



Soundness of Heart and Mind

First Khutbah

All praises are due to Allah, provider of continual blessings, who has blessed us with the blessings of peace and security. O Allah to You belongs all praise. We believe in You, Your Angels, Your Divine Books, Your Messengers, in the Last Day, and in Your Divine decree, both its good and the apparent bad. We testify that there is nothing worthy of worship except You, the uniquely One, who has no partners in His one-ness. We are content with You as our Lord, Islam as our religion, and our Sayyid, Sayyiduna Muhammad, as our Prophet. O Allah, send Your peace and blessings upon him and upon his family, his companions and whomsoever follows him in guidance until the Last Day.

To Continue: I advise you, O slaves of Allah and myself, with the Taqwa of Allah, for verily Allah says

فَاتَّقُوا اللَّهَ وَأَطِيعُوا * وَاتَّقُوا الَّذِي أَمَدَّكُمْ بِمَا تَعْلَمُونَ

So, have taqwa of Allah and obey me. And have taqwa of He who provided you with that which you know.

[Qur'an: ٢٦:١٣١-١٣٢]

O Believers: The Prophet (peace and blessings of Allah be upon him) once stood up on a minbar (pulpit) and said: اسأَلُوا اللَّهَ

الْعَفْوَ وَالْعَافِيَةَ، فَإِنَّ أَحَدًا لَمْ يُعْطَ بَعْدَ الْيَقِينِ خَيْرًا مِنَ الْعَافِيَةِ

Ask God for forgiveness and wellbeing, for after being granted certainty, one is given nothing better than wellbeing. [Tirmidhi]



The word Afiyah implies wellbeing at all levels, be it the physical, emotional, mental and spiritual, so it is a soundness and healthiness that is complete and holistic and integrates and incorporates the body, mind, and heart. When we discuss soundness of heart we are discussing a tremendous blessing, for the heart is the place where faith and guidance is received, it is the place where spiritual light is taken in which subsequently leads to the soul's conviction in Allah. Hence, the one who possesses a sound heart, is from the best of people with Allah. When the Prophet (peace and blessings of Allah be upon him) was asked by his companions as to who are the best of people, he responded by saying: **كُلُّ مَخْمُومِ الْقَلْبِ، صَدُوقِ اللِّسَانِ**

Everyone who is pure of heart and sincere in speech.

They [the companions of the Prophet] asked: Who is the one who is pure of heart? He (peace and blessings of Allah be upon him) responded by saying:

هُوَ التَّقِيُّ النَّقِيُّ، لَا إِثْمَ فِيهِ وَلَا بَغْيَ، وَلَا غِلَّ وَلَا حَسَدَ

It is (the heart) that is pious and pure, with no sin, injustice, rancor or envy in it. [Ibn Majah]

It is for this reason that the Prophet (peace and blessings of Allah be upon him) used to make supplication by saying:

اللَّهُمَّ إِنِّي أَسْأَلُكَ قَلْبًا سَلِيمًا

O Allah – I ask You for a sound heart. [Tirmidhi]

To the degree one has soundness of heart, they will have success in the hereafter, hence Allah says:

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ* إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ



The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart. [Qur'an: ٢٦:٨٨-٨٩]

Slaves of Allah: From the greatest of wellbeing, is the wellbeing of soundness of mind, for it is through soundness of mind and intellect that a person can contemplate upon the heavens and the earth. So, such a person believes in his Lord, and is guided to that which rectifies his life, by which he brings about benefit and goodness for himself in this life and the next. As a poet said:

إِذَا أَكْمَلَ الرَّحْمَنُ لِلْمَرْءِ عَقْلَهُ ** فَقَدْ كَمَلَتْ أَخْلَاقُهُ وَمَأْرَبُهُ

**If the Most Merciful makes the intellect of a person sound,
Then his character and morals become profound.**

So, each person should protect the soundness of their intellect, and seek to grow in beneficial knowledge, increasing in their spiritual understandings. They should protect themselves from everything that causes the intellect harm. Hence, they are diligent in keeping themselves safe from harm in the digital world (the internet, social media and the like) – such as protecting themselves from toxic thought and ideologies, dangerous friendships and connections in the virtual world, abstaining from addictions to mindless games and other damaging vices which lead to the destruction of one's mind and memory. Amongst the destructive effects of harmful uses of digital and electronic devices is the association there is with its negative and prolonged use and autism within children alongside increase in mental illness such as depression, anxiety caused by social isolation. O Allah accept all of us for Your obedience and bless us with obedience towards Your Messenger (peace and blessings of Allah be upon him), and obedience



towards those whom You have ordered us to show obedience towards, in accordance with Your saying:

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ وَأُولِي الْأَمْرِ مِنْكُمْ

O you who have believed, obey Allah and obey the Messenger and those in authority among you. [Qur'an: ٤:٥٩]
I say this and I seek forgiveness for myself and for you, so seek His forgiveness, indeed He is the most forgiving, most Merciful.

Second Khutbah

All praises are due to Allah, the uniquely One. And may peace and blessings be upon our Sayyid, Sayyiduna Muhammad (peace and blessings of Allah be upon him) and upon all of his companions. I advise you slaves of Allah and myself with the Taqwa of Allah, so have Taqwa of Him.

O Believers: Indeed, soundness of heart and mind is what completes the wellbeing of a person with regards to their body. For this reason, the Prophet (peace and blessings of Allah be upon him) said:

اللَّهُمَّ عَافِنِي فِي بَدَنِي

O Allah, grant me soundness in my body; O Allah, grant me soundness in my hearing; O Allah, grant me soundness in my sight. [Abu Dawud]

So, the wellbeing of the body is also from the greatest of blessings we can have, for this is what gives a person their sense of health, strength, energy and vigor. A person draws on this strength and energy in their devotion to their Lord, this also aids them in protecting their homelands, and attaining unto their provision. Looking after the wellbeing of our bodies entails that we should engage ourselves in some sort of physical activity and exercise, for through this a person can increase their bodily and mental vitality, which also enables them to better increase

their mental capacity and be integrated with their spiritual heart by which they can contemplate, so the balance of a harmonious and integrated person – is a sound heart and mind with a sound body.

With this we ask You O Allah that You send Your prayers and blessings upon all of the Prophets and Messengers, especially on the seal of them, our master, our Prophet, Sayyiduna Muhammad. O Allah send Your peace and blessings upon him, and upon his family, his companions, all of them. And send your blessings upon the righteous and rightly guided Khulafa: Sayyiduna Abu Bakr, Sayyiduna Umar, Sayyiduna Uthman and Sayyiduna Ali, and upon all of the companions and those of the righteous who come after them, may Allah be pleased with them all.

O Allah, grant success to the UAE President HH Mohammed bin Zayed Al Nahyan, to the Vice-President and his Brothers, their Highnesses, the Rulers of the Emirates and guide them to all that which is good and what pleases You. O Allah, bestow your mercy on the late Sheikh Zayed, Sheikh Maktoum, Sheikh Khalifa bin Zayed and the other late UAE Sheikhs who have passed on to Your mercy. We ask you to admit them into Paradise by Your grace. O Allah have mercy on those martyred for Your sake, and grant them intercession for their people, and grant their families patience and a great reward. And have mercy, our Lord, upon all of the believers, the living and the dead. Believers, remember Allah and He will remember you, forget Him not, lest you be forgotten. Be grateful for your blessings and you will be increased therein. So, stand up for prayer.

