



# 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.



بسم الله الرحمن الرحيم  
لا حول ولا قوة إلا بالله

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### INTRODUCTION

◦ Allah (سبحانه وتعالى) is Al Qadeer, He is The Most Powerful and He decrees everything in its right time.

### SUPPLICATION FOR A SOUND HEART

اللهم أرزقنا قلوبًا سليما

O Allah grant us sound hearts.

◦ Allah As Salaam is The Most Peaceful and He will give us a sound heart and peace in our life. He will make us enjoy the prayer and fast in the month of Ramadan.

## A SOUND HEART AS DEFINED BY IBN AL QAYYIM (MAY ALLAH HAVE MERCY ON HIM)

- Ibn Al Qayyim (may Allah have mercy on him) said: “the sound is a pure heart which does not sin, hate, has grudges against others or is jealous of them.”
- We want our heart to reach this purity and to be pure does not mean a person does not go through situations with others. But when this person faces others, he does not want his heart to be negative towards them or to have hatred or grudges against them.
- He said “the sound heart is free of any type of association with Allah (سبحانه وتعالى).” If someone associates another partner with Allah (سبحانه وتعالى), or believes in someone or something else cannot benefit, harm or has power, then this

will not be a sound heart. No one is perfect and no one can do anything to us except Allah (سبحانه وتعالى).

- The sound heart is free from being selfish or covetous or not wanting to show anything good to others. The sound heart is free of arrogance, love of the *duniya* (worldly life) or love of having position.
- The sound heart is away from any sicknesses that can distance it from Allah (سبحانه وتعالى) because this person knows the heart is the place where Allah (سبحانه وتعالى) looks.
- Allah (سبحانه وتعالى) is the source of all truth and all news and information He tells us is the truth. Anything He tells us about Himself, about the Books, Messengers, our life or the hereafter, we want to believe.

◦ The sound heart has no doubts in what Allah (سبحانه وتعالى) says. Allah (سبحانه وتعالى) tells us there is a Day of Judgement, but it is a doubt to say there is no Day of Judgement. Doubts arrive from rumors or people.

◦ The sound heart is free of any desire that is contrary to the command of Allah (سبحانه وتعالى).

For example, the command of Allah (سبحانه وتعالى) is to fast and pray, but it can be our desire to not want to fast or pray. We want all our desires to be in line with the commands of Allah (سبحانه وتعالى). Allah (سبحانه وتعالى) commands us to pray, so our desire is to pray. Allah (سبحانه وتعالى) commands us to say good, so our desire is to say good.

- Our desires will not purify our hearts or make it good, but the commands of Allah (سبحانه وتعالى) will purify our hearts and make it sound.
- The sound heart is free of going against the will of Allah (سبحانه وتعالى). Our resolution cannot be above what Allah (سبحانه وتعالى) wants, so the sound heart accepts what Allah (سبحانه وتعالى) wants. Sometimes people are so determined in doing bad and that is not a sound heart.
- The sound heart is free from anything that can cut its relation between it and Allah (سبحانه وتعالى). With Allah (سبحانه وتعالى), it is not about body. We can be with people, but our connection with Allah (سبحانه وتعالى) is with our heart.
- The sound heart is the heart of the people of paradise. If we have it in this life, then we will

be in paradise while we are in this life. We ask Allah (سبحانه وتعالى) of His favor. Ameen.

◦ People with a good heart are living in paradise in this life, before going to paradise in the hereafter. They are in delights in their graves and in eternal delight in the paradise of the hereafter. May Allah (سبحانه وتعالى) grant us the sound heart. Ameen.

## BARRIERS TO A SOUND HEART

### SHIRK

◦ Away from shirk. We need to believe only Allah (سبحانه وتعالى) is perfect and no one else. only He is worthy of feelings, actions and speech. All that we believe is from Him and all that we do is for Him because He is perfect.

## SUPPLICATION TO BE PROTECTED FROM SHIRK

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُشْرِكَ بِكَ وَأَنَا أَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا لَا  
أَعْلَمُ.

*Allāhumma innī a`ūdhu bika an ushrika bika wa  
anā a`lam, wa astaghfiruka limā lā a`lam.*  
O Allah, I seek refuge in You lest I associate  
anything with You knowingly, and I seek Your  
forgiveness for what I know not.<sup>1</sup>

### INNOVATION IN THE RELIGION

○ Away from innovation in the religion. We want  
to remain on what the Prophet (ﷺ) did  
because that is the best, and this will make our  
heart pure.

### TEMPTATIONS

○ Away from temptations that are contrary to  
the commands of Allah (سبحانه وتعالى).

<sup>1</sup> Sahihut-Targhib wat- Tarhib 1/19

## HEEDLESSNESS

◦ Away from heedlessness that will make us forget remembering Allah (سبحانه وتعالى) and His blessings. We do not want to be heedless in this world. We do not want to look at the sky and forget the One Who created the sky.

## DESires

◦ Away from desires that only feed our ego and make us selfish. We want to be selfless and pure to Allah (سبحانه وتعالى).  
◦ These are barriers to a sound heart, and the more these barriers are lifted, the sounder our heart will be.

MAY ALLAH MAKE US WELCOME RAMADAN WITH A SOUND HEART, PARDONING AND WELL-BEING. AMEEN

## DIVINE NURTURING LESSONS

- Our desires will not purify our hearts or make it good, but the commands of Allah (سبحانه وتعالى) will purify our hearts and make it sound.
- The sound heart is free from anything that can cut its relation between it and Allah (سبحانه وتعالى). With Allah (سبحانه وتعالى), it is not about body. We can be with people, but our connection with Allah (سبحانه وتعالى) is with our heart.
- Away from heedlessness that will make us forget remembering Allah (سبحانه وتعالى) and His blessings. We do not want to be heedless in this world. We do not want to look at the sky and forget the One Who created the sky.

## REFERENCES

1. الجامع أسماء الله الحسنى - ماهر مقدم
2. فقه الأسماء الحسنى - عبد الرزاق البدر
3. النهاج الأسمى - د. محمد النجدي



## ADDITIONAL RESOURCES

PAST CLASS NOTES AND NEW POSTS ON TELEGRAM

THIS IS OPEN TO BOTH WOMEN AND MEN

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ENGLISH

<https://t.me/markazalsalampublicationsENG>

FOR STUDENTS OF KNOWLEDGE, TEACHERS AND DA'EES IN ARABIC

<https://t.me/markazalsalampublicationsAR>

FOR CHILDREN CLASS NOTES

<https://t.me/dropletsofdew>

FOR BEGINNERS TO ISLAM

<https://t.me/truthfulentry>