



(25) Towards Salvation of the Heart. part (4)

A- Matters that lead to stiffening the heart:

B-There are two ways of saving the heart:

Today I will speak about important matters that lead the heart to become hard and rough. Also, I will speak about important methods that lead to curing and fixing the heart so that it becomes a committed heart with a strong connection to Allah (SWT).

A- Matters that lead to stiffening the heart:

Having a large number of sins and bad deeds that are poisonous, will kill faith and prevent any merciful attitude. Allah (SWT) said: “Nay! But on their hearts is the Ran (covering of sins and evil deeds) which they used to earn.” (Al-Mutaffifin, 14)

Abdullah Bin Mubarak recited a poem: “I saw sins kill hearts; it will lead to humiliation. Leaving sins brings life to hearts; it is better to disobey sins.”

- Having too much of the lawful things More talking, more eating, more sleeping, and involvement with more people. When things are in excess, they will turn back on you. Excessive use of the allowable will lead to



stiffening the heart. The best behavior is to be moderate in doing everything.

There are two ways of saving the heart:

First: The heart must leave off all obstacles that keep Allah (SWT) away from the heart.

Second: The heart must act in ethical manners that make it saved and committed to Allah (SWT).

B- Methods of curing and purifying the heart:

1. a) Supplication: The Muslim must submit their supplication to Allah (SWT). He must continue and maintain his supplication, asking Allah (SWT) to salvage his heart and to purify it from sins, hate, envy, greed, and selfishness.

One of the righteous supplications is **from the Qur'an**:“(They say): “Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower.” (Al-Imran, 8)

The Muslim asks help from Allah (SWT) to salvage and repair his troubled matters as mentioned by Allah (SWT): “You (Alone) we worship, and You (Alone) we ask for help



(for each and everything)” (Al Fatiha, 5)

1. b) Continue to maintain the remembrance of Allah and asking him for forgiveness: When you utter a statement mentioning Allah (SWT), it will transfer from the tongue to the heart, gaining peace and hope and lead to a feeling of happiness and relief. **Allah (SWT) said:** “Those who believe (in the Oneness of Allah), and whose hearts find rest in the remembrance of Allah. Verily, in the remembrance of Allah do hearts find rest.” (Al Raad, 28)
2. c) Reading the Qur’an: Reading the Qur’an will effect the heart in a very positive way by removing any rust caused by turning away from Allah (SWT), and then the heart will become fully submitted to Allah (SWT).

Allah (SWT) said: “Has not the time come for the hearts of those who believe (in the Oneness of Allah) to be affected by Allah’s Reminder (this Qur’an), and that which has been revealed of the truth, lest they become as those who received the Scripture before (i.e. Jews and Christians), and the term was prolonged for them and so their hearts became hardened? And many of them were Fasiqun (disobedient to Allah).” (Al-Hadid, 16)

Allah (SWT) also said: “Allah has sent down the best statement, a Book (this Qur’an), its parts resembling each



other in goodness and truth, oft-repeated. The skin of those who fear their Lord shivers from it (when they recite or hear it). Then their skin and their heart softens to the remembrance of Allah. That is the guidance of Allah. He Guides therewith whomsoever He pleases and whomever Allah sends astray, for him there is no guide.” (Al-Zumar, 23)

1. d) Remembering death and the hereafter: When you keep this in mind, you will become humble and not worried. You will be satisfied by what Allah (SWT) has given you of money and property. The Muslim will focus only on satisfying Allah (SWT) and then Allah (SWT) will guide him to the straight path.

In the Hadith, **the Prophet (PBUH) said:** “The Muslim who concerns himself with the Day of Judgment, Allah (SWT) will create a richness in his heart, and He will guide him to the straight path, and He will make earthly matters available to him.” (At Targheeb wa at Tarheeb, 4/131).

1. e) Take acceptance and satisfaction about what Allah (SWT) gave us and do not get jealous over others. If the Muslim wants good things for himself, he needs not look what others have been given by Allah (SWT). In the religious matters, the Muslim should look up to the higher level of knowledgeable and righteous



Muslims. But, in the earthly matters, he should look to a level lower than him.

If you found out that your Muslim brother has a comfortable life, do not wish any removal of it or compete with him. **Just say:** “O Lord, give me as much as my brother has and give him more.” In the Hadith, **the Prophet (PBUH) said:** “Accept what Allah (SWT) gave you and you will be the richest persons.” (At Tarmedi, 2305). Also, **in the Hadith:** “Being rich is not how much you have, but how much you have in your heart.” (Al Bukhari, 6446)

The sign of the pure heart is worshipping Allah (SWT) and following His orders, doing the Halal, staying away from the Haram and everything that makes Allah (SWT) angry. **Allah SWT) said:** “Thus it is an obligation that mankind owes to Allah). And whosoever honors the Symbols of Allah, then it is truly from the piety of the heart.” (Al-Hajj, 32)

We invoke Allah (SWT) to give us healthy and pure hearts.

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