



استقبال رمضان بقلب سليم

WELCOMING RAMADAN WITH A SOUND HEART

All praises are due to Allah. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

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INTRODUCTION

- No one can grasp and encompass Allah (سبحانه). He is so great and beautiful and the more we submit to Him, the more we will make our life quiet and easy, and the more Allah (سبحانه) will show us Who He is.
- The main clutter we need to remove are bad thoughts, negativity and anxiety that will not take us anywhere. No matter how much we declutter in terms of our homes, phones or

even toxic relationships, we need tasbeeh to push away bad thoughts.

○ Allah (سبحانه وتعالى) taught us during the past two years to not separate from learning. We can learn together with our children, connect together and develop together. It is not about each having their own way. We need each other to learn, to know our faults and our weakness, and together the journey will be very beautiful.

○ The love of Allah (سبحانه وتعالى) is the best reward because when He loves us, He will take care of us, provide us and guide us in the best way. He will take us to paradise and see His Most Beautiful Face. We ask Allah (سبحانه وتعالى) of His Favor.

- We need our heart to be pure and sound in order to benefit from the month of Ramadan. If we do not have a sound heart then we will not enjoy the favors of Allah (سبحانه وتعالى) during Ramadan.
- Allah (سبحانه وتعالى) looks at our heart; He knows all our thoughts, feelings and what we want. He even knows what we will want in the future, though we do not know it ourselves.
- We always want to be transparent with Allah (سبحانه وتعالى) because He sees our heart. We never want to hide, disbelieve or be someone else with Allah (سبحانه وتعالى).
- We ask Allah (سبحانه وتعالى) to grant us all a sound heart and when we have a sound heart in this

life then we can have the feelings of paradise in this life before the next.

ALLAH IS AS SALAM AND PEACE IS
FROM HIM

اللهم أنت السلام ومنك السلام تباركت يا ذا الجلال والإكرام

*"Allahumma Antas- Salamu, wa minkas-salamu,
tabarakta ya Dhal-Jalali wal-Ikram*

(O Allah, You are the Grantor of security, and security comes from You. You are Blessing, O You Who have majesty and nobility)!"¹

A SOUND HEART

- We should not place a condition that if something happens, “if I am given” then I will be happy. Happiness is inner and to have a sound heart is purely from Allah (سبحانه وتعالى).
- When we have a sound heart, then no one can affect our harmony. We will be able to speak

¹ Riyadh As Saliheen, Muslim, Book 16, Hadith 1415

well and behave well, and not react with the atmosphere.

- A sound heart does not come in a day and night. When we look at different jewels such as diamonds, gold and pearl, they were all under the earth or sea, but with pressure they shine.
- And similarly, it is the same with our heart. We want our heart to be crystal-clear like a diamond, shiny like gold and glowing like a pearl. This is the heart of the believer that is always connected to Allah (سبحانه وتعالى).
- When anything happens, it adds more glow and more shine. When he receives one blessing, he will quickly appreciate it. The sound heart does not need so many blessings until it will say “thank you”. The sound heart

does not need so many ayat in order to be convinced.

- The sound heart is always excited and motivated. This person does his best with Allah (سبحانه وتعالى) and others.
- The sound heart's richness is with Allah (سبحانه) so no one can interfere with this strong bond.
- We are all special to Allah (سبحانه وتعالى) and He wants our heart. He will stop anything that can distract it because He loves us.
- It will be tasteless when we do not know Allah (سبحانه وتعالى). The journey in this life is not only when there are seasons of worship such as Ramadan and Hajj. The seasons of worship are

there to remind us to not miss out on connecting with Allah (سبحانه وتعالى) all the time.

- We do not our relationship with Allah (سبحانه وتعالى) to only be based on when we need something. When we want to connect to Allah (سبحانه وتعالى) all the time, He will show us from His favors and beauty. He will show us scenes and make us feel feelings that never cross the mind.
- The journey to Allah (سبحانه وتعالى) is beautiful and in the month of Ramadan, it is light upon light. The pleasure of prayer, fasting and the Qur'an have a different taste in Ramadan. There is a moment in our sujood and tahajjud when Allah (سبحانه وتعالى) will show us more than we expect.
- Allah (سبحانه وتعالى) will not look at what we do from outside, but He will look at how beautiful

and pure our heart is. But when the heart is filled with jealousy, hatred and disbelief, then it dims and dulls the heart from feeling and connecting to Allah (سبحانه وتعالى).

EFFECT OF SINS ON THE HEART

عَنْ أَبِي هُرَيْرَةَ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ. قَالَ : " إِنَّ
الْمُؤْمِنَ إِذَا أَذْنَبَ كَانَتْ نُكْتَةٌ سَوْدَاءٌ فِي قَلْبِهِ فَإِنْ تَابَ وَنَزَعَ
وَاسْتَغْفَرَ صُقِلَ قَلْبُهُ فَإِنْ زَادَ زَادَتْ فَذَلِكَ الرَّانُ الَّذِي ذَكَرَهُ اللَّهُ
فِي كِتَابِهِ {كَلَّا بَلْ رَانَ عَلَى قُلُوبِهِمْ مَا كَانُوا يَكْسِبُونَ} " .

It was narrated from Abu Hurairah that the Messenger of Allah (ﷺ) said: “When the believer commits sin, a black spot appears on his heart. If he repents and gives up that sin and seeks forgiveness, his heart will be polished. But if (the sin) increases, (the black spot) increases. That is the Ran that Allah mentions in His Book: “Nay! But on their hearts is the Ran (covering of

sins and evil deeds) which they used to earn.”

[83:14]²

- Imagine if we sin and a pimple immediately appears on our face, or a burn or scratch appears on our body, we will be unable to handle it.
- Alhamdulillah, Allah (سبحانه وتعالى) did not make our sins to appear outwardly, though sins have an impact on our heart. And no one can handle seeing our reality except Allah (سبحانه وتعالى).
- The impact of sins will be on the heart. When we sin, there will be a black dot on our heart. What is the effect? We will feel a pinch in our heart, we will feel down, we feel dull and do not feel our best.

² Sunan Ibn Majah 4244

- We do not want Allah (سبحانه وتعالى) to look at our heart with black dots. If a person does not care for their wrongs and only blames the people, then it will be another black dot. And the more we sin, the more we dull our heart. And when there are sins then there will be a covering on the heart, and this is call “raan”.
- As a result, a person cannot pray nicely, be grateful as much, show their best or even give a full smile.
- However, there is a heart that always repents and asks for forgiveness. It does not want to be jealous or arrogant, but is constantly purifying.
- We do not want to think bad of others or hate people, so we seek forgiveness when we have these feelings. And when this person struggles,

it will be white dots and then the heart will be pure and glowing.

- With people, we should either say good or remain silent. In this life we are in a constant struggle with ourselves, do we follow our desires or have taqwa.
- When the heart becomes pure, then any ayah will be taken, there will be gratitude for all blessings, and when any calamity strikes, the heart attached to Allah (سبحانه وتعالى) and thinks good of Him.
- To attain a sound heart is a struggle and the struggle is only between the person and Allah (سبحانه وتعالى). This person is cautious of his thoughts before he talks, and only Allah (سبحانه وتعالى) appreciates our struggles. Unlike the people who do not know how much we

struggle. Thus only Allah (سبحانه وتعالى) can reward us because only He knows.

THE SIRAT ON THE DAY OF JUDGEMENT

- The one with a sound heart will pass any trial with no thorns or scratches. The person will pass the trials of this life. And similarly, on the Day of Judgement, there will be a Sirat over the hellfire which needs to be crossed in order to reach paradise.
- The Sirat is dark, thinner than a strand of hair, sharper than a sword, and the believer needs to cross it. The disbeliever and hypocrite cannot cross it, so they are already eliminated as a mercy for them.
- The Sirat is dark, slippery and there are thorns and hooks, and only belief can make us cross

the Sirat. The Sirat resembles our journey to Allah (سبحانه وتعالى) which requires faith. The decisions we make in this life are thin and sharp, will we do this or that?

- When the heart is sound, then it can carry our feet and we will be balanced. We cannot be someone who only indulges in the duniya or someone who only indulges in worships that we do not benefit from our duniya. We need balance because we are body and soul, and we are with people.
- Belief is when we do not allow any situation to “hook” us or scratch us because there is a path ahead. We do not just want to sink in our problems or complain because that will make us hooked.

- When our heart is sound, then our hearing, seeing and speech will be sound. We will not cause problems.
- The sound heart will not stop at any station because they know their life is a projection of the Sirat in the hereafter. Now there are good deeds, sins, situations and trials, but in the hereafter it will all be tangible.
- Our faith will be our light on the Sirat and our worship will be our fuel on the Sirat. And we want to always ask for forgiveness and pardon others so that we are light as we cross the Sirat. We will not carry the burden of sins, worries and anxieties.
- And there is a “booster” on the Sirat that are like handles. There is the “rahm” and “Amanah”. The rahm is our connection with

our parents, family and connecting with them. This can be a back-up for us. But the one who cuts the relation will fall. Islam teaches us to never cut our relations and we should encourage our children to not cut relations with their family members.

- Islam encourages to connect with our family and this will help us be firm on the Sirat.
- And the “Amanah” is also on the Sirat. Allah (سبحانه وتعالى) has entrusted us with a body, wealth, children, spouse, job and the religion. We should not spoil our health, take care of our family, fulfill our job. All of this will be real on the Day of Judgement, but we need to start from now.

- What will make us do our best and connect with our family? What will make us fulfill the Amanah? A sound heart.
- When we have a sound heart then Allah (سبحانه) will make us do more, He will make us connect with our family and He will remind us to always seek forgiveness, why? Because we care for our heart which Allah (سبحانه وتعالى) sees, so He will help us fulfill our responsibilities.
- With a good heart, we can reach the highest level in paradise, even if we do not perform many worships. Someone can be worshiping so much, but they are jealous, arrogant and do not bother to purify their hearts.
- Paradise is for good and pure hearts and the hellfire is to soften the hard hearts. We want to submit now and purify it while we are alive and

healthy. When we do it now, then He will protect us from any struggles in this life.

- Allah As Salam wants peace for us and He gave us a short-cut for peace. A peaceful heart that believes in Allah (سبحانه وتعالى).
- When we have a sound heart then we will always long, love, be motivated, excited, be happy, seek forgiveness and remember Allah (سبحانه وتعالى).
- The sick heart is always sad, thinking negatively and does not find pleasure in worship. He may be selfish and sensitive for the smallest things. He is very demanding, dominating and this is a sick heart. He only thinks of himself and does not consider anyone else. A sick heart hates the truth and people of the truth. He hates anyone good and kind.

SURAH ASH SHU'ARA 69 TO 89

69

وَآتِلْ عَلَيْهِمْ نَبَأَ إِبْرَاهِيمَ

And recite to them the news of Abraham,

70

إِذْ قَالَ لِأَبِيهِ وَقَوْمِهِ مَا تَعْبُدُونَ

When he said to his father and his people,
"What do you worship?"

71

قَالُوا نَعْبُدُ أَصْنَامًا فَنَظَلُّ لَهَا عَاكِفِينَ

They said, "We worship idols and remain to them devoted."

72

قَالَ هَلْ يَسْمَعُونَكَ إِذْ تَدْعُونَ

He said, "Do they hear you when you supplicate?"

73

أَوْ يَنْفَعُونَكَ أَوْ يَضُرُّونَ

Or do they benefit you, or do they harm?"

74

قَالُوا بَلْ وَجَدْنَا آبَاءَنَا كَذَلِكَ يَفْعَلُونَ

They said, "But we found our fathers doing thus."

75

قَالَ أَفَرَأَيْتُمْ مَا كُنْتُمْ تَعْبُدُونَ

He said, "Then do you see what you have been worshipping,

76

أَنْتُمْ وَآبَاؤُكُمْ الْأَقْدَمُونَ

You and your ancient forefathers?

77

فَإِنَّهُمْ عَدُوِّي إِلَّا رَبَّ الْعَالَمِينَ

Indeed, they are enemies to me, except the Lord of the worlds,

78

الَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ

Who created me, and He [it is who] guides me.

79

وَالَّذِي هُوَ يُطْعِمُنِي وَيَسْقِينِ

And it is He who feeds me and gives me drink.

80

وَإِذَا مَرَضْتُ فَمَنْ يَشْفِينِ

And when I am ill, it is He who cures me

81

وَالَّذِي يُمِيتُنِي ثُمَّ يُحْيِينِ

And who will cause me to die and then bring
me to life

82

وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ

And who I aspire that He will forgive me my sin
on the Day of Recompense."

83

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

[And he said], "My Lord, grant me authority and
join me with the righteous.

84

وَاجْعَلْ لِّي لِسَانَ صِدْقٍ فِي الْآخِرِينَ

And grant me a reputation of honor among
later generations.

85

وَأَجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

And place me among the inheritors of the
Garden of Pleasure.

86

وَاغْفِرْ لِأَبِي إِنَّهُ كَانَ مِنَ الضَّالِّينَ

And forgive my father. Indeed, he has been of
those astray.

87

وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ

And do not disgrace me on the Day they are
[all] resurrected -

88

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ

The Day when there will not benefit [anyone]
wealth or children

89

إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

But only one who comes to Allah with a sound
heart."

- The struggle of Ibrahim (عليه السلام) was with his father, but he never misbehaved with him or spoke negatively. At the same time, he did not accept worshipping idols. So he had an identity and was content with his faith, but at the same time he was soft-hearted. His family and people may have pressured him, but he was kind to them.
- A good heart is firm on the truth, but does not oppress others or take revenge. Ibrahim (عليه السلام) showed the truth in a very good way. He said the idols are my enemies, but by Friend is the Lord of the Worlds.
- A good heart does not force himself on others, nor does he make a difference between others, but brings something in common. Ibrahim (عليه السلام) did not tell the people to fast

or pray, but that Allah (سبحانه وتعالى) never leaves anyone without guidance.

- He said my Lord is the One Who gives food and drink. Allah (سبحانه وتعالى) fulfills our essentials needs from food and drink, and if we are sick, Allah (سبحانه وتعالى) will automatically cure us.
- He is the One Who will cause us to die and bring us back to life. We hope for Allah (سبحانه وتعالى) to forgive us and to follow righteous people in this life.
- We are not here in this life forever, but we ask Allah (سبحانه وتعالى) to give us a good reputation in this life, this means whoever speaks about us, they will speak in truth. And we ask for a truthful tongue to always speak the truth. Only Allah

(سبحانه وتعالى) can cause us to be remembered after we die.

- We ask Allah (سبحانه وتعالى) to make us inherit paradise. We cannot depend on our worship to attain paradise. Inheritance is to get something in a day and night without working for it.
- And Ibrahim (عليه السلام) asked for forgiveness for his father. Ibrahim (عليه السلام) had a good heart. And he asked to never be disgraced on the Day of Judgement. Disgrace and disappointment on the Day of Judgement is when a person is far away from Allah (سبحانه وتعالى) and away from being purified.

- There will be a Day when no money or children will benefit, but only the one who took the step to come to Allah (سبحانه وتعالى) with a good heart.
- Some people will come to Allah (سبحانه وتعالى) with a good heart, but only because they were dragged to it. We do not want for something difficult to come to purify our heart. We want to be foremost in forgiving and pardoning.

CONCLUSION

- We want to enter the month of Ramadan with a sound heart.
- We want to have a good heart with everyone and when we receive blessings, we want to run to Allah (سبحانه وتعالى) showing our gratitude to Him.

- A good heart is a blessing because this will make us enjoy everything and overcome anything.
- We have no might and power, but we believe in this moment that You O Allah will give us a good heart forever because we love to have a sound heart for You to look at it. And we ask You to grant all of us, and our families and offspring sound hearts.
- We cannot depend on our forgiveness, kindness or good deeds, but we only depend on Allah (سبحانه وتعالى) to grant us a good heart.

SUPPLICATION TO NOT RELY ON OURSELVES

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِي شَأْنِي كُلَّهُ ، وَلَا تَكِلْنِي
إِلَى نَفْسِي طَرْفَةَ عَيْنٍ

O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye.³

- There is no one like Allah, and He is The All-Hearing, The All-Seeing.

MAY ALLAH GRANT US SOUND HEARTS AND MAY HE FORGIVE US. AMEEN

DIVINE NURTURING LESSONS

- Allah As Salaam is free of faults, negativity and imperfection. Everything about Him is peaceful.
- The sound heart is always excited and motivated. This person does his best with Allah (سبحانه وتعالى) and others.

³ Sahih Aj Jami'e 5820, Authenticated by Al Albani as Hasan

- The sound heart's richness is with Allah (سبحانه) so no one can interfere with this strong bond.
- We are all special to Allah (سبحانه وتعالى) and He wants our heart. He will stop anything that can distract it because He loves us.
- We do not our relationship with Allah (سبحانه وتعالى) to only be based on when we need something. When we want to connect to Allah (سبحانه وتعالى) all the time, He will show us from His favors and beauty. He will show us scenes and make us feel feelings that never cross the mind.
- Allah (سبحانه وتعالى) will not look at what we do from outside, but He will look at how beautiful and pure our heart is. But when the heart is filled with jealousy, hatred and disbelief, then it

dims and dulls the heart from feeling and connecting to Allah (سبحانه وتعالى).

○ *Disgrace and disappointment on the Day of Judgement is when a person is far away from Allah (سبحانه وتعالى) and away from being purified.*

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3. النهج الأسنى - د. محمد النجدي



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