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A SOUND HEART

Abu 'Abdullah al-Nu'man bin Bashir (ra) said: I heard the Messenger of Allah(saw) say: The halal is clear and the haram is clear, and between them are matters unclear that are unknown to most people. Whoever is wary of these unclear matters has absolved his religion and honor. And whoever indulges in them has indulged in the haram. It is like a shepherd who herds his sheep too close to a preserved sanctuary, and they will eventually graze in it. Every king has a sanctuary, and the sanctuary of Allah is what He has made haram. There lies within the body a piece of flesh. If it is sound, the whole body is sound; and if it is corrupted, the whole body is corrupted. Verily this piece is the heart."

[Bukhari & Muslim]

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This is the sixth hadith in our monthly series by our dear student Dr Neelofer Sohail on the 40 Hadith of Imam Nawawi. These short reflections are written under the guidance of our instructor Dr Muhammad Al-Rahawan. Dr Neelofer is in her second year at Mishkah, and is geriatric physician, a wife and a mother of 3 beautiful children.

"Oh my God, that is haram," I am sure that we have all heard that at the masjid, or from our friends and family members. It makes me cringe when I hear those words thrown around so easily, without understanding the full impact they may have on people. Islam is not just about halal and haram and there are many matters in between that have a degree of ambivalence to them that most people do not know.

The sixth hadith of Imam Nawawi's 40 Hadith explains how Allah (swt) and His Messenger (saw) have clearly informed us of the prohibited and the permitted, but there are certain things that are considered doubtful and the scholars have some disagreement on their permissibility for various reasons. Given that there are many academically complex reasons that will be too extensive for this brief review, I will just talk about what we can do about such matters in our day-to-day life practically.

Doubt can cause people to be extreme and do things to get rid of this doubt, not realizing that this can be a waswasa from shaytan. The easiest example of this that I can think of was my grandmother (May Allah grant her Jannah), who I would see getting up multiple times at night to wash her lower garment since she thought that maybe a drop of urine had stained it. I also know of some friends who do wudhu multiple times during prayer because they think that they may have passed gas. There is a problem here with our basic understanding because Islam wants to remove hardship in our life and not increase difficulties. Therefore, it has a set of rules and guidelines for such issues in life, based on various circumstances and their original ruling. We are built with an inner monitor or *wa'ra'* or "cautious piety" that makes us uncomfortable when we are doing something that is not right and so instead of ignoring that feeling, it is better to use that opportunity to learn from a scholar or read more about that particular issue and increase the correct knowledge.

The other extreme is when people know that something is ambiguous, but continue to indulge themselves in it rather than stay away. The simplest example that I give my children is that of gummy worms and marshmallows. Most kids and some adults love to eat them but, if they were unable to get the halal ones and had some doubts about their ingredients, it would have been best to stay away from them. Once we start indulging ourselves in something that is doubtful, it can pave the way for haram very easily. However, if you follow a particular scholar who has stated it is fine to eat something and provided you with the evidences, then there is no blame on the common people if they did not do research on that.

It is usual for people to say to themselves that this is something minor - however its effects can be compounded and lead to a major sin. Avoiding such doubtful matters helps us to strengthen our imaan and build taqwa. A practical exercise would be to look at something in your daily life, think of its doubtful nature and try to stay away from it to gain closeness to Allah. And while you are doing that, make the dua that the Prophet (saw) used to make to gain strength, " اللهم أسالك قلباً سليماً ". This means, "O Allah, I ask You for a sound heart."

DR SALAH AL-SAWY: TAFSIR OF SURAH AL MAIDA AND WEEKLY FATAWA

Allah Subhanahu wa Taala tells us in Surah Al Maida 5:12: *"And Allah had already taken a covenant from the Children of Israel, and We delegated from among them twelve leaders. And Allah said, "I am with you. If you establish prayer and give zakah and believe in My messengers and support them and loan Allah a goodly loan, I will surely remove from you your misdeeds and admit you to gardens beneath which rivers flow. But whoever of you disbelieves after that has certainly strayed from the soundness of the way."* **This is one of the ayat that Dr Salah Al-Sawy focused on this week in his tafsir series.**

In his **weekly fatawa session he addressed a question on marriage among other things.** Watch both videos below and visit our [Facebook page](#) to see other lectures. In addition Dr Salah is continuing his short tafsir on [Surah Az-Zumar](#) every week, the tafseer of Juz 28, as well as khatiras after fajr almost daily.



الدكتور صلاح الصاوي - بث مباشر
Weekly Fatawa - March 24, 2020



محاضرة التفسير للدكتور صلاح الصاوي - سورة المائدة 12
Surah Al Maida 5:12

TASBEEH AND PSYCHOLOGICAL DISTANCING: SH MOHAMMAD ELSHINAWY

It was Tasbeeh that saved Yunus (as) from the belly of the whale.

Glorifying Allah (Tasbeeh) is the greatest weapon we have towards spiritual fortitude. As our chests are tightened with the worries and anxieties of our current situation let us focus on Allah. Glorifying our Lord - which we don't do enough - is what will soothe us and build up our psychological and spiritual resilience.

Watch this short beautiful, reminder by **Sh Mohammad Elshinawy** on the power of SubhanaAllah. This is part of ongoing reminders that the Sheikh has been giving as a source of guidance and comfort during this time of the Coronavirus.



Tasbeeh & Psychological Distancing Sh. Mohammad Elshinawy, Mishkah University Instructor #Corona

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Last Day for Spring Withdrawal	April 6



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