

GIVING UP SINS: AN EASY PRESCRIPTION

by Shaikh Yunus Patel

There are many Muslim brothers and sisters throughout the world who, due to various negative influences and bad elements, find themselves "derailed" from *Deen*. Many others sit on the fence, wanting to enjoy or benefit from both sides. They engage in sins while trying to remain practical on certain teachings of *Deen*. However, deep in their hearts is the desire to get back on track and once again become good, practical Muslims. They write, e-mail, phone, and fax seeking guidance and direction.

Their main weakness is indulgence in sins. A standard reply that I prescribe is as follows. Alhamdulillah, many who followed through with the prescription have found a whole new life of peace, happiness, blessings and mercy. On tasting the sweetness that comes with obedience, there is no desire to return to any form of disobedience.

The ideal is that we abstain from sins out of love for Allah ﷻ. He has granted us so much. He has granted us everything and it is the nature of human beings that we love the person that is kind and generous to us. Then what about Allah ﷻ who has provided us with everything in abundance? Sight, hearing, speech, the organs function in such an amazing manner. The limbs are always in our service for eating, drinking, walking, sitting, etc. He has given us the gifts of wealth, clothing, shelter, transport, food, drink, and so many other comforts. We use them all, but do we keep in mind, the Generous Benefactor? Do we give thanks for these bounties or show any appreciation to the Giver?

We must develop the conscious awareness that Allah ﷻ is with us: He is watching us, He is listening to us, He knows everything about us. We cannot hide from Him. We cannot conceal our actions from Him. Then should we not feel ashamed that in His presence

we are disobeying Him? Are we not showing ingratitude to the Benefactor when engaging in sins in His very presence?

Keep in mind that the angels too are witness to all our actions, that the earth is recording our behavior and that all of it is also noted in our Books of deeds, and that we are accountable to Allah ﷻ on the Day of Judgment. Added to this, our actions are also presented to Rasulullah ﷺ, so we should give thought to whether our actions are a source of joy or grief to him. In this manner, we will develop that shame and modesty which will make it easy to restrain from *haram*

MURAQABAH

Muraqabah is meditating on the actions engaged in during the day. We should reflect over our deeds of the day and seek forgiveness for shortcomings and resolve not to return to those bad deeds. We should also express gratitude on good deeds and make dua for an increase in them.

Ponder over the fact that the Angel of Death does not give respite. It must not be that while obeying the nafs in sinful pleasure, the Angel of Death visits and departure is in disgrace. While committing a sin, return to Allah ﷻ would be at a time when He is angry and death would be an embarrassment to the person, family and community. May Allah ﷻ protect us all from death in a state of transgression, but this is very much a reality.

Death visits often and unexpectedly. No true Muslim would want to be seized by the Angel of death when Allah ﷻ is displeased with him. I often say that we now have instant tea, instant coffee, instant cereal, instant pudding and so many other instant things on the market. We

are also living in times when death is just an instant away. Committing the smallest of sins is too much of a risk in the face of the reality of death. The *ahadith* explicitly state that we will be resurrected on the Day of Judgment as we have died and we will die as we have lived. Would any Muslim want to rise up on the Day of Judgment in sin, for all of mankind to witness what kind of life he led?

Ponder over the fact that Allah ﷻ has blessed us with the gifts of sight, hearing, health, wealth, and so much else. He has also granted us the gift of respect. However, what He gives, He can also take away. He has explicitly stated that ingratitude for His Gifts will draw very severe punishment. So isn't sin an abuse and ingratitude for the gifts of sight, the heart, the mind, and the limbs?

A little contemplation on the consequences of such behavior and a little bit of *mujahadah*, which entails abstinence, and Insha Allah, the sicknesses are cured. Together with that, try to do the following:

- Attend the talks of the learned Scholars of Islam whenever possible, or listen to recordings of their talks and read their books to gain benefit of pious, righteous company. Join and participate in the *Deen* activities with those who follow the *Qur'an* and *Sunnah*. One will, *Insha-Allah*, find a great improvement in one's condition by keeping the right company.
- Make the effort to read *Salah* punctually. Men should make every effort to read their *Salaah in Jamaat* (congregation).
- Read good, Islamic literature. Abstain from magazines or books that have filthy and indecent contents and pictures.
- Give up television viewing. Ninety percent of the content is *haram*. If a person offers a full glass of clean and pure water, and mentions that there is just one drop of urine, would any sensible person drink it? Then when the major content of television is *haram*, what would we then say? When the gaze, heart and mind are consuming and digesting so much of *haram* viewing, what

else would be the end result except indulgence in the same *haram*?

- Lower the gaze from the opposite sex.
- Dress as a Muslim. Wearing the pants above the ankle and keeping the beard one fist in length must not be considered as insignificant actions. These are greatly emphasized teachings of Rasulullah ﷺ. Although it is permissible to wear the shirt and pants, the dress of the righteous benefits us in many different ways. A person with this appearance will think a hundred times before engaging in an open sin since he is being recognized as a seemingly pious person. So this attire and appearance will offer a protection, *Insha-Allah*. Women too should dress modestly as is prescribed by *Shariah*.

By doing these few things, you have won more than half the battle. And it is not as difficult as *shaytaan* and the *nafs* will whisper. A little courage, a little effort and a little sacrifice are all that are required.

These are just basic aspects of *Deen* which everyone can implement immediately and easily. Of course, there is a need to fulfill the obligatory injunctions such as *Salaah*, *Zakaat*, fasting in the month of Ramadan, and fulfilling the rights of family, neighbors and others, etc.

Lastly, read the *Qur'an* regularly along with some authentic commentary. Give time to studying some book on Islamic Jurisprudence and reading the life and teachings of Rasulullah ﷺ. And reading books of virtues of actions (*Fada'il*) such as *Salah*, *Fasting*, *Haji*, *Sadaqaat*, *Zikr*, etc. by Shaikhul Hadith Zakariya Khandelwi *rahmatullah alayh* will create enthusiasm in the heart for action.

May Allah ﷻ grant us His Love and the Love of Rasulullah ﷺ, such that it becomes easy to give up all sins and submit to His Obedience. May He protect us all from the mischief of *nafs* and *Shaytaan*. May He fill our hearts with Love for this beautiful *Deen* and inspire us in being practical and good Muslims and true role-models to our community.