

**Pearl Of The Week :**

# Whoever Allah Wants to Guide

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ يَشْرَحْ صَدْرَهُ لِلْإِسْلَامِ وَمَنْ يُرِدْ أَنْ يُضِلَّهُ يَجْعَلْ صَدْرَهُ ضَيِّقًا

Al- An'am: 125 حَرَجًا كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

Whoever Allah intends to **guide**, He expands their **hearts** to Islam

Whoever Allah intends to **leave astray**, He makes their **hearts** tight & constricted, as if they are trying to ascend the level of the sky

**When Allah gives guidance ...**

Some **ACCEPT** ...

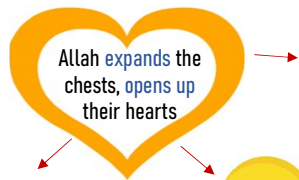
Some **REJECT** ...

**The ACCEPTORS**

A person who **accepts** the guidance of Allah & moving towards Allah

**The REJECTORS**

A person who **rejects** the guidance of Allah repeatedly



To increase more doors for

**GUIDANCE  
TAWHEED  
YAQEEN**



Easy breathing, comfort, ease, energy, strength

Islam becomes easy to understand & practice

**ISLAM**

**No GUIDANCE** as if:

A person ascends to a higher altitude



**At a higher Altitude :**

The pressure is getting lower

**Result in:**

- ✓ Lack of oxygen
- ✓ The chest becomes tight & painful, struggling to breath

Allah lets him shifting away

Heart not opens for **IMAN**, opens for **KUFUR**. Al-Nahl: 106

Moving away from Allah's **GUIDANCE**. Al-Kahf: 57

**Guidance**

**Guidance is from Allah**

"Allah who gave each thing its form and then **guided** [it]." Taha:50

"..One whose **breast Allah has expanded** to [accept] Islām and he is upon [i.e., **guided by**] a **light** from his Lord.." Az-Zumar: 22

**Heart**



**Nature of the Heart :**

It is called 'Qalb' because it can change & keep changing. Musnad Ahmad 19661

**What is Inside the Heart?**

"Surely the heart of son of Adam is more upheaval than a pot when it is completely on the boil." Musnad Ahmad 23816

**ايمان**

**What Matters the Most?**

Allah does not look at our faces but our hearts. Sahih Muslim 25648



"Did we not **expand for you the chest**?" Al-Insyirah: 1

## How Does a heart expand?

### 5 Steps to Fix A Heart

- Recite Quran while pondering over it
- Company of righteous people
- Tahajjud
- Fasting
- Consuming only Halal



- ✓ Love for Allah
- ✓ Love for good deeds
- ✓ Islam becomes easy
- ✓ Desire to learn the Deen
- ✓ Acceptance of all Allah's commands


**Signs of An Open Heart**  
 يَشْرَحُ صَدْرَهُ

### A Happy Person

An example of a person who Allah has expanded his heart

A person who is **doing bad** things like stealing, backbiting. If people advise according to the Quran & Sunnah, he is able to **accept the advice**.

## How does a heart become tight & constricted?

### 5 Steps to Ruin A Heart

- Sleeping a lot
- Eating a lot
- Following desires
- Loving idols or fake gods
- Meeting people all the time



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**Signs of a Constricted Heart**  
 ضَيِّقًا حَرْجًا
- ✓ Find Islam difficult
- ✓ Too busy to learn the deen
- ✓ Does not enjoy good deeds
- ✓ Difficulty in accepting commands of Allah

### A Miserable Person

An example of a person who Allah has constricted his heart

A person who is **doing bad** things like stealing, backbiting, if people advise according to the Quran & Sunnah, he **rejects it**. Or even worst, he becomes **extremely upset or defensive** upon it.

Results from those who reject GUIDANCE

كَذَلِكَ يَجْعَلُ اللَّهُ  
الرَّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

Thus does Allah place defilement upon those who do not believe.

What does it mean by الرَّجْسَ ?

✓ Punishment

Ibn Zaid

✓ Shaytan

Ibn Abbas

✓ Everything with no khyar in it

Mujahid

IMAN lives in the Heart

4 Kinds of Hearts

Polished

For Believers

Sealed

For Disbelievers

Upside Down

Pure Hypocrites

Wrapped

For Believers & Hypocrites

# Let's Analyse Our Heart

## One Step Formula

**FAITH** can't be fixed if...  
**HEART** isn't fixed...



and  
**HEART**  
can't be fixed until...

**TONGUE**  
is fixed.



Musnad Ahmad : 13048

## How Does a Heart Open Up?

- ✓ Believing in Oneness of Allah
- ✓ Knowledge of the Deen
- ✓ Turning to Allah & Loving Him
- ✓ Following Rasulullah s.a.w.
- ✓ Utmost Good with People

## Benefits of an Open Heart



- ✓ Happiness with good deeds
- ✓ Recognition of good & evil
- ✓ Less deeds more rewards
- ✓ Grave will Expand & Light Up
- ✓ Things will become easy on the Day of Judgement

## Everytime a Temptation Comes, You Reject

### Two types of hearts:

- ✓ one like a white stone which will not be harmed by any turmoil or temptation, and
- ✓ the other black and dust-coloured which is upset, not recognizing what is good or rejecting what is abominable, but being impregnated with passion.”  
Sahih Muslim 144a

## Start Working on Your Tongue

## Start Working Towards Strengthening the Faith in Our Hearts

- ✓ Be pleased with Allah, Rasulullah & Islam
- ✓ Free yourself for worship
- ✓ Spend more time with the Quran
- ✓ Keep reviving your Faith
- ✓ Make righteous friend
- ✓ Keep doing Istighfar
- ✓ Fast 3 days of each month - takes away resentment in the chest – Musnad Ahmad 20738

## Always keep checking on our heart



### Self- check Yes / No

- Is my chest open to the truth?
- Am I concerned about the Hereafter than this life?
- Do I strive to do good despite the opposition?
- What does the state of my heart when pray *fajr*/recite Quran, lie, backbiting?

## Let's Start Working Towards Seeking Allah's Guidance

### Dua

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Lord! Let not our hearts deviate after You have guided us (gave us Hidayat), and grant us mercy from You. Truly, You are the One Who Bestows. Ali-Imran : 8

### Dua Ibn Mas'ood

O Allah! Increase me in faith, conviction and understanding



اللَّهُمَّ إِنِّي أَسْأَلُكَ الثَّبَاتَ فِي الْأَمْرِ، وَالْعَزِيمَةَ عَلَى الرُّشْدِ،  
وَأَسْأَلُكَ مُوجِبَاتِ رَحْمَتِكَ، وَعَزَائِمَ مَغْفِرَتِكَ، وَأَسْأَلُكَ شُكْرَ  
نِعْمَتِكَ، وَحُسْنَ عِبَادَتِكَ، وَأَسْأَلُكَ قَلْبًا سَلِيمًا، وَلِسَانًا  
صَادِقًا، وَأَسْأَلُكَ مِنْ خَيْرِ مَا تَعْلَمُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا  
تَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا تَعْلَمُ، إِنَّكَ أَنْتَ عَلَّامُ الْغُيُوبِ

'O Allaah verily I ask of You for strength of perseverance of obedience on the Deen, and determination in practicing of the Deen and goodness. And I ask of You for that which obligates Your mercy and resolutions for Your forgiveness. And I ask of You for the capability to be thankful for Your blessings and to worship you in a correct and good way. And I ask of You for a heart which is purified in belief and free from desires and a truthful tongue. And ask of You for the best of what You know, and I seek refuge with You from the evil of what You know and I seek forgiveness for that which You know. Indeed You are the One who knows the unseen.'  
'Silsilah Saheehah' No. 3228.

اللَّهُمَّ اغْسِلْ عَنِّي خَطَايَايَ بِمَاءِ التَّلَجِّ وَالْبَرَدِ،  
كَمَا نَقَّيْتَ التُّوبَ وَنَقَّ قَلْبِي مِنَ الْخَطَايَا،  
وَبَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ الْأَبْيَضَ مِنَ الدَّنَسِ،  
كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ

O Allah! Wash away my sins with the water of snow and hail, and cleanse my heart from all the sins as a white garment is cleansed from the filth, and let there be a long distance between me and my sins, as You made East and West far from each other.  
Sahih Bukhari : 6368

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي بَصَرِي نُورًا،  
وَفِي سَمْعِي نُورًا، وَعَنْ يَمِينِي نُورًا، وَعَنْ  
يَسَارِي نُورًا، وَفَوْقِي نُورًا، وَتَحْتِي نُورًا،  
وَأَمَامِي نُورًا، وَخَلْفِي نُورًا، وَاجْعَلْ لِي نُورًا

(Let there be light in) my nerves, my flesh, my blood, my hair and my body. Sahih Bukhari : 6316

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