sound heart feels the decrees will be presented to the angels so the sound heart is asking Allah (سبحانه وتعالى) to be granted goodness in the duniya and akhira. Our dua is connected to the decree.

**(سَلَّمَ هِيَ حَتَّى مَطَلَعِ الْفَجْرِ) ((All that night), there is Peace (and Goodness from Allâh to His believing slaves) until the appearance of dawn)**

- There will be peace that night until dawn. The sound heart feels it's a peaceful night, so he will ask Allah (سبحانه وتعالى) for peace. We

want peace in our life, we want to die in peace, be resurrected in peace and enter paradise in peace.

- The sound heart forgives the mistakes and shortcomings of others because it wants to be forgiven by Allah (سبحانه وتعالى).
- The sound heart will make the dua:

قلت: يا رسول الله أرأيت إن علمت أي ليلة القدر ما أقول فيها؟ قال: "قولي: اللهم إنك عفو تحب العفو (فاعفُ عني)"

('Aishah (May Allah be pleased with her) reported: I asked: "O Messenger of Allah (صلى الله عليه وسلم)! If I realize Lailat-ul-Qadr (Night of Decree), what should I supplicate in it?" He (صلى الله عليه وسلم) replied, "You should supplicate: Allahumma innaka 'afuwwun, tuhibbul-'afwa, fa'fu 'anni (O Allah, You are Most Pardoning, and You love to pardon; so pardon me).")

#### At Tirmidhi Book 9, Hadith 1195

- We should increase in making this dua because we don't know how it can change our life. Allah (سبحانه وتعالى) will decree matters that will change our life for the better. We should never underestimate the power of this dua'a.
- The sound heart pardons others. Allah (سبحانه وتعالى) is inviting us to the Home of Peace.

## How can I change myself for the better?

- Make dua'a to Allah (سبحانه وتعالى)
- Draw closer to Allah (سبحانه وتعالى) with a sound heart
- Look forward to the night of decree in every night of these last ten nights

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

**May He grant us tawfeeq on the Night of Decree. May He make us enter the Home of Peace with no torment or account. Ameen.**

### ADDITIONAL RESOURCES

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