

The Best Example

As we know that the best person to have ever lived is the Prophet Muhammad ﷺ and he is the best of example for mankind. If we follow him we can never go wrong.

Ummul-Mo'meneen Hazrat Ayisha ؓ described the Prophet ﷺ conduct as follows; "He was neither an obscene talker nor a user of bad words. He did not shout nor did he repay evil with evil. He used to forgive people and overlook their sins."

(Tirmidhi)

Hazrat Abu Hurayrah ؓ narrates Rasulullah ﷺ said; "He who believes in Allah ﷻ and the Last Day must either speak good or remain silent."

(Muslim, Bukhari)

Hazrat Abu Musa Al-Ash'aree ؓ narrates some people asked Rasulullah ﷺ; "Whose Islam is the best? (i.e. Who is a very good Muslim)?" He ﷺ replied; "One who avoids harming the Muslims with his tongue and hands."

(Bukhari)

Hazrat Abdullah Ibn Umar ؓ narrates Rasulullah ﷺ said; "When a man lies, the angel moves a mile from him because of the bad odour of what he has produced."

(Tirmidhi)

Hazrat Anas Ibn Malik ؓ narrates Rasulullah ﷺ said; None of you will have faith till he wishes for his (Muslim) brother what he likes for himself.

(Bukhari)

It is the right of a Muslim to speak up and oppose Gheebah made against his brother Muslim. He should protect his brother's honor and defend his reputation in his absence. Should a person fall short in fulfilling this right, he will be punished sooner or later. To defend your brother against Gheebah is not something minor. There are clear and sound evidence that tell us of the virtue of

one who fulfils this obligation. The Prophet ﷺ also reported to have said; "Whoever defends the honor of his brother, Allah ﷻ will protect his face from the Fire on the Day of Resurrection." (Ahmad, Tirmidhi)

Hazrat Abdullah Ibn Mas'ud ؓ narrates Rasulullah ﷺ said; "Allah ﷻ Most High has allotted you your characters just as He has allotted you your provisions. Allah ﷻ Most High gives worldly things to those whom He loves and those whom He does not love, but He gives religion only to those whom He loves so he who is given religion by Allah ﷻ has been loved by Him. By Him in Whose hand my soul is, a man is not a Muslim till his heart and tongue are submissive, and he is not a believer till his neighbour is safe from injurious behaviour on his part." (Tirmidhi, Ahmad)

Hazrat Abu Darda ؓ narrates Rasulullah ﷺ said; "When a person curses somebody or something, the curse goes up to heaven and the gates of heaven get closed. Then it comes down to the earth and its gates get closed. Then it turns right and left, and if it does not find an entrance to go anywhere, it returns to the person or thing that was cursed; if he or it deserves to be cursed; otherwise it returns to the person who uttered it." (Abu Dawud)

So Muslims, you should beware of slipping of your tongues and do not give it free hand to wreak havoc on you. For a too free tongue destroys its owner and causes him calamities and evils.

O Allah ﷻ! Guard our tongues. O Allah ﷻ! Guard our actions. O Allah ﷻ! Forgive us our sins against You and ease the hearts of those we have harmed so that they too will forgive us. "Aameen"

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Today this disease is so widespread that it is seen in every house. What we need to do is take this disease out of us. We have to control our tongues. The Rasulullah ﷺ said; "The person who does backbiting will not enter the Jannah." (Muslim, Bukhari)

﴿وَيْلٌ لِّكُلِّ هُمَزَةٍ لُّمَزَةٍ﴾

"Woe to every (kind of) scandal-monger and backbiter." (Qur'an, 104: 1)

Diseases of the Soul...

Backbiting

(Gheebah/Gossip)

Abu Hurayrah ؓ narrates Prophet Mohammad ﷺ said; "Do you know what backbiting is? They said; Allah ﷻ and His Messenger know best." He ﷺ then said, It is to say something about your brother that he would dislike. Someone asked him, But what if what I say is true? The Rasulullah ﷺ said, If what you say about him is true, you are backbiting him, but if it is not true then you have slandered him." (Muslim)

Hence, it is not allowed to talk about somebody in his/her absence, even if what was narrated was true. If it was not true, then it would be a bigger sin it is called Buhtan (slander).

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يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ
الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا
يَغْتَبَ بَعْضُكُمُ بَعْضًا ۗ أَيُحِبُّ أَحَدُكُمْ أَن
يَأْكُلَ لَحْمَ أَخِيهِ مَيْتًا فَكَرِهْتُمُوهُ ۗ
وَاتَّقُوا اللَّهَ ۚ إِنَّ اللَّهَ تَوَّابٌ رَّحِيمٌ ﴿١٢﴾

"O believers! Avoid immoderate suspicion, for in some cases suspicion is a sin. Do not spy on one another, nor backbite one another (to say something about another behind ones back that if one hears it, dislikes it). Would any of you like to eat the flesh of his dead brother? Surely you would abhor it. Fear Allah; for Allah is the Acceptor of repentance, Merciful." (Qur'an, 49: 12)

In this verse, Allah ﷻ strongly forbids backbiting, and he compares the backbiter to one who eats the flesh of his dead brother. If he would hate eating the flesh of his brother, he should also hate to eat his flesh while he is alive by backbiting and slandering him. When one reflects deeply over this assimilation, it will be enough to keep one away from backbiting.

The Prophet ﷺ has warned us of great punishments, which may befall us because of committing this sin:

Hazrat Abu Barzah al-Aslami ؓ narrates Rasulullah ﷺ said; "O community of people, who believed by their tongue, and belief did not enter their hearts, do not backbite Muslims and do not search for their faults, for if anyone searches for their faults. Allah ﷻ will search for his fault, and if Allah ﷻ searches for the fault of anyone, He disgraces him in the open for everyone to see, even if he hid it in the innermost part of his house." (Abu Dawud, Tirmidhi, Ibn Hibban)

Hazrat Anas ibn Malik ؓ narrates Rasulullah ﷺ said; "During the Miraj (the Ascent to Heaven), I saw a

group of people who were scratching their chests and faces with their copper nails. I asked who are these people, O Jibra'eel? He replied; These are the people who ate flesh of others (by backbiting) and trampled people's honour." (Abu Dawud)

Hazrat Abu Hurayrah ؓ narrates Rasulullah ﷺ said; "Do you know who is poor (bankrupt)? The Companions replied, the poor man amongst us is one who has no money with him nor wealth. The Rasulullah ﷺ said; the poor of my Ummah would be he who would come on the Day of Resurrection with a good record of Prayers and fasts and Zakat. But he also had cursed someone, slandered against someone, unlawfully took the property of another, killed someone or beat someone. Then all of these abused persons will receive parts of his (abuser's) Hasanaat (favour). When all of his (abuser's) Hasanaat have been removed from his record after he (abuser) pays back for what he owes, then the aggrieved persons' sins will be transferred to and thrown on him (abuser) and he (abuser) will be thrown into the Fire." (Muslim, Tirmidhi)

On the Day of Resurrection, we will stand there and be asked by those whom we harmed for their rights. A person whom we have backbitten may take that one crucial deed that means Heaven or Hell. How many deeds can you afford to GIVE away? Personally, I don't feel that I can spare one. Subhanallah! On this day, the mother will drop her load. Your mother will not know you or care about you! Your mother! The Prophet ﷺ will be saying, "I am not fit for that" The Prophet ﷺ what chance do you or I have??? We must not give ourselves so much credit that we actually have the gall to believe that we can afford to give away even one deed. Allah ﷻ protects us all.

Another important factor that many of us need to change is "bad company". A good companion would discourage you and stop you from doing bad. A bad companion would however encourage you and in many cases make you do wrong and that is one of the reason why we are suffering from the negative "Peer Pressure" problem.

Hazrat Abu Musa ؓ narrates Rasulullah ﷺ as saying; "The similitude of good company and that of bad company is that of the owner of musk and of the one

(iron-smith) blowing bellows, and the owner of musk would either offer you free of charge or you would buy it from him or you would smell its pleasant odour. and so far as one who blows the bellows is concerned, he would either burn your clothes or you shall have to smell its repugnant smell." (Muslim)

The person who listens to Gheebah is also a sinner unless he opposes with his tongue or with his heart if he fears harm. If he can leave the gathering or interrupt and change the subject, then he should do so. If he says to the Mughtaab (backbiter), 'be quiet' but he relishes the gossip in his heart, then such is hypocrisy. He will not be excused unless he rejects the gossip with his heart. One should take it seriously and defend his brethren quite explicitly. The Prophet ﷺ is reported to have said: "Whoever witnesses the humiliation of a believer and doesn't support him while being capable of supporting him, Allah ﷻ will humiliate him before all the creatures (on the Day of Judgment)." (Ahmad). Let not the Mughtaab pollute your gatherings and dishonor the Muslims. You should defend the honor of the Muslims. If you do not do so, you may be absent one day, and this Mughtaab will be eating of your flesh and you may not find anyone protecting your honor.

JOKING

"I was only joking". We treat lies as being trivial. However we are told, "Allah's messenger did not hate anything more than lying." (Ahmed)

As we know that one lie leads to another ten lies, which lead to bad actions. Remember you can lie and think that you have got away with it but on the day of Judgement your hands, tongue and feet will bear testimony against you and tell the truth. Allah ﷻ says;

يَوْمَ تَشْهَدُ عَلَيْهِمْ أَلْسِنَتُهُمْ وَأَيْدِيهِمْ
وَأَرْجُلُهُمْ بِمَا كَانُوا يَعْمَلُونَ ﴿٢٤﴾

"On the day when their tongues and their hands and their feet testify against them as to what they used to do." (Qur'an, 24: 24)