**KEY POINTS – LESSON 14**

**Speaker:** Sheikh Kamal El-Mekki

**DEALING WITH ADDICTIONS AND TEMPTATION – PART 2**

Let's us see how to do we spent our days

For those who work or study for 8 hours and sleep and for 7 or 8 hours, the equation goes as follows:

![Pie chart showing time spent on various activities]

The research also shows that an average person spends this many years of his or her life on the things below:

1/3 of our life is spent sleeping. 11 years of our life is at work, 3 years in car, 3.5 years eating, 6 months waiting in lines, 5 months of our life is spent complaining, 20 weeks while being on hold on computer, 3 years in the toilet, a year looking at the opposite sex, 2 years in meetings at work, 9 to 11 years in front of television, remaining time with family and doing other activities.
How to make the maximum benefit from our time?

Here are a few questions to ponder about:

- As Muslims, how much of this time do we spend on daily prayers? Less than an year. Wouldn’t it be a shame when our records are presented on the day of judgment, it would be announced that we spent three years in toilets and only 1 year in prayer! We spent less time in prayer than the time we spent on gazing at what we were not supposed to look at!

- From where can we get more time from productive things? Can we cut down on TV? Can we better manage our sleep? If possible for us, can we choose that job which we not only love to do, but it would also give us some benefit in the akhirah?

- Can we listen to beneficial lectures, Tafseer, Seerah, and iCAN’s WhatsApp-based course during our 3 years in the car? There is a brother in Washington who memorized the entire Quran in his car. While going to work or while coming back, he used to stick a page from the Quran in his car and would recite it whenever the car stopped. If there is a traffic jam, he would recite it. If there is a red sign, he would recite it. If there is an accident, he would
recite it. This way, he memorized the whole Quran in his car. We have done similar things through our WhatsApp based courses too. We have finished the Tafseer of entire Quran and the description of Seerah on wheels too. The current course on Reviving the Hearts is a step in the same direction too.

- Can we discuss beneficial things with our family or other people while eating? Or if eating alone, can we spend this time on reflecting and pondering rather than busying ourselves with gossip or wandering thoughts?

- We will be answerable to Allah swt for that one year that we spend on looking at opposite sex (not including our wives and family members)! What can we do to avoid that so that we don’t have to be embarrassed about this on the day of judgment?

- Can we spend the time we are on hold or in queues etc in dhikr? Can we make a promise to ourselves that whenever we are on-hold and in queues, we will say Subhanallahi wa bi hamdihi, Subhanallahil Adheem? These are the words which are beloved with Allah swt and are heaving on the scale as our beloved messenger ﷺ told us. We can engage ourselves with the salawat and durood on our messenger which would bring us so many beautiful barakah in our life. If we do this dhikr while on hold, we would have said these beautiful words more than 1 million and 60 thousand times. Wouldn’t it be a very useful thing to accompany us when we would needing it the most?

Imagine how many years of seeking knowledge, dhikr, and worship we can add to our records on the day of judgment by these simple tips. When falling to temptations, we can remember about this short time that is available for us and what better alternatives we have. Example of our life is like ice which is melting. Once it melts completely, we will depart this world. We accordingly need to hurry up with good deeds and take benefit from whatever opportunity we come across.

The early Muslims were much mindful of this. It is mentioned about a scholar that he used to break his bread first and then eat it. When asked about why he does that, he responded by telling that it takes lesser time for him to finish his meal with the broken bread then when he breaks it as he eats. He accordingly spends the time that he frees up in the dhikr of Allah swt. The irony is that we will be raised on the day of judgment with these very people. How would we feel? Shouldn’t we try to bridge the gap between us and them as much as possible so that we are also among the ranks of the righteous?

If we also try to bridge this gap, it would fill our hearts with the love of Allah swt and remove the filth from them. This is what Allah swt told us. This is how the hearts find contentment.

**How to have khushoo in Salah in order to fill our hearts with love of Allah swt**

In Surah Mominoon, Allah swt says:
Indeed the believers are successful. (Quran 23:1)

He then explains how and why is that.

those who humble themselves in their prayer (Quran 23:2)

So, this is the first and the foremost thing.

Success comes from focus in prayer. Let’s discuss how to achieve that with a simple example.

Suppose you are going to go to a king in order to ask for something. How would the king judge and evaluate you as a person? He doesn’t know you. He will judge you based on how you dress, how you speak, how you will present yourself, and how are you that moment in front of him. He will make a decision on how he finds you at that moment. It is for sure that his judgment will not be based on what is in your heart for he has no access to what is in there. He is not going to base his judgment for your actions last week about which he has no knowledge of, even your action a few hours ago before you dressed up and came are not going to be considered. The difference between when you stand in front of Allah swt and this king is that when you stand in front of Allah swt, He knows everything you did – the things you did moments ago, the things you did days ago, the things you did weeks ago and so on. Your success will depend on how you are all the time and not just that moment alone. It means that in order for us to get the maximum benefit from our salah, we have to mend what is outside salah. If that is pure, we will also develop our khushoo in salah and find its sweetness. When you worship Allah swt in the confines of your house, it is a secret between you and Allah. When you are fasting, it is a secret between you and Allah. That relationship will help you get closer to him. He even knows the slightest movements of our eyes and the slightest of the inclinations of our hearts towards something. Let’s us build a beautiful relation with our Creator and fill our hearts with His love.

Another interesting technique to fight temptations – 2 Rakah solution

There was a sheikh who was known to solve all problems through 2 rakahs. There was a brother who came to this sheikh and said that I look at women too much, please help me. The sheikh said that the solution is very simple but you have to commit to it. Every time you make an improper or lustful look, make a fresh wudhu and offer two rakahs. The rationale of this solution can be understood from understanding how satan works. He hates you praying two rakahs to Allah swt more than he loves that you look at what is prohibited for you. If he knows that every time you look at something unlawful for you, you will pray, he would stop tempting you for that. The guy said that first day, he prayed, 10 rakahs and then it gradually decreased. He then found a moment when he would hear a voice inside him saying, ‘Don’t look!’. There was another person who came to this sheikh and complained about his habit of smoking. The sheikh recommended him the same solution and that
worked too. The sheikh then wrote his solution in a book. A young man read that. He used to miss his morning prayer. He used this solution and committed to offering 100 extra rakahs of prayer every day if he misses salah. Once he put that in use, he started to wake up even before Fajr. He started being the first one to go to the masjid. The people of the masjid realized that and even gave him the keys. So, he is now the first one to open the mosque for Fajr in the morning.

However, keep in mind that this solution will only work if you truly commit to it and follow. Otherwise, Satan knows that you are the one who is not going to implement it anyways. Let us find out the temptation that disturbs us. Let us try this solution and fight our temptations. You make your best effort and Allah swt would appreciate our efforts. Never give up. Allah swt would multiply our deeds many many times because he appreciates and love us so much. Let’s fight our temptation by loving Allah swt.

CONTEMPLATION TASK FOR LESSON 14:

What is your biggest temptation or behavioral issue? Is it anger? Is it lust? Is it pornography? Find that and think how you can cure it with the 2-rakah solution. Increase the intensity of doze according to the intensity of issue.