KEY POINTS – LESSON 3

Speaker: Sheikh Muhammad Faqih

CURES FOR THE HARDNESS OF HEARTS

1. When the remembrance of Allah swt is done, the hearts of the true believers tremble. These are the people whose tears fall very often.

2. The prophet swt explained that Allah swt does not look at our bodies and our appearance; he rather looks at our hearts and deeds. Our deeds are a reflection of what is in our heart.

3. Hypocrites and truly non-believers are those in front of whom when the words of Allah swt are recited, they are irritated. When other things and people are talked about, they are straight in the conversation and enjoy that. We have to assess ourselves as we may seem to have elements of this disease too.

4. There are ten key things that we need to engage in to rectify and repair our hearts:
   a. Remembrance of Allah as often as possible and dhikr as much as possible (remembering with heart and not just tongue); Two essential aspects with regards to remembrance of Allah swt:
      i. Seeking knowledge; Al-Hasan al-Basri said that the gatherings of knowledge not only revive the knowledge but also bring humility in the hearts
      ii. Learn about Allah and develop a deep understanding of His attributes
   b. Establish a connection with Quran; Not just read it but also engage in the deep pondering over its meaning. That is what the meaning of Tilawah is (i.e. reading with an intention to follow)
c. Maintaining the faraidh (obligatory duties in Islam) as Allah swt is pleased with those who are diligent about the obligatory matters. If obligatory matters are missing and we are seeking other ways to attain Allah’s pleasure, it does not work that way. Allah swt does not need our prayers. It is an opportunity for us to plug out of the environment that destroys our soul and purify it.

d. The fourth aspect is increasing the voluntary prayers and acts of worship. If we do more than what is obligated upon us, it will inshaAllah result in Allah’s love for us.

e. Remembrance of death; when we go to graveyards, we can find many people who would be our own age. The person who dies at an old age goes to the same place where the one week old children are buried too. This is an inevitable reality which can come anytime and we should always prepare for it. Remembering death will destroy the love for the worldly pleasures.

f. Seeking forgiveness from Allah swt; When we sin, a black dot appears on our heart. If we keep sinning, it completely covers the heart. To counter that, we have to engage in seeking forgiveness.

g. Surrounding one’s self in the company of righteous people as opposed to those people who are heedless; on the day of judgement, people will regret the friends who took them away from the remembrance of Allah swt. We have to make an effort to be in the company of authentic scholars.

h. To refrain from worldly pleasures and remember that it is only a short stay and not the final destination.

i. Visiting and helping sick, dying and the less fortunate people

j. To beg Allah swt and engage in dua to Allah swt to soften the heart

**CONTEMPLATION TASK FOR LESSON 3:**

Your task for today is think about a plan for yourself regarding implementing these 10 important cures. How would you slot them in your daily, weekly and monthly schedules.