

The Diseased Heart

Sh. Haatim - 24th Rabi Al Awwal 1416

Brothers and Sisters! Rasoolullaah Sallallaahu Alayhi Wasallam, taught us that Allah Almighty does not look at our appearances, instead He looks at our hearts and our deeds. So the heart is the concern of Allah, and if the heart is unstained and pure, then the body will also be unstained and pure. On the other hand, if the heart is diseased and impure, then it will affect the whole body. The heart is also the place where you either love or fear Allah, and it is also the place of the niyat - your intention, which will improve your actions for Allah to accept. The Prophet Sallallaahu Alayhi Wasallam said, The reward of deeds depend on the intentions and every person will get the reward according to what he has intended. See Saheeh Al Bukhaari, Vol. 1, Hadeeth No. 1

Imam Ibn Qayyim, May Allah have mercy on him said, that the most noble part of the body is the heart. It is that part which accepts Allah, by always seeking ways and means to get closer and to love Allah. It is the place where Faith originates and it is also the organ which can be reached and touched by means of sincere communication. The heart is the key by which the other parts of the body is utilised and guided, just like a king makes use of his slaves.

The Messenger of Allah always used to swear by saying, In the Name of the One who changes the heart. Some of his supplications were, Oh Allah, the One Who changes hearts, stabilise our hearts to perform good actions and deeds.

Imam Ibn Qayyim, May Allah have mercy on him said, If you can imagine the situation of the heart with reference to Allah and the Shaytaan, you will discover and perceive many incredible issues. For example - if it is affected by Allah, the heart will relax, open and react with sincere feelings like, love for Allah, love and pity for your brother and renounce the pleasures and emotions regarding worldly issues. If we find ourselves in this situation then our life will be wholesome and complete. While on the other hand, the situation of the heart with reference to the Shaytaan - it will be closed, dark and dismal, full of fear, worry and sadness, have doubt as far as righteousness is concerned, have greed for this world, and show disregard for Allah.

My Beloved Brothers and Sisters! The heart gets hard like a rock or maybe even harder. When it becomes like this, it will result in Allah Almighty abandoning that person, because the most remote heart is the one which is hard. This heart is ignorant, it will not show any response to communication or wisdom, and the person affected will have a heart like a stone, always causing evil or disaster. There are some hearts that will have sincerity and humbleness towards its Creator, and will perform deeds and actions which will result in getting closer to the Mercy of Allah. This heart will always be looking forward to do good.

There are some ways in which a good heart may be recognised, such as:

1) Reading and listening to the recitation of the Qur'an. Allah says in S. Qaaf: (50:37)

Verily, therein is indeed a reminder for him who has a heart or gives ear while he is heedful.

In S. Az Zumar Allah also states: (39:23) Allah has sent down the Best statement - a Book, the Qur'an, its parts resembling each other in goodness and truth, oft repeated. The skins of those who fear their Rabb shiver from it when they recite it. Then their skin and their heart soften to the remembrance of Allah.

In these verses it shows that the Quran has a tremendous effect upon the heart. Allah Almighty says that it is recommended to read the Qur'an sincerely with humbleness and to obey its orders, in order to have guidance and not to copy the Christians and the Jews who disobeyed.

2) One of the major causes of the heart being soft, is the remembrance of death and the Day of Judgement. In S. Aali Imraan Allah says: (3:185)

Everyone SHALL taste death. And only on the Day of Resurrection shall you be paid your wages in full. And whoever is removed away from the Fire and admitted to Paradise, he indeed is successful. The life of this world is only the enjoyment of deception - a very deceiving thing.

By looking at the situations of people in dire need, visiting our sick and bereaved and how much the orphans require our moral support, would melt your heart just to think how you could be of a benefit to others, and it will really make you realise the Grace of Allah that He has bestowed upon you.

3) The remembrance of the punishments Allah gave to the previous generations. In S. Al Israa it says: (17:17)

And how many past nations have We destroyed after Noah! And sufficient is your Rabb as an All-Knower and All-Beholder of the sins of His slaves.

4) Making a lot of Dhikr - the remembrance of Allah. In S. Al Anfaal Allah states: (8:2)

The believers are only those who, when Allah is mentioned, feel a fear in their hearts and when his verses are recited unto them, it increases their Faith, and they put their trust in their Rabb.

5) The acceptance of Allah's commandments by obeying them and rejecting whatever He has forbidden. In S. Taubah Allah says: (9:2)

And whenever there comes down a chapter from the Qur'an, some of them say: Which of you has had his faith increased by it? As for those who believe, it has increased their faith, and they rejoice.

But as for those in whose heart is a disease of doubt, disbelief and hypocrisy, it will add suspicion and doubt to their suspicion, disbelief and doubt, and they die while they are disbelievers.

Second Khutbah

My Brothers and Sisters! Know that we are in a period of time which fills the hearts with disease. This is mainly due to involving ourselves with the deceptions of this world and wasting our time as such. Some of the reasons which also disease the heart, is looking at the forbidden scenes of the over-exposed, dirty and nude films on the the so-called famous television.

Our so-called modern supermarkets provide us also with scenes of women half naked with the accompaniment of music which sometime deafens the ears. It also creates nifaak in the heart, and it will increase attraction of males towards females and vice-versa by listening to the music. This in turn leads the individual away from being involved and listening to the recitation of the Quran and seeking knowledge. Laughter and the cracking of jokes to exceeding limits, is another factor which diseases the heart.

Now that we are aware of the things that cleanses or diseases the heart, we should try to the best of our ability, with the help from Allah, to abstain from the things that diseases the heart and adhere to the things that keeps the heart pure and clean. My Beloved Brothers and Sisters! Look for these reasons, because by doing this, your life in this world and in the Hereafter would be filled with happiness.

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