



Majlis Ugama Islam Singapura

Friday Sermon

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Shaping Spiritual Resilience

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الْفُرْقَانَ وَ أَيْدِ النَّاسِ بِالْحِكْمَةِ وَ الْبَيَانَ،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ شَهِدَ لِنَفْسِهِ
الْوَحْدَانِيَّةَ وَ الْإِحْسَانَ وَ شَهِدَ بِهِمَا مَلَائِكَتُهُ وَ الثَّقَلَانِ، وَأَشْهَدُ
أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ الْمَبْعُوثُ بِالرَّحْمَةِ وَ الرِّضْوَانِ ،
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ عَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ
تَسْلِيمًا كَثِيرًا. أَمَّا بَعْدُ فَيَا عِبَادَ اللَّهِ اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا
تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Blessed Friday Jama'at,

Let us strive to attain the true level of taqwa in Allah s.w.t by obeying His commands and abstaining from His prohibitions. May Allah s.w.t. grant our entire family a strong iman and firm taqwa, insya-Allah, Amin.

Beloved brothers,

In the past few weeks, the Friday sermons have discussed several aspects of attaining a prosperous life in this world. This includes access to healthcare, as well as observing a healthy and balanced lifestyle. Besides caring for one's physical health, Islam also emphasises the importance of improving and maintaining spiritual health. Imam al-Ghazali, in his book *ihya' ulumuddin*, explained one of the key factors to one's emotional health is a strong spirituality. This can be attained when an individual has reached a high level of faith (iman), and is able to control his desires (nafs).

Respected brothers,

A believer living his life spiritually can lead to a positive attitude in the community. Therefore, Allah s.w.t. describes the believers as those who radiate goodness to the community. Allah s.w.t says in Surah At-Taubah, verse 112:

التَّيِّبُونَ الْعَبِيدُونَ الْحَمِيدُونَ السَّكِينُونَ
الرَّكَعُونَ السَّجِدُونَ الْأَمْرُونَ بِالْمَعْرُوفِ
وَالنَّاهُونَ عَنِ الْمُنْكَرِ وَالْحَافِظُونَ لِحُدُودِ اللَّهِ وَبَشِّرِ
الْمُؤْمِنِينَ



Meaning: " [Such believers are] the repentant, the worshippers, the praisers [of Allah], the travellers [for His cause], those who bow and prostrate [in prayer], those who enjoin what is right and forbid what is wrong, and those who observe the limits [set by] Allah. And give good tidings to the believers." (Surah al-Taubah, verse 112)

My brothers,

Caring for our spiritual health by ensuring the purity of our hearts is important. A pure heart will guide us in performing good deeds that are beneficial to others. Rasulullah s.a.w. said:

أَلَا، وَإِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ، أَلَا وَهِيَ الْقَلْبُ.

Meaning: "There lies within the body a piece of flesh. If it is good, the whole body is good; and if it is corrupted, the whole body is corrupted. Verily this piece is the heart." [Hadith reported by Imam al-Bukhari].

Maintaining a good spiritual health requires for us to be consistent in piety. If we do not care for our spirituality, our hearts will feel a sense of void, our lives will lack guidance and purpose, and we can easily be swayed by negative influences.

The heart can easily be infected with diseases. The heart is like a home. We need to maintain the home by keeping it clean and neat. However, if we leave the home empty, it will be abandoned, and will be infested with animals and insects.

This applies to us as well, wherein we need to strive to purify our hearts from negative traits such as jealousy, vengeance, and envy. Otherwise, we may become among those who perceive others negatively and be led into thinking that we alone hold the answers to the truth.

It is very disheartening when there are individuals who brazenly give religious opinions and religious rulings without understanding and taking into consideration the context behind a particular opinion. And it is even more worrying when there are those who hastily spread religious information which they quote from various sources, without authenticating the information or analysing the consequences that it may have on the individual and the family.

If we were to reflect the hostility and disunity that weakens the ummah, we would realise that this is usually driven by the differences in opinion that are actually due to the sickness of the heart. This disease is known as *i'jab bil-ra'yi* (إعجاب بالرأي), or the feeling of amazement towards one's own opinion. When a person is infected by this disease, he will develop a big ego. He will feel that he is the only one who is right, and that he alone

has attained the highest knowledge while others are beneath him. When this disease controls a person, a lot of time and energy will be wasted on finding another person's faults and shortcomings without him realising it. As a result, he will not be able to experience the blessings of a tranquil heart, because he will view those around him with hatred.

Rasulullah s.a.w. in a hadith narrated by Imam Muslim, which means: *"No one will enter Paradise in whose heart is an atom's weight of arrogance and no one will enter Hell in whose heart is an atom's weight of faith."* A man said: *What if I like my clothes to look nice and my shoes to look nice?* He said: *"Verily Allah loves beauty; rather arrogance means rejecting the truth and looking down on people."* [Hadith reported by Imam Muslim]

My brothers, realise that a good heart is a heart that is consistent in piety, adorned with faith, and filled with love. A good heart is also one that gets protection from Allah s.w.t.

Alhamdulillah, throughout the past Ramadan, we have worked hard to instil noble traits in our hearts, such as sincerity, gratitude, patience, and radiating blessings and compassion to all.

We need to continue to enliven these good traits in our lives just as how we have cultivated during Ramadan. Hopefully, this will

then encourage others to do the same, this is because all of us actually yearn for love, and prosperity for all humankind.

For as long as we are walking on the path towards Allah and His Messenger, noble traits such as humility, sincerity and gentleness in our mannerisms, will continue to bloom in us. By affirming our belief in Him and increasing our servitude to Him, this will bring us out of darkness and towards the light and truth, and multiply our good deeds in shaping our lives towards attaining Allah's pleasure.

Therefore, let us strive to better ourselves spiritually, so that we will be granted His guidance, and motivated to spread blessings to those around us. May we be able to produce a harmonious community that is happy and united, and be His servants who are not negligent, and are always grateful to Him. Amin ya Rabbal alamin.

بَارِكْ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ
الآيَاتِ وَالذِّكْرِ الْحَكِيمِ، وَتَقَبَّلْ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ
الْعَلِيمُ، أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، وَلِسَائِرِ
الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ فَيَا
فَوْزَ الْمُسْتَغْفِرِينَ وَيَا نَجَاةَ التَّائِبِينَ.