



(16) Soul Salvation by Striving

Striving means: Prevent the soul from many desires that tend to make us rest, become lazy, sleep, eat and drink excessively, love to own, and attach to the joyful life.

The striving is to stop ourselves from acquainted habits. We must do only necessary needs and focus on obeying Allah (SWT) and prevent our selves from doing unnecessary things.

Allah (SWT) says: {And those who strive in Our (cause) We will certainly guide them to our Paths: For verily Allah is with those who do right} (Al -Ankabut, 69).

Allah (SWT) also says: And for such as had entertained the fear of standing before their Lord's and had restrained (their) soul from lower desires, Their abode will be the Garden. (Al Naziat, 40-41)

Striving the soul is a difficult matter, that needs self control of desires. This needs patience with great striving.

Al Imam Al Bosayray once said: you treat your soul like a child which grows up on suckling until weaning him.

The soul likes temptations if you allow it and will act in evil and ugly ways.

Al Imam Al Basayray also said, Do not follow the soul and



devil, but disobey them. As they will always try to tempt you. Do not consider them as opponent or judge, as the opponent or judge will trick you.

Disobeying the soul's desire is a great striving. This is an internal enemy and very hard to pay attention to it for many people.

The road to the hell-fire is paved with pleasant desires. The road to heaven is paved with difficulties. This means: the road to hell-fire is easy as going down hill and the road to heaven is hard as going up hill.

In the Hadith, **the Prophet (PBUH) said:**the hell fire is surrounded with all kinds of desires and passions, while jannah is surrounded with adversities. (Muslim, 2822)

In the other Hadith, **the Prophet (PBUH) said:** " jannah is nearer to anyone of you than your shoes, and so is the hell fire". (Al Bukhari, 6488).

Example of striving

1- to take advantage of time and health that are the human assets. When human waste the valuable time and health in matters that are not useful to life and faith. So what is left out of the life before meeting Allah (SWT).



In the Hadith, **the Prophet (PBUH) said:** {there are two blessing in which many people incur loss they are health and free time for doing good} (Al Bukhari, 6412).

In the other Hadith, **the Prophet (PBUH) said:** {the best of people is one whose life is long and his conduct is good} (At Tirmezih, 2329)

This means: The best people are those who use the time and health wisely in worshiping Allah (SWT) and this lead to happiness in life and hereafter.

2- To have strong faith and body. The strength makes Muslims achieving their hopes and goals from life.

In the Hadith, **the Prophet (PBUH) said:** {a strong believer is better and dearer to Allah than a weak one, and both are good. Adhere to that which is beneficial for you. Keep asking Allah for help and do not refrain from it} (Muslim, 2664)

Ibn Mubarak said “The righteous Muslims have an instinctive soul to do good deeds. However, regular Muslim does good deeds with some hesitation”

3- To control emotion and limb body parts. Not every thing that human desire must be attained. It is better to search for allowable needs (Halal) with wise selection and not excessive and avoid being slave to desire and love to have. Exercising



striving is to control eyes, ears, tongues, stomachs, hands, feet, brains, souls, and sexual members. Muslims must use their senses in worshiping and satisfying Allah (SWT).

In the Hadith **the Prophet (PBUH) said:** “the intelligent is the one who accuses himself and prepares for the after death. On the other hand, the ignorant is the one who follows his desires and deceives himself by wishful thinking.”(At Tirmezih, 2459).

4- to increase worshiping Allah (swt). **In the Hadith,:** “Rabiah bin Kab Al-Aslami a servant of the messenger of Allah and also one of the people of As-suffah I used to spend my night in company of messenger of Allah and used to put up water for his ablutions. One day he said to me, ask something of me I said I request for your companionship in jannah; He inquired, is there anything else?. I said that is all He said then help me in your request by multiplying your prostrations. (Muslim, 489).

Abu Dardah (RA) once said: if these three good habits weren't existing, I would not have liked to live one more day.

1-Being thirsty for the sake of Allah (swt) during fasting in summer.

2- Prostration to Allah (swt) in the middle of the night.

3- Have a gathering with righteous people who talk pleasantly



like a delicious fruit.

Normally, human likes to rest and sleep at night. Doing more Salats during the night is striving the soul to satisfy Allah (SWT). This mean, the slave Muslim will join the Prophet (PBUH) in heaven.

**We invoke Allah (SWT) to lighten our punishment
on the Day of Judgment.**

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