



Soundness of the heart, a doorway to Paradise

First Sermon

All praise is due to Allah, the Lord of the Worlds. In His hand lies the hearts of all the Creation. He controls them with His Acquaintance and Wisdom and is Able to turn them as He wills. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master and Prophet Muhammad is the Servant of Allah and His Messenger. He pbuh was the most righteous amongst people in heart, the soundest in breast and purest in soul. May the peace and blessings of Allah be upon him, his family and companions, and all those who follow them in righteousness till the Day of Judgment.

As to what follows,

I urge you and myself, **O Servants of Allah**, to be aware that you are asked to obey Him the Most Exalted. About His believing servants, the Almighty says, “**they are the ones whose hearts Allah has tested for righteousness. For them is forgiveness and great reward.**” (Al-Hujurat: ٣).

Dear Muslims,

We live in a transient world where we should prepare for a day when everyone will be accountable for what they have brought forth. On the Day of Judgment, only a pure heart that is sound in faith and free from disobedience and sin, will save man and not wealth and children, for Allah the Almighty says, “**the Day when there will not benefit [anyone] wealth or children, but only one who comes to Allah with a sound heart.**” (Al-Shuaraa: ٨٨-٨٩). The sound heart is the heart of the believer which the Messenger of Allah pbuh has described as he said, “In fact Al-Karm (the generous) is the heart of a believer.” This is because the heart is the source of generosity, the centre where faith, guidance and light of understanding are placed.

Further emphasising such status of the heart, when the Prophet pbuh was asked, “Which of the people is best?” He said, “Everyone who is pure of heart and sincere in speech.” They said, ‘Sincere in speech, we know what this is, but what is pure of heart?’ He pbuh said: ‘It is (the heart) that is pious and pure, with no sin, injustice, rancour or envy in it.’ Envy is especially a destructive emotion that a believer

should devoid his heart of so as for faith to settle firmly in it. The Prophet pbuh said, “Faith and envy can never be joined in the heart of a servant (of Allah).”

So, amongst the very important characteristics of the believer’s heart is softness, tolerance, forgiving and soundness. For this reason, the fore righteous scholars, may Allah have mercy on them, liked the possessor of sound heart and always had a good mention of them. On this account, Sufyan Ibn Dinar once said to a companion of Ali Ibn Abu Talib, may Allah be pleased with him, “Tell me about the deeds of those who came before us.” He replied, “They used to do little but were rewarded greatly.” Sufyan said, “And why is that?” He answered, “Due to the soundness of their hearts.”

Truly, soundness of the heart is a great divine blessing and a generous favour that Allah the Almighty bestows on those who do whatever it takes to attain it. So, what are the means of attaining a sound heart?

O Believers,

Amongst the means of attaining a sound heart and cherishing its comfort is the love for Allah, the Most Exalted. With the love of Allah the Almighty, the believer’s heart tastes the sweetness of faith and increasingly feels tranquillity and reassurance. To this, the Prophet pbuh said, “Whoever possesses the following three qualities will taste the sweetness of faith: ١. The one to whom Allah and His Apostle become dearer than anything else...” Moreover, when the love for Allah the Almighty is planted in one’s heart, it yields auspicious fruits. Amongst such fruits is honouring the commandments of Allah the Most Exalted and His Messenger pbuh, which is a sign of a pious and sound heart. The Exalted is he said, “**and whoever honours the symbols of Allah - indeed, it is from the piety of hearts.**” (Al-Hajj: ٣٢).

It is, indeed, this way that the believer responds to the calls of their Lord and follow the guidance of the Messenger of Allah pbuh. The Exalted is He said, “**O you who have believed, respond to Allah and to the Messenger when he calls you to that which gives you life. And know that Allah intervenes between a man and his heart and that to Him you will be gathered.**” (Al-Anfal: ٢٤).

O Servants of Allah,

Acts of worship are another source for imparting peace and assurance to the heart. Amongst the greatest of such acts is prayer. It was narrated in this regard that Abdullah Ibn Muhammad Ibn Al Hanafiya said, "I and my father went to the house of my father-in-law from the Ansar to pay a sick visit to him. The time of prayer came. He said to someone of his relatives, 'Bring me water for ablution so that I pray and get comfort.' And then said, 'I heard the Messenger of Allah pbuh say, 'Get up, O Bilal, and give us comfort by calling for the prayer'."

Truly, when the worshiper stands in the hands of their Lord during prayer, exalting His Supreme status and glorifying Him, they will feel the serenity engulfing their heart, and become tranquil and fully devoted to their prayers, pondering on its meanings. In return, the worshiper's reward increases and their recompense will be in multiples. On this matter, Ibn Abbas, may Allah be pleased with him, said, "Praying two Rakaas with contemplation is better than praying the whole night while the heart is heedless."

Another act of worship that is conducive to cleanse the heart and purify the soul is paying the prescribed Zakat. Allah the Almighty has accentuated the importance of Zakat in purifying the heart for He says, "**take, [O, Muhammad], from their wealth a charity by which you purify them and cause them increase.**" (At-Tawba: 103). In like manner, the Messenger of Allah pbuh emphasised this as he said, "Stinginess and faith can never be combined in the heart of a servant (of Allah)."

Fasting the month of Ramadan and three days in each other month of the year is yet one other means of preserving the soundness of the heart. Doing so is also a cause for protection from every evil. The Messenger of Allah pbuh said in this regard, "Fasting the month of patience and three days of each month, clean all evils in the heart." That is say; remove all the animosity and bitterness from the heart.

One other act of worship that help maintaining the purity and righteousness of the heart is learning and recitation of the holy Quran and adhering to its teachings. By so doing, hearts will be reassured, softened and purified. Allah the Almighty illustrated the key role of

the holy Quran in healing the hearts, for He says, **“O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.”** (Yunus: ٥٧). Such status of the holy Quran as a source of wisdom, purification and guidance was also accentuated in the following Aya: **“for whoever has a heart or who listens while he is present [in mind].”** (Qaf: ٣٧).

Indeed, Dhikr (remembrance of Allah the Almighty) is one of the greatest causes of the soundness and tranquillity of the hearts. The Most Exalted says, **“unquestionably, by the remembrance of Allah hearts are assured.”** (Ar-Raad: ٧٨). This means, the heart will soften and find peace and comfort. It was narrated in this regard that Ibn Abbas, may Allah be pleased with him, said, “Satan perches in the heart of the son of Adam. If he is forgetful or neglectful, Satan whispers (evil) to him. If he remembers Allah, Satan retreats.”

O Seekers of Maintaining Sound Hearts,

Please know that turning to Allah the Most High with supplication is one of the greatest causes of making the heart firm on righteousness and piety as well as cleansing it from hatred and error. For this reason, the supplication that the Messenger of Allah pbuh used to say most frequently was: “O Changer of the hearts, make my heart firm upon Your religion.” Another supplication he pbuh used to say was: “O Allah! Controller of the hearts, direct our hearts to Your obedience.” He would also invoke his Lord saying, “O Allah, I ask You for.... a sound heart.”

Bearing this in mind, let us pray to Allah, the Lord of the Worlds, to make us amongst His believing servants; those who come to Him with a sound heart and thus attain His mercy.

May Allah guide us all to obey Him and obey His Messenger Muhammad pbuh and obey those He have commanded us to obey in line with His orders: **“O you who have believed, obey Allah and obey the Messenger and those in authority among you.”** (An-Nisaa: ٥٩).

May Allah direct us all to the blessings of the Glorious Quran and the Sunna of His Messenger pbuh.

I say this and ask Allah for forgiveness for me and you, so invoke Him for forgiveness, for He is the Most Forgiving, the Most Merciful.

Second Sermon

All praise is due to Allah, the Lord of the Worlds. I bear witness that there is no deity save Allah, having no associates. He is an ally to the righteous. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. May the peace and blessings of Allah be upon our Master Muhammad, his pure family, companions, and all those who follow them in righteousness till the Day of Judgment.

I urge you, **O Servants of Allah**, and myself to be aware that you are asked to obey Him, the Most High and Exalted.

O Worshipers,

Please be aware that soundness of the heart is the doorway to Paradise. An illustration of this can be seen in the following narration on the authority of Anas Ibn Malik, may Allah be pleased with him, as saying, “We were setting with the Messenger of Allah pbuh and he said, ‘A man from the inhabitants of Paradise will appear before you.’ A man from the Ansar (supporters) came... The next day, the Prophet pbuh repeated the same words and the same man came. The third day the Prophet pbuh repeated the same again, and the same man came. When the Prophet stood up to leave, Abdullah ibn Amr Ibn Al Aas, may Allah be pleased with him, followed the man and he asked him if he could stay with him. The man received him for three nights.

Abdullah Ibn Amr said, ‘I never saw him praying at night. But, whenever he went to bed, he would remember Allah and rest until he woke up for morning prayer. I never heard anything but good words from his mouth. When three nights had passed I asked him, ‘.... I heard the Prophet say three times that a man from the people of Paradise was coming to us and then you came. I thought I should stay with you to see what you are doing that I should follow, but I did not see you do anything special. Why did the Prophet speak highly of you?’ The man said, ‘I am as you have seen, except that I do not find dishonesty in my soul towards the Muslims and I do not

envy anyone because of the good that Allah has given them.’ Abdullah said, ‘This is what you have accomplished.’

Let us, then, strive to accomplish the soundness of heart that we may achieve happiness and tranquillity in this world and attain the highest degrees in Paradise in the Hereafter.

That is said, please bear in mind that you are instructed to invoke peace and blessings on the Prophet pbuh. Allah, the Most Sublime, says, “**indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [Allah to confer] blessing upon him and ask [Allah to grant him] peace.**” (Al-Ahzab: ٥٦).

O Allah, please confer Your blessings and grant peace upon our Prophet Muhammad pbuh, his family and all of the companions.

May Allah be pleased with the Rightly Guided Caliphs: Abu Bakr, Umar, Uthman and Ali, and all of the noble Companions.

O Allah, we seek Your favour to cleanse our hearts from the sins as a white garment is cleansed of filth.

O Allah, we implore to You to increase us in faith, assurance, cooperation, success, consolidation and harmony. O Allah, may You also forgive us and our parents and bless us in our offspring. Our Lord, please continue blessing us with happiness with our families and in our homeland, and make us amongst those who are dutiful for their parents and kind to their kith and kin.

May Allah grant success to the UAE President HH Sheikh Khalifa bin Zayed Al Nahyan and guide him to all that is good. O Allah, we also seek Your favour to grant him continued health and care. May Allah also ensure success to his Vice-President, trustworthy Crown Prince and his brothers, Their Highnesses the Rulers of the Emirates.

O Allah, please forgive all of the Muslims, men and women, living and dead. We pray to Allah to show mercy on late Sheikh Zayed, Sheikh Maktoum and the late UAE Sheikhs. O Lord, grant them abundant mercy and bless them with Your kindness and satisfaction.

O Allah, please admit them to Paradise, being given bounties therein without account. O Lord, forgive and show mercy on our parents, relatives and whoever has done a favour to us.

O Allah, we implore to You to continue blessing us with Your bounties, endow upon us Your favours and make us rejoice peace of mind and wellbeing. O Allah, please accept our good deeds and accept our prayers.

We pray to Allah, the Lord of the Worlds, to continue blessing the UAE with stability and welfare and increase it in bounties, knowledge, civilisation, happiness, beauty and tolerance. O Allah, please continue blessing it with happiness and security.

May Allah have mercy on the honourable martyrs of our nation and gather them with the ones upon whom Allah has bestowed favour of the prophets. May Allah make the dwelling of the martyrs, their families, parents and relatives with the righteous. Indeed, You are ever responding to the supplications.

O Allah, please grant the best reward for the families of the martyrs and offer them patience and solace. May Allah grant victory to the soldiers of the Arab Coalition who gathered to restore the rights to their owners. O Lord, please be by their side and guide the Yemeni people to everything that is good. O Allah, make them rally for the word of truth and legitimacy, and bless them with welfare and stability, O the Most Generous.

O Lord, we beseech You to bless all of the Muslim countries and the whole world with stability and peace.

O Allah, we seek Your favour to send us wealthy rain and make us not amongst those who are despondent. O Allah, relieve us! O Allah, relieve us! O Allah, relieve us with a wealthy, healthy and sufficient rain! O Allah, give us from the blessings of the sky and grow for us from the blessings of the earth.

Our Lord, give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire. O Allah, admit us to Your Paradise with the righteous. Indeed, You are Exalted in Might and Forgiving.

O Servants of Allah, Remember Allah and He will remember you. Be grateful of His benevolence and He will increase His blessings to you.

Please stand up for prayer.