KEY POINTS – LESSON 4

Speaker: Dr. Yasir Qadhi

Note:

This lecture summarizes the previous three lectures and beautifully put the whole discussion in perspective. It is a much needed re-enforcement for this very important topic.

1. The spiritual heart is the most important part of our soul (just like the physical heart is the most important organ of the physical body). When this spiritual heart is pure, the soul is pure and vice versa.

2. The root of all the diseases of hearts is the hardness of heart: Qaswatul Qalb

3. The hardness of heart does not always come because people do not know Allah swt or do not have the ilm (knowledge). Quran mentions about the story of Bani Israel in which their hearts became hard even after seeing the miracles from Allah swt.

---

2 Shaykh Yasir Qadhi was born 1975 in Houston, Texas. He comes from a Pakistani lineage and was brought up in Houston of Texas. Shaykh Yasir Qadhi, PhD, is the Dean of Academic Affairs at AlMaghrib Institute. He is one of the few people who has combined a traditional Eastern Islamic seminary education with a Western academic training of the study of Islam.

Shaykh Yasir graduated with a B.Sc. in Chemical Engineering from the University of Houston, after which he decided to pursue religious education at the Islamic University of Madinah. After completing a diploma in Arabic, he graduated with a B.A. from the College of Hadith and Islamic Sciences, and then completed a M.A. in Islamic Theology from the College of Dawah. He then returned to America, and completed a PhD in Religious Studies from Yale University.

He has authored several books, published an array of academic articles, and appeared on numerous satellite and TV stations around the globe. His online videos are of the most popular and highly-watched Islamic videos in English.

Shaykh Yasir Qadhi is a resident Scholar of the Memphis Islamic Center. He is also a professor at Rhodes College, in the Department of Religious Studies.
Accordingly, in its treatment, the solution would involve more than the acquisition of knowledge.

4. Symptoms of hard hearts:
   a. Not caring about the relationship with Allah swt
   b. To not enjoy the actions of worship; worship becomes a routine without any enjoyment
   c. No benefit from advice and no inclination towards religious gatherings or listening to advice
   d. Habitual committing of sin and no guilt after sinning

5. Causes of hardness of hearts:
   a. Avoiding or minimizing or ignoring the remembrance and dhikr of Allah swt
   b. Not caring about the laws of Islam and not following them; it is never-ending cycle – when we sin our heart become hard; when our hard becomes hard, we don’t find a problem with sinning and keep sinning. The cycle has to be broken with the cures that are mentioned here.
   c. Following all the bodily desires – there is a tension between the body and the soul. If we overfeed the body, the soul is neglected. That is why Allah swt has given us the opportunity to fast to cut down our desires and strengthen the soul.
   d. Too much entertainment

6. Cures for the hardness of hearts:
   a. Monitor yourself and do self-evaluation and monitor the status of your heart; look at your own religious life. Look at how much of your life is for Allah swt. What is your relationship with him. How often do you turn to him.
   b. Extra good deeds after the fulfilment of the faraidh (mandatory or obligatory deeds)
   c. The dhikhr and remembrance of Allah swt. It is the food for the soul and necessary for its peaceful existence. This is what removes the rust from hearts.
d. Be in the religious gatherings and surround yourself among the righteous people.

e. Dua to Allah swt and constant engagement in that

f. Think of death and the next life

g. Reciting the book of Allah swt; it is best of the dhikhrs and accordingly best of the foods for our soul. Do it even if it is five minutes a day

h. Feed the poor and wipe your hand over the orphans.

CONTEMPLATION TASK FOR LESSON 3:

Our contemplation task for today is to answer these two calls from Allah swt:

1. (Quran 82:6)
   
   يا أيها الإنسان ما غرك بربك الظليم. 
   
   O man! What has lured you away from your gracious Rabb?

2. (Quran 57:16)
   
   أم يأى للفين أمنوا أن تخضع قلوبهم لذكر الله وما نزل من الحق.
   
   Has the time not yet come for believers’ hearts to be humbled at the remembrance of Allah and what has been revealed of the truth?