

## PEARL OF THE WEEK 8

### WHOEVER ALLAH WANTS TO GUIDE

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ، يَشْرَحْ صَدْرَهُ، لِلْإِسْلَامِ، وَمَنْ يُرِدْ أَنْ يُضِلَّهُ، يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ، كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

So whoever Allah wants to guide - He expands his breast to [contain] Islām; and whoever He wants to send astray - He makes his chest tight and constricted as though he were climbing into the sky. Thus does Allah place defilement upon those who do not believe.

Surah Al An'am: 125

قال رَبُّنَا الَّذِي أَعْطَى كُلَّ شَيْءٍ خَلْقَهُ ثُمَّ هَدَى

Taha:50

**GUIDANCE IS FROM ALLAH**



He (Musa) said, "Our Lord is He who give each thing its form and then GUIDED it

ASK FOR GUIDANCE, ALLAH GIVES

2 TYPES OF HEART. 2 TYPES OF REACTIONS

Accepts

Rejects

Allah opens the heart for more Guidance

Allah closes the the door of Guidance

ALLAH SENT GUIDANCE THROUGH QURAN AND THE PROPHET ﷺ

**GUIDANCE IS A GIFT**



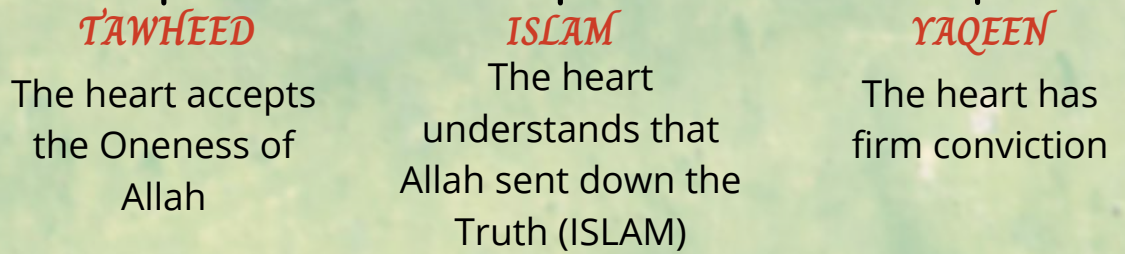
ALLAH CREATED US AND GUIDED US TO THE TRUTH. OUR FITRAH ALWAYS LOOK FOR THE CREATOR. ALLAH HAS SHOWN MANY SIGNS IN THE UNIVERSE TO RECOGNISE HIM. WHEN WE ASK, HE WILL GUIDE US TO THE TRUTH.

When Allah wants to Guide someone, He makes it easy for the person to understand the TRUTH (ISLAM)



يَشْرَحُ صَدْرَهُ →

ALLAH OPENS THE HEART FOR



يَجْعَلُ صَدْرَهُ ضَيِّقًا

WHEN ALLAH WANTS TO MISGUIDE SOMEONE, HE MAKES HIS HEART CONSTRICTED

- The heart is not able to understand **TAWHEED**
- The heart not able to accept **ISLAM**
- The heart is not able to have **CONVICTION** in the truth

### FILTH FOR THOSE WHO DON'T BELIEVE

3 Meanings of Filth according to 3 Mufasssir

- 1) Ibn Zaid: PUNISHMENT
- 2) Ibn Abbas: Shaitan is appointed for such people.
- 3) Mujahid: Everything with no **حَيْر** (good) in it.

الرَّجَسِ →



They saw the truth. They understand the truth. Yet they turned away from the truth. Allah will cover their heart and deafness in their ears. No guidance can enter their heart and No truth can enter their ears.

WHAT IS CHEST ?

ITS THE HEART, THE MOST PRECIOUS ORGAN



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!**



# ALLAH GUIDES A PURE HEART



The Prophet ﷺ was chosen because his heart was pure

أَلَمْ نُشْرَحْ لَكَ صَدْرَكَ

**Did We not expand for you,  
[O Muhammad], your Chest?**

AL-INSHIRAH:1

أَفَلَمْ نَرِخْ لَكَ صَدْرَكَ لِلإِسْلَامِ فَجاءَ عَلَى نُورٍ مِنْ رَبِّكَ فَوَيْلٌ لِلنَّاسِ مِنَ قُلُوبِهِمْ مِنْ ذَكَرِ اللهُ أَوْلِيكَ فِي ضَلالٍ مَبِينٍ

So is one whose breast Allah has expanded to (accept) Islam and he is upon a light from his Lord (like one whose heart rejects it)? Then woe to those whose hearts are hardened against the remembrance of Allah. Those are in manifest error.

AL-ZUMR:22

**REJECTION + EGO = NO ENTRY INTO JANNAH HEART CLOSED FOR IMAN = OPEN FOR KUFR**



## TYPES OF HEARTS

- POLISHED HEART- Heart of a believer-light is iman
- SEALED HEART- With a knot tied around it-disbeliever
- UPSIDE DOWN HEART- Pure hypocrites-knowledge is there but rejects it.
- WRAPPED HEART- Contains iman and nifaq (hypocrisy)

Musnad Ahmad

**PARABLE OF IMAN = HERB SUSTAINED BY PURE WATER  
PARABLE OF HYPOCRICY = ULCER THAT THRIVES ON PUS AND BLOOD**

هَلْكَ مَنْ لَمْ يَعْرِفْ قَلْبَهُ الْمَعْرُوفَ  
وَيُنْكِرْ قَلْبَهُ الْمُنْكَرَ

Doomed is the one whose heart doesn't recognise the good as good and the bad as bad

أَبْنُ مَسْعُودٍ رَضِيَ اللهُ عَنْهُ

الطبراني: 8564

إن الله يؤتي المال من يحب ومن لا يحب ولا يؤتي الإيمان إلا من أحب فإذا أحب الله عبدا أعطاه الإيمان

Allah gives wealth to those He loves and those He does not love, while He does not grant faith except to those whom He loves.

صحيح الترغيب والترهيب: 1571

...ولكن الله يحب إليكم الإيمان وزيادته في قلوبكم وكره إليكم الكفر والفسوق والعصيان أولئك هم الراشدون

but Allah has endeared to you the faith and has made it pleasing in your hearts and has made hateful to you disbelief, defiance and disobedience. Those are the (rightly) guided.

AL-HUJURAAT:7

**A HEART WITH IMAN DOES NOT ENTER THE HELLFIRE**  
Sahih Muslim 91B

**VERILY ALLAH DOES NOT LOOK AT YOUR FACES AND YOUR WEALTH BUT HE LOOKS AT YOUR HEARTS AND DEEDS**  
Sahih Muslim 2564B

**HEARTS OF ALL THE SONS OF ADAM IS IN BETWEEN ALLAH'S 2 FINGERS. HE CAN TURN YOUR HEART EASILY TO ANY DIRECTION HE WANTS.THE MESSENGER ﷺ SAID, OH ALLAH, THE TURNER OF THE HEARTS, TURN OUR HEARTS TO YOUR OBEDIENCE.**  
Sahih Muslim 2655

**IT IS CALLED AS QALB (HEART) BECAUSE HOW IT CAN CHANGE. THE SIMILITUDE OF THE HEART IS LIKE A LEAF HANGING BY THE TRUNK OF A TREE THAT IS BEING BLOWN UPSIDE DOWN BY THE WIND.**  
Musnad Ahmad 19661

- SIGNS THAT SHOWS THE HEART IS OPEN TO ISLAM:**
- Start loving good deeds
  - Islam become easy for you.
  - Love Allah more and more.
  - Desire to learn Deen.
  - Accepting Allah's commands.

**SURELY THE HEART OF SON OF ADAM IS MORE UPHEAVAL THAN A POT WHEN IT IS COMPLETELY ON BOIL**  
Musnad Ahmad 23816

- WAYS TO OPEN UP THE HEART:**
- Believes in Oneness of Allah.
  - Seek the knowledge of Deen properly.
  - Turning to Allah, loving Him.
  - Following the Messenger ﷺ
  - Do utmost good to people, even if they don't.
  - Saving oneself from jealousy, hates and arrogance



## FIX THE HEART

EAT HALAL

INCREASE IN FASTING

PRAY TAHAJJUD AND  
SEEK FORGIVENESS

COMPANY OF RIGHTEOUS PEOPLE

Good friends will talk good - good in our system  
Informations are absorbed into the heart  
through eyes and ears

RECITING QURAN WITH  
PONDERING OVER IT

Read 3 ayahs a day and relate  
them with YOUR life

## ACTIONS THAT RUIN THE HEART

EATING A LOT

SLEEPING A LOT

LOVING THE  
IDOLS AND FAKE  
GODS

FOLLOWING DESIRES

MEETING AND SOCIALISING A LOT

Absorbing bad from bad people.  
Even meeting with good people,  
keep to a limit.  
Manage the time wisely.

## ONE STEP FORMULA FROM MUSNAD AHMAD

IMAN CANNOT BE FIXED IF

HEART IS NOT FIXED IF

TONGUE IS NOT FIXED

EVIL WORDS ARE  
FROM EVIL COMPANY.

KEEP OUR INPUT AREAS  
SAFE - EYES AND EARS

SO, OUR OUTPUT - WORDS  
WILL BE GOOD



KEEP A CHECK ON YOUR  
TONGUE!!!

DON'T KEEP HURTING  
OTHERS

IMPREGNATED WITH  
TEMPTATIONS.  
FOLLOWS THE  
DESIRES



Temptations will be presented to men's hearts as reed mat is woven stick by stick and any heart which is impregnated by them will have a black mark put into it, but any heart which rejects them will have a white mark put in it. The result is that there will become two types of hearts: one white like a white stone which will not be harmed by any turmoil or temptation, so long as the heavens and the earth endure; and the other black and dust-coloured like a vessel which is upset, not recognizing what is good or rejecting what is abominable, but being impregnated with passion.

Sahih Muslim 144a

REJECTS THE  
TEMPTATIONS AND  
RECOGNISES THE  
GOOD



## BENEFITS OF OPEN HEART

ENJOYS DOING GOOD DEEDS

RECOGNISES GOOD AND EVIL CLEARLY

GRAVE WILL BE EXPANDED AND LIGHTED UP

LESS DEEDS MORE REWARDS-CLEAR INTENTIONS

EVERYTHING WILL BE EASY ON THE DAY OF JUDGEMENT

MY LORD, OPEN MY HEART FOR ME AND MAKE MY TASK EASY

رَبِّ اشْرَحْ لِي صَدْرِي  
وَيَسِّرْ لِي أَمْرِي

## SYMPTOMS OF A CONSTRICTED HEART

FINDS ISLAM DIFFICULT

HEART DOESN'T ENJOY GOOD DEEDS

TOO BUSY TO LEARN THE RELIGION -  
TOO FREE TO WATCH MOVIES

HARD TO ACCEPT THE COMMANDS OF  
ALLAH

PUT A LOT OF CONDITIONS TO PERFORM  
ONE GOOD DEED

THEY ARE ACTIVE FOR DUNYA MATTER,  
LAZY FOR DEEN

### Scientific Fact



According to the law of gases if the same amount of a gas was put in a large and small containers, gas molecules will be dense and exert higher pressure in the small volume. Air density decreases as the distance from the earth surface increases therefore we inhale less and less oxygen as we get higher consequently, heart rate increases as well as respiration. The decreased volume of the inhaled air exert less air pressure onto the lungs walls thereby reduces their capacity (He makes his breast closed and constricted). Medicine defines altitudes of 8 kilometres and above as "danger zone" where humans will suffer from severe lack of oxygen which can be fatal.

- BE HAPPY WITH ALLAH.
- BE HAPPY WITH THE MESSENGER ﷺ
- ACCEPT THE DECREES OF ALLAH HAPPILY.
- ACCEPT THE WAY OF THE PROPHET
- IMPLEMENT WHAT YOU LEARNED HAPPILY.
- FREE YOURSELF FOR WORSHIP.
- SPEND MORE TIME WITH QUARN & UNDERSTAND IT WELL.
- MAKE RIGHTEOUS FRIENDS.
- PURIFY YOUR HEART FROM HATE AND GRUDGES.

- ANALYSE MY HEART.
- AS I DO MEDICAL CHECK UP, DO SPIRITUAL CHECK UP.
- FAJR PRAYER- HEART OPEN/HEAVY.
- RECITING QURAN-EASY/DIFFICULT.
- DON'T LIE,DO I FEEL BAD IF I LIE?
- AM I CONCERNED ABOUT AKHIRAH MORE THAN DUNYA?
- DO I STRIVE TO DO GOOD,DESPITE OPPOSITION?
- DO I STAND WITH THE TRUTH & JUSTICE?

## ACTION POINTS

Our Lord, Let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower

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

اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا

O Allah,  
Make Light In  
My Heart

صحيح البخاري: 6316

O Allah, indeed I ask You for steadfastness upon Deen and firmness upon guidance. And I ask You for that which makes Your mercy compulsory and the things that necessitate Your forgiveness. And I ask You for the capacity to be grateful for Your blessings and to worship You in a beautiful manner. And I ask You for a sound heart, a truthful tongue. And I ask You for all goodness that You know of and I seek refuge in You from all evil that You know of and I seek forgiveness from all that You know of. Indeed, it is You who is the Knower of the unseen.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْفَتْحَ فِي الْأَمْرِ وَالْمَعْيَةِ عَلَى  
الْوَالِدِ وَأَسْأَلُكَ لِمُجِدَّتِ رَحْمَتِكَ. وَيُؤْتِيكَ الْخَيْرَ وَأَسْأَلُكَ  
لِتُكْرِتَ عَنِّي وَعَنْ عَائِلَتِي وَأَسْأَلُكَ لِقَابِي سَلَامًا وَإِسْلَامًا  
مُدَّةً وَأَسْأَلُكَ مِنْ طَلَبِ مَا نَفَعْتُ بِأَخِيَّةِ بِلَدِّ مِنْ شَيْءٍ مَا نَفَعْتُ  
وَأَسْأَلُكَ لِمَا نَفَعْتُ بِأَخِيَّةِ بِلَدِّ مِنْ شَيْءٍ مَا نَفَعْتُ

اللَّهُمَّ احْسِنْ لِي بِمَا بَيْنَ يَدَيْكَ وَارْزُقْ  
لِي مِنَ الْعَمَلِ كَمَا تَحِبُّ الْتَوْبُ الْإِحْسَانَ  
مِنْ النَّاسِ وَيَا بَدِئِ وَيَا خَلْقَ الْخَلْقِ كَمَا  
بَدَأْتَ 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

صحيح البخاري: 6368

صِيَامُ ثَلَاثَةِ أَيَّامٍ  
مِنْ الشَّهْرِ يَذْهَبُ  
وَحَرَ الصَّدْرِ

Fasting three days  
a month takes  
away resentment  
from the chest

Musnad Ahmad 20738

## KEEP A CHECK ON YOUR HEART AND TONGUE

قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
"نَحْنُ مِنَ النَّاسِ صَنُوقِ السَّنَانِ"  
قَالُوا صَنُوقِ السَّنَانِ تَرْتَمِي فَمَا  
نَحْنُ مِنَ النَّاسِ قَالَ "هُوَ النَّبِيُّ  
الَّذِي لَا يَأْمُرُ بِهِ وَلَا يَنْهَى وَلَا يَنْهَى  
وَلَا يَنْهَى"

"It was said to the Messenger of Allah (ﷺ): 'Which of the people is best?' He said: 'Everyone who is pure of heart and sincere in speech.' They said: 'Sincere in speech, we know what this is, but what is pure of heart?' He said: 'It is (the heart) that is pious and pure, with no sin, transgression, resentment or envy in it.'"

Sunan Ibn Majah 4218