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Title:

***“HOW TO EDUCATE THE HEART AND
TREAT THE SOUL”***

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“HOW TO EDUCATE THE HEART AND TREAT THE SOUL”

الْحَمْدُ لِلَّهِ الْقَائِلِ : إِنَّ فِي ذَلِكَ لَذِكْرًا لِمَنْ كَانَ لَهُ قَلْبٌ أَوْ أَلْقَى
السَّمْعَ وَهُوَ شَهِيدٌ ﴿٣٧﴾¹

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا
مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ.

أَمَّا بَعْدُ، فَيَا أَيُّهَا الْمُسْلِمُونَ، اتَّقُوا اللَّهَ، أَوْصِيكُمْ وَإِيَّايَ بِتَقْوَى
اللَّهِ فَقَدْ فَازَ الْمُتَّقُونَ.

قَالَ اللَّهُ تَعَالَى: يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا
تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴿١٠٢﴾²

Dear blessed Muslims,

I humbly implore for us to altogether strive in increasing our *taqwa* of Allah *Subhaanahu Wa Ta'aala* by performing all of His Commands and abstaining from all of His prohibitions. Let us give full attention to the *khutbah* that is to be delivered. Let us not speak and get carried away with our cellular phones. May we all attain benefit from the sermon.

¹ Qaf 50:37

² Aal 'Imraan 3:102



On this noble day, I will be discussing upon a *khutbah* titled: "**HOW TO EDUCATE THE HEART AND TREAT THE SOUL?**"

Dear beloved Friday audience,

Of late, we find that the printed media are displaying and exhibiting a plethora of news coverage pertaining to social ills. Even the television channels are broadcasting almost at all times matters pertaining to social ills. Moreover, lately it has even become increasingly abuzz, not only in various media platform and newspapers but even in applications such as *WhatsApp*, *WeChat*, *Facebook* and others. However, how many of us that actually read and listen to those type of news feel concerned and worried with regard to the social ills occurring around us? Remember! There is no guarantee that we or our family members will be spared from becoming involved, ensnared, or even affected by those immoralities.

The issue of deviation in '*aqeedah* (creed) and social ills can be deemed as early indication of a life that has gravely deviated from the *shara'*. All of these problem manifests the destruction within the lives of Muslim individuals, families, and communities that are super critical. It is a grave crime that transgresses against the '*aqeedah*, *shar'i* rulings, and *akhlaaq* (character) that serves as guidance for all of us.

The question begs, why is this matter happening and even seems to be getting much worse? While, many activities and programs have been carried out for education, prevention, relief, and even punishments were meted out from time to time.

Blessed Friday congregation,

There are many methods that can be utilized in preventing this problem from continuing to persist. Among the main ones is to uphold religious



teachings as the fortress in life, for those claiming to have *imaan* (faith). It behooves us to know the purpose of our being and the true purpose of life. Let us get closer to the religion by getting more intimate with Allah *Subhaanahu Wa Ta’aala* and embrace Prophet Muhammad صلى الله عليه وسلم as *qudwah hasanah* (the best exemplary) in all life matters in this world. Therefore, seek strength and make time to increase our religious knowledge through formal learning or attending circles of knowledge, *tawsiyah* (advice), and *tadhkirah* (admonition) at *masaajid* or *suraus*. Being immersed in a religious environment and seeking *ilm* (knowledge) will guide all of us to always remain cognizant of our roles, knowing what has been commanded and prohibited by the religion. That is the place for *hidaayah* (guidance), *rahmah* (mercy), and forgiveness from Allah *Subhaanahu Wa Ta’aala*.

Mu’aadh bin Jabal *radiallaahu ‘anh* reminded us that:

تَعَلَّمُوا الْعِلْمَ فَإِنَّ تَعَلُّمَهُ حَسَنَةٌ وَطَلَبَهُ عِبَادَةٌ
وَمُذَاكَرَتُهُ تَسْبِيحٌ وَالْبَحْثُ عَنْهُ جِهَادٌ وَبَدْلُهُ قُرْبَةٌ وَتَعْلِيمُهُ
لِمَنْ لَا يَعْلَمُهُ صَدَقَةٌ

“Learn the [Islamic] knowledge for learning it for the sake of Allah is piety, seeking it is an act of worship, mutual study is an exaltation to Allah, pursuing it is jihad, offering it to who deserves it is a way to draw close to Allah, and teaching it to who does not know it, is charity.”

(ibn Hibbaan)

Next, preserving the integrity and harmony of the household. Create an atmosphere of conducive family living with a great sense of religiosity. Teach the children on the proper manner of performing *salaah* (prayer) which



will prevent from committing acts of *munkar* (evil), respecting one another, obeying the commands, communicating well, and treating the children as friends in all circumstances that are allowed by the religion. If this is not done, then the children will find other alternatives in their worldly affairs, and in the end, if wrongly advised and guided, their lives will be destroyed for veering off the straight path and further distanced from the religion. What more with all of the challenges today that can shatter the children's *imaan* and identity.

Aside from that, community living that is peaceful and tranquil is vital to be preserved and maintained. A society that is self-centered will openly expose itself to *'aqeedah* and social problems that are increasingly worrying. It should be the case where the society's functions and roles are apparent and effective with the principles of correcting and advising each other, for the benefit of all.

Blessed Friday congregants,

We often forget that *shaytaan* would always invite to deeds that contradicts the rulings and commands of Allah *Subhaanahu Wa Ta'aala*. When *shaytaan*'s finger heads toward our direction, then victorious is the *shaytaan* that was tasked to make people go astray from the truth. Realizing upon this matter, let us always supplicate to Allah *Subhaanahu Wa Ta'aala* so that we will gain the protection of Allah *Subhaanahu Wa Ta'aala* from the incitement of *shaytaan*, his soldiers, and cohorts. Our *nafs* (desire) and soul that were trained during Ramadaan must continue to be safeguarded, and always pleading to Allah *Subhaanahu Wa Ta'aala* so that we will be able to control our desire and prevent our hearts from committing evil deeds.

The filthy and broken heart becomes the door for its overall destruction. Restore the heart unto becoming purified by practicing and prioritizing upon the matters mentioned earlier. Restore the heart to its original function, for



the heart plays a vital role in one’s identity. Allah *Subhaanahu Wa Ta’aala* has made the hearts so that they will know and acknowledge Allah *Subhaanahu Wa Ta’aala* as the Creator. The heart is the king that drives the soul, whether towards good (*ma’roof*) or evil (*munkar*). Let us cleanse our hearts from *madhmoomah* (dispraised) traits, and instead decorate it with *mahmoodah* (praiseworthy) traits.

When every individual can develop hearts that are befitting of its purpose of creation, then it will fulfill all of the necessities that are *ma’roof* and avoiding the *mungkar* with full *imaan* and *ikhlaas* (sincerity).

In the *hadeeth* of Abu ‘Abdillah an-Nu‘maan bin Basheer *radiyAllaahu ‘anh*, Rasulullah ﷺ said:

إِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ
وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ أَلَا وَهِيَ الْقَلْبُ

“Beware! There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart.”

(*al-Bukhaari and Muslim*)

Let us all practice these several main methods outlined in al-Qur’an as guidance for purification, educating the heart, and treating the soul. Among them is to safeguard and perform the five daily *salawaat* (prayers). Allah *Subhaanahu Wa Ta’aala* mentions in verse 45 of soorah al-‘Ankaboot:

إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَلَذِكْرُ اللَّهِ أَكْبَرُ



وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ﴿٤٥﴾

"Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do."

Second, to increase in *dhikr* by remembering Allah *Subhaanahu Wa Ta'aala* so that the heart remains tranquil. Allah *Subhaanahu Wa Ta'aala* mentions in verse 28 of soorah ar-Ra'd:

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ
الْقُلُوبُ ﴿٢٨﴾

"Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."

Third, always remembering death and frequent recitation of al-Qur'an. Remembering death is the best and most effective way in attaining penitence, aside from instilling positivity within oneself. Similarly with frequent recitation and internalization of al-Qur'an, where it is deemed as spiritual nourishment, also as the most effective weapon in cleansing the soul and shines upon every Muslim.

In the *hadeeth* of ibn 'Umar *radiyAllaahu 'anhuma*, Rasulullah ﷺ said:

“إِنَّ هَذِهِ الْقُلُوبُ تَصْدَأُ كَمَا يَصْدَأُ الْحَدِيدُ إِذَا أَصَابَهُ
الْمَاءُ” قِيلَ: يَا رَسُولَ اللَّهِ وَمَا جِلَاؤُهَا؟ قَالَ: “كَثْرَةُ ذِكْرِ الْمَوْتِ
وَتِلَاوَةُ الْقُرْءَانِ”



"These hearts become rusty just as iron does when water gets to it." On being asked what could clear them he (ﷺ) replied, "A great amount of remembrance of death and recitation of the Qur'an."

(al-Bayhaqi)

Next, to increase in giving *sadaqah* (charity). Allah *Subhaanahu Wa Ta'aala* mentions in verse 103 of soorah at-Tawbah:

خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ بِهَا وَصَلِّ عَلَيْهِمْ إِنَّ
صَلَوَاتَكَ سَكَنٌ لَّهُمْ وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿١٠٣﴾

"Take, [O, Muhammad], from their wealth a charity by which you purify them and cause them increase, and invoke [Allah's blessings] upon them. Indeed, your invocations are reassurance for them. And Allah is Hearing and Knowing."

Therefore, let us altogether purify our hearts so that they are cleansed, akin to processing the sand into becoming glass, and not processing the sand into becoming cement. Hence, let us process the heart so that it is clean and pure, filled with *mahmoodah* traits such as *ikhlaas*, *sabr* (patience), contentment, and always remembering death.

Dear blessed audience,

To end the *khutbah* on this blessed day, among the lessons and conclusions that can be drawn are:

1. The Muslim *ummah* must realize that the enemies that are hidden but having the greatest influence in our lives are *shaytaan* and our desire.
2. The society must nurture and preserve harmonious atmosphere



according to Islamic teachings that upholds good and loathes evil, so that the society does not remain corrupt and astray.

3. The Muslims must always protect the heart that is founded upon *imaan* unto Allah *Subhaanahu Wa Ta'aala* so that it will always remain calm, content, and pleasing to Allah *Subhaanahu Wa Ta'aala*.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
قَدْ أَفْلَحَ مَنْ زَكَّاهَا ﴿٩﴾ وَقَدْ خَابَ مَنْ دَسَّاهَا ﴿١٠﴾

"He has succeeded who purifies it, and he has failed who instills it [with corruption]."

(ash-Shams 91:9-10)

بَارَكَ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ
الآيَاتِ وَالذِّكْرِ الْحَكِيمِ وَتَقَبَّلَ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ
الْعَلِيمُ.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ وَلِسَائِرِ الْمُسْلِمِينَ
وَالْمُسْلِمَاتِ فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

THE SECOND KHUTBAH



الْحَمْدُ لِلَّهِ الَّذِي جَعَلَنَا مِنَ الْمُسْلِمِينَ، وَرَزَقَنَا مِنَ الطَّيِّبَاتِ.
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا
عَبْدُهُ وَرَسُولُهُ. اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ
وَعَلَى آلِهِ وَصَحْبِهِ وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ. أَمَّا
بَعْدُ، فَيَا عِبَادَ اللَّهِ! اتَّقُوا اللَّهَ! أَوْصِيكُمْ وَإِيَّايَ بِتَقْوَى اللَّهِ
فَقَدْ فَازَ الْمُتَّقُونَ.

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ ءَامَنُوا صَلُّوا عَلَيْهِ
وَسَلِّمُوا تَسْلِيمًا ﴿٥٦﴾
اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ
أَجْمَعِينَ.

اللَّهُمَّ اغْفِرْ لِلْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ الْأَحْيَاءِ
مِنْهُمْ وَالْأَمْوَاتِ، إِنَّكَ سَمِيعٌ قَرِيبٌ مُجِيبُ الدَّعَوَاتِ وَيَا قَاضِيَ
الْحَاجَاتِ.

اللَّهُمَّ إِنَّا نَسْأَلُكَ وَنَتَوَسَّلُ إِلَيْكَ بِنَبِيِّكَ الْأَمِينِ، وَنَسْأَلُكَ
بِأَسْمَائِكَ الْحُسْنَى، وَصِفَاتِكَ الْعُظْمَى، أَنْ تَحْفَظَ بَعِينِ



عِنَايَتِكَ الرَّبَّانِيَّةِ، وَبِحِفْظِ وَقَايَتِكَ الصَّمَدَانِيَّةِ، جَلَالَةَ مَلِكِنَا
الْمُعَظَّمِ، سُلْطَانَ سَلَاطُورِ، سُلْطَانَ شَرَفِ الدِّينِ اَدْرِيسِ شَاهِ
الْحَاجِ ابْنِ الْمَرْحُومِ سُلْطَانَ صَلَاحِ الدِّينِ عَبْدِ الْعَزِيزِ شَاهِ
الْحَاجِ. اَللّٰهُمَّ اَدِمِ الْعُوْنَ وَالْهِدَايَةَ وَالتَّوْفِيقَ، وَالصِّحَّةَ
وَالسَّلَامَةَ مِنْكَ، لِوَلِيِّ عَهْدِ سَلَاطُورِ، تَعَكَوْ اَمِيرِ شَاهِ ابْنِ
السُّلْطَانَ شَرَفِ الدِّينِ اَدْرِيسِ شَاهِ الْحَاجِ، فِي اَمْنٍ وَصَلَاحٍ
وَعَافِيَةٍ بِمَنِّكَ وَكَرَمِكَ يَا ذَا الْجَلَالِ وَالْاِكْرَامِ. اَللّٰهُمَّ اَطْلُ
عُمْرَهُمَا مُصْلِحَيْنِ لِلْمُوظَّفَيْنِ وَالرَّعِيَّةِ وَالْبِلَادِ، وَبَلِّغْ
مَقَاصِدَهُمَا لِطَرِيقِ الْهُدَى وَالرَّشَادِ.

O Allah! We seek refuge in You from severe trials, from being afflicted with calamities, from evil in destiny, and from the joy of the enemies upon the tribulations and misfortunes that befell us. O Allah! We beseech Your protection, from losing the favors that You have bestowed, from the loss of health that You have granted, protect us from calamity and disaster. O Allah! You are our One and Only Savior, we humbly beg You to save Masjid al-Aqsa in Palestine.

O Allah! Make us among Your slaves that fulfills the *amaanah*. Strengthen our *imaan* so that we avoid treachery, protect us from becoming among those that neglect their responsibilities, and protect our state and nation from destruction due to bribery. Render the duty to lead our country upon Your slaves whom are trustworthy and honest, as well as firm and



courageous in upholding the truth and executing justice according to the *Sharee'ah*. O Allah, make the *masaajid* and *suraus* in the state of Selangor as Your peaceful homes, uniting everyone, and serve as the heart of the *ummah's* strength.

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٤﴾
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ ﴿٢١﴾
عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَايَ ذِي الْقُرْبَىٰ وَيَنْهَىٰ
عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٩٠﴾
فَاذْكُرُوا اللَّهَ الْعَظِيمَ يَذْكُرْكُمْ وَاشْكُرُواهُ عَلَىٰ نِعَمِهِ يَزِدْكُمْ،
وَاسْأَلُوهُ مِنْ فَضْلِهِ يُعْطِكُمْ وَلَذِكْرُ اللَّهِ أَكْبَرُ وَاللَّهُ يَعْلَمُ مَا
تَصْنَعُونَ.