

3/16/18

Brothers ~~and sisters~~ in Islam...We should always praise Allah and be grateful to Him that He has guided us to be Muslims...This is one of the greatest <sup>blessings</sup> ~~things~~ that a human being can be <sup>given while</sup> ~~graced with~~ living here on this earth...Another great blessing is that not only did Allah create us but he provided for us guidance to live by <sup>so that</sup> ~~and within this guidance~~ we can find the solutions for all of our problems, ~~the~~ difficulties and hardships...What a wise, knowledgeable, merciful and loving creator...

~~If we are searching for guidance in our lives, if we are searching for peace and tranquility in our homes, and if we are looking for happiness within our families...then we need to practice what Allah teaches us in the Quran and Sunnah.~~

All ~~Many~~ of us throughout our lives experience difficulties, problems, and hardships...some of us are not able to control our emotions or feelings, <sup>and we</sup> sometimes ~~we~~ find ourselves overwhelmed by them...sometimes we find ourselves having trouble controlling our desires and lusts ...sometimes we find ourselves feeling miserable, hopeless, unsuccessful and not knowing what direction to go....sometimes we feel depressed, stressed out, and sad.....if any of <sup>us</sup> ~~you~~ have felt <sup>these ways</sup> ~~any of these things~~, what do <sup>we</sup> ~~you~~ normally do...what type of medication do <sup>we</sup> ~~you~~ normally take...what type of medical specialist do <sup>we</sup> ~~you~~ go to...what kind of therapy do <sup>we</sup> ~~you~~ attend...today we're going to give some Quranic <sup>remedies</sup> ~~medications~~ and divine therapy from <sup>brothers and sisters</sup> ~~Allah~~ that <sup>can cure and solve</sup> ~~provide resolutions for~~ these problems...

~~my~~ <sup>dearly beloved congregants</sup> ~~be reminded that~~ <sup>brothers and sisters in faith,</sup> the Quran and Sunnah provide solutions and cures for all of our individual, societal, and worldly problems and ills...whether they are physical, intellectual, emotional, spiritual, economical or even social.

So what type of guidance does the Quran provide for those who are struggling with controlling their lusts and carnal desires, what type of remedy does <sup>Allah provide in the</sup> ~~the~~ Quran ~~provide~~ for those who are engrossed in fulfilling the cravings of their stomachs and private parts, ~~in impermissible ways~~ <sup>Allah in</sup> what does the Quran offer as a solution and remedy for those who are

wasting hour after hour on the internet watching pornography, or looking at magazines with ~~photos of~~<sup>naked</sup> women in them....What does Allah guide us to do in the Quran if we find ourselves having difficulties in controlling our physical desires<sup>and lusts</sup>....and staying away from acts of disobedience?

Allah says:

19:59 – فَخَلَفَ مِنْ بَعْدِهِمْ خَلْفٌ أَضَاعُوا الصَّلَاةَ وَاتَّبَعُوا الشَّهَوَاتِ فَسُوفَ يَلْقَوْنَ غِيًّا

“But there came after them successors who neglected prayer and pursued desires; so they are going to meet evil”

Allah told us in this verse that because the people were neglectful in their prayers they started to fulfill and pursue their desires...because they were not praying and following their desires they are going to meet an evil result...they were neglectful in their prayers....they weren't praying on time...they weren't praying with wudoo...they weren't praying because they were too pre-occupied with their dunya...so when they didn't have a daily routine and a schedule to pray...they had a lot of free time on their hands and used that time to pursue their <sup>physical lusts and</sup> desires....they lost their connection with Allah and established a connection with the shaytaan...So those of us who find it difficult to control our lusts and physical desires...need to be reminded that this is exactly what our beloved prophet Muhammad was worried about when he addressed his ummah:

عَنْ أَبِي بَرْزَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ إِنَّ مِمَّا أَخْشَى عَلَيْكُمْ شَهَوَاتِ الْغِيِّ فِي بُطُونِكُمْ وَفُرُوجِكُمْ وَمُضَلَّاتِ الْهَوَى

Abu Barzah reported: The Prophet, peace and blessings be upon him, said, “Verily, among what I fear for you are the seductive temptations in your stomachs and private parts and the misguidance of desires.” (Musnad Ahmed)

Some are so infatuated with fulfilling the cravings, ~~and~~<sup>and desires</sup> lusts, of their flesh so much that they totally immerse themselves into all of the haram things and they show no care or concern to the religion...when it comes time to pray

they are busy being intimate with their wives until the time for prayer goes out...when it comes time to pay zakat they are using ~~the~~<sup>that</sup> money for vacation...when it comes time for Ramadan they sneak a meal or two when no one is looking...Allah mentions in the Quran about those who have given priority to the following of their <sup>physical</sup> lusts and desires over following Allah's <sup>commandments</sup> ~~and worshipping him...~~ and mentions that they have taken their lusts as their gods and deities besides Allah; <sup>of following Allah...</sup> they have chosen to follow <sup>the whims and lusts, instead</sup> ~~the whims and lusts, instead~~

أَفَرَأَيْتَ مَنْ اتَّخَذَ إِلَهَهُ هَوَاهُ وَأَضَلَّهُ اللَّهُ عَلَىٰ عِلْمٍ وَخَتَمَ عَلَىٰ سَمْعِهِ وَقَلْبِهِ وَجَعَلَ عَلَىٰ بَصَرِهِ عِثَابَ  
فَمَنْ يَهْدِيهِ مِنْ بَعْدِ اللَّهِ ۗ أَفَلَا تَذَكَّرُونَ - 45:23

“Have you seen he who has taken as his god his [own] desire, and Allah has sent him astray due to knowledge and has set a seal upon his hearing and his heart and put over his vision a veil? So who will guide him after Allah? Then will you not be reminded?”

So those who are struggling with controlling and regulating their desires and lusts need to analyze <sup>their</sup> ~~the~~ prayers and how <sup>they're</sup> ~~are~~ performing them...are <sup>they</sup> ~~are~~ performing them with khusoo, with focus, are <sup>they</sup> ~~are~~ fulfilling all of the arkaan, the obligations and the sunan in <sup>their</sup> ~~the~~ prayers...are <sup>they</sup> ~~are~~ finding peace and tranquility in <sup>their</sup> ~~the~~ prayers...or are they a heavy burden that was removed off of <sup>their</sup> ~~our~~ shoulders....every one of us needs to ask ourselves and do some self reflection....

Allah tells us in the Quran:

إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ ۗ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ - 29:45

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

Prayer in itself prevents immorality and sins, occupying oneself in prayer organizes one's time so that it isn't wasted, praying regularly keeps one in constant communication with Allah our merciful and loving lord....

عن أبي بَرْزَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ إِنَّ مِمَّا أَخَشَى عَلَيْكُمْ مَهْوَاتِ الْفُجْرِ فِي بَطْنِكُمْ  
وَفَرْجِكُمْ وَمَضَلَاتِ الْهَوَى

Abu Barzah reported: The Prophet, peace and blessings be upon him, said, "Verily, among what I fear for you are the seductive temptations in your stomachs and private parts and the misguidance of desires."

So what type of guidance does Allah provide in the Quran for those who may be experiencing or feeling a lack of direction in their lives, a lack of success in their endeavors.... those who experience failure ----

If ~~we've~~ <sup>we've</sup> ever felt that everything ~~we~~ <sup>we</sup> try to do... ~~we~~ <sup>we</sup> fail at.... then we need to analyze our relationships with our parents...how many times are we visiting them...how often do we call them on the phone...how dutiful are we to them...how obedient are we to them....Allah directly relates feelings of miserableness, wretchedness and a lack of success with the level and degree of how much one is dutiful to their parents....Allah says about Eesa and his relationship with his mother in surah Maryam in two verses:

وَبَرًّا بِوَالِدَتِي وَلَمْ يَجْعَلْنِي جَبَّارًا شَقِيًّا - 19:32

And [made me] dutiful to my mother, and He has not made me a wretched tyrant.

وَبَرًّا بِوَالِدَيْهِ وَلَمْ يَكُنْ جَبَّارًا عَصِيًّا - 19:14

And dutiful to his parents, and he was not a disobedient tyrant.

So we understand from these two verses that being dutiful, respectful, and obedient to our parents will prevent one from being disobedient and feeling unsuccessful.

If you're looking to please Allah, then work hard on pleasing your parents...and if you're worried about making Allah angry then stay away from making your parents angry...

عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ قَالَ: رِضَا الرَّبِّ فِي رِضَا الْوَالِدِ، وَسَخَطُ الرَّبِّ فِي سَخَطِ الْوَالِدِ

Abdullah ibn 'Umar said, "The pleasure of the Lord lies in the pleasure of the parent. The anger of the Lord lies in the anger of the parent."

Being dutiful to the parents is the best of deeds after establishing the prayer....

عَنْ عَبْدِ اللَّهِ بْنِ مَسْعُودٍ، قَالَ سَأَلْتُ رَسُولَ اللَّهِ ﷺ أَيُّ الْعَمَلِ أَفْضَلُ قَالَ " الصَّلَاةُ لَوْ قُتِلَتْهَا " . قَالَ فُلْتُمْ ثُمَّ أَيُّ قَالَ " بِرُّ الْوَالِدَيْنِ " . قَالَ فُلْتُمْ ثُمَّ أَيُّ قَالَ " الْجِهَادُ فِي سَبِيلِ اللَّهِ " . قَالَ فُلْتُمْ ثُمَّ أَيُّ قَالَ " الْجِهَادُ فِي سَبِيلِ اللَّهِ " . قَالَ فُلْتُمْ ثُمَّ أَيُّ قَالَ " الْجِهَادُ فِي سَبِيلِ اللَّهِ " . قَالَ فُلْتُمْ ثُمَّ أَيُّ قَالَ " الْجِهَادُ فِي سَبِيلِ اللَّهِ " .

It is narrated on the authority of 'Abdullah b. Mas'ud that he observed. I asked the Messenger of Allah (ﷺ) which deed was the best. He (the Holy Prophet) replied: Prayer at its appointed time. I (again) said: Then what? He (the Holy Prophet) replied: Kindness to the parents. I (again) said: Then what? He replied: Struggling in the cause of Allah. And I would have not ceased asking more questions but out of regard (for his feelings)

One time Abdullah Ibn 'Umar saw a Yemeni man walking around the Kabah performing tawaf while carrying his mother on his back, saying, 'I am your humble camel. If her mount is frightened, I am not frightened.' Then he asked, 'Ibn 'Umar? Do you think that I have repaid her?' He replied, 'No, not even for a single groan that you made.' (Al Adab Al Mufrad)

So if you’re feeling unsuccessful, miserable, or a lack of direction in your life...then go visit your parents today....call them on the phone...take them out to eat.....bring your mother some flowers and candy....designate one day out of your week just for your parents....make a special supplication for them....build a masjid for them....give charity on their behalf..and be reminded that whatever we do we can never repay our parents back for everything they’ve done for us... ---

So what about those of us who may be feeling sad, depressed, miserable and stressed out....what is the remedy...what is the medication...what is the solution that Allah provides for us in the Quran....If we find ourselves

feeling depressed, sad and miserable then we need to analyze our relationship with Allah's speech, Allah's living word, Allah's Quran...

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَى - 20:124

And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind."

Allah is telling us here that whoever doesn't read or recite Quran then he will feel depressed...Allah is reminding us that whoever only touches the Quran and takes it off the shelf in Ramadan is going to feel sad and stressed out throughout the remainder of the year....Allah is saying that the more we recite, read and ponder over the Quran...the more peace, tranquility and happiness we will find in our lives...physically, spiritually, mentally, economically and socially....And Allah is telling us that the less we read Quran and make remembrance of Him...the more we will feel depressed, sad, lonely, abandoned, forgotten and miserable...

If we want to have inner peace, tranquility in our hearts, souls and minds...then we need to read and recite Quran...As Allah says:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ - 13:28

"Unquestionably, by the remembrance of Allah hearts find peace and tranquility."

May Allah fill our hearts with the Quran and with Allah's remembrance...May Allah give us peace, tranquility and happiness in our lives.

Second  
Khutbah

Brothers <sup>in Islam</sup> ~~and sisters~~..these were just some examples of how the Quran provides solutions for some of our problems, how the Quran can provide a cure for those who follow their lusts and desires...how the Quran provides a solution for those who fell unsuccessful and how the Quran provides guidance for those who feel miserable, wretched and sad...It is important that we as Muslims know and understand that the Quran and Sunnah provide comprehensive guidance for all of mankind's problems, ills and

difficulties....whether they be social, economical, emotional, mental, physical, or spiritual...and that there doesn't exist any other guidance better and more comprehensive than the guidance of the Quran and Sunnah.

As Allah says:

إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا كَبِيرًا -  
17:9

Indeed, this Qur'an guides to that which is most suitable and best and gives good tidings to the believers who do righteous deeds that they will have a great reward.

O Allah may you make the Quran the light of our hearts, souls and minds...O Allah may you make us realize that the guidance in the Quran is the best on the face of the earth for all of our problems...O Allah make it easy for us to practice the Quran and Sunnah in our everyday lives and uplift ourselves and our communities...May Allah bless this community and grant them goodness and grant them unification upon the Quran and Sunnah.

دان الله وملائكته يصلون على النبي - -