

## The Sound Heart

### First Khutbah

إِنَّ الْحَمْدَ لِلَّهِ , نَحْمَدُهُ , وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ , وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا , مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ , وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ , وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Verily, all praise is for Allah. We praise Him, we seek His assistance and we ask for His forgiveness. And we seek refuge in Him from the evils of our selves. Whoever Allah guides, none can misguide. Whoever He misguides, none can guide. And I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His servant and messenger.

(يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴿١٠٢﴾ [آل

عمران:102]

**Al Imran(3) 102 : O you who believe! Fear Allah as He should be feared, and die not except in a state of Islam.**

Oh People:

All praise is due to Allāh the All Knowing, the Forbearing. He filled the hearts of the believers with īmān (faith) and conviction. And enlightened their hearts through the Noble Quran. And safeguarded their hearts through satisfaction and submission. And His messenger ﷺ had the most righteous

heart, purest soul, best character and was the most fearful of Allāh Almighty and most sincere in counselling His creation.

So be conscious of Allāh Almighty and obey Him and check your hearts. For the righteousness of the hearts is what matters. Allāh Almighty said:

فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ-الْحَجَّ 46

Al Hajj (22) 46: **For indeed, it is not eyes that are blinded, but blinded are the hearts which are within the breasts.**

And the Prophet ﷺ said:

إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى أَجْسَادِكُمْ وَلَا إِلَى صُورِكُمْ، وَلَكِنْ يَنْظُرُ إِلَى قُلُوبِكُمْ-رَوَاهُ مُسْلِمٌ

**Indeed Allāh does not look at your bodies or appearances, rather He looks at your hearts.** [Muslim 2564b]

A sound heart should be the pursuit of every Muslim. And they should dedicate most of their time and efforts in rectifying their hearts and making them upright. That is because, in this worldly life, the heart is the place of happiness or misery and joy or sadness and security or fear and reassurance or anxiety. And in the hereafter the heart is the reason for the ultimate triumph of the pleasure of Allāh Almighty and His paradise. As Allāh Almighty said:

يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ \* إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ-الشُّعْرَاءِ: 88-89

Ash Shu'araa (26) 88-89: **(88) The Day when there will not benefit [anyone] wealth or children (89) But only one who comes to Allāh with a sound heart.**

And the sound heart is the one that is free from the diseases of lusts and doubts about religion. And the heart's soundness is not complete until it is spared from five matters, shirk (ascribing partners with Allāh) that invalidates tawḥīd (Divine Oneness), and a religious innovation that goes against Sunnah, and desire that goes against the command, and heedlessness that invalidates remembrance and whims that invalidate purification and sincerity.

And the heart flourishes and dies just like the body flourishes and dies. And there is no value for a body with a dead heart. Rather it is a liability. And the heart of the believer is alive with īmān (faith) and conviction. And the heart of the disbeliever is dead with disbelief, denial and rejection. And the soundness of a believer's heart is in proportion to what it has of īmān (faith) and righteous deeds. And just as a person takes care of the soundness of their body by avoiding what harms it and seeking treatment for it when it ails, likewise one should take care of the soundness of their heart by avoiding the corrupters of the heart. The corrupters of the heart are disbelief, hypocrisy, religious innovation and sins. And if one falls into one of the diseases of the heart, they should hasten to treat it. And, throughout the Quran and Sunnah, there are signs of the sound and live heart, by which one can know the extent of the soundness of their heart.

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From among the signs of a sound heart is reassurance through the remembrance of Allāh Almighty. And this includes reciting and listening to the Quran as well as all the remembrances as well the rulings of the religion, in general. For such a person loves the remembrance of Allāh and gets joy and relaxation from it and calls to it. Allāh Almighty said:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ-الرَّعْدِ 28

**Ar Rad (13) 28: Those who have believed and whose hearts are assured by the remembrance of Allāh. Unquestionably, by the remembrance of Allāh hearts are assured.**

That is the hearts of the believers are relaxed and certainty settles into them, in contrast to the hearts that are dead with disbelief or sick with hypocrisy, for they are alienated and repulsed by the remembrance of Allāh. Allāh Almighty said:

وَإِذَا ذُكِرَ اللَّهُ وَحْدَهُ اشْمَأَزَّتْ قُلُوبُ الَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ وَإِذَا ذُكِرَ الَّذِينَ مِنْ دُونِهِ إِذَا هُمْ يَسْتَبْشِرُونَ-الزُّمَرِ 45

**Az Zumar (39) 45: And when Allāh is mentioned alone, the hearts of those who do not believe in the Hereafter shrink with aversion, but when those [worshipped] other than Him are mentioned, immediately they rejoice.**

And the sound hearts, in addition to being reassured by the remembrance of Allāh they are also fearful upon the remembrance of Allāh Almighty. So they

combine between fear and hope. So they are reassured upon the remembrance of Allāh and the mention of His promise, His tidings, His forgiveness, His Wide mercy, His pleasure and His paradise. And their hearts become fearful upon the mention of His warning and His frightening and the severity of His punishment and the pain of His torment and the speed of His retribution.

Allāh Almighty said:

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ-الْأَنْفَالِ 2

**Al Anfal (8) 2: The believers are only those who, when Allāh is mentioned, their hearts become fearful**

Allāh Almighty said:

وَالَّذِينَ يُؤْتُونَ مَا آتَوْا وَقُلُوبُهُمْ وَجِلَةٌ أَنَّهُمْ إِلَى رَبِّهِمْ رَاجِعُونَ \* أُولَئِكَ يُسَارِعُونَ فِي الْخَيْرَاتِ  
وَهُمْ لَهَا سَابِقُونَ-الْمُؤْمِنُونَ 60-61

**Al Mu'minun (23) 60-61: (60) And they who give what they give while their hearts are fearful because they will be returning to their Lord - (61) It is those who hasten to good deeds, and they outstrip [others] therein.**

And likewise the sound hearts become fearful and are affected by reminders and warning. Just as the companions, may Allāh be pleased with them, were affected by it due to the soundness of their hearts. As related by Al-'Irbāḍ bin Sāreyah, may Allāh be pleased with him:

وَعَظَّنَا رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - يَوْمًا بَعْدَ صَلَاةِ الْغَدَاةِ مَوْعِظَةً بَلِيغَةً، ذَرَفَتْ مِنْهَا الْعُيُونُ، وَوَجَلَتْ مِنْهَا الْقُلُوبُ

**One day after the morning prayer, the Messenger of Allāh ﷺ exhorted us to the extent that the eyes wept and the hearts shuddered with fear.**

[Jami` at-Tirmidhi 2676, Grade: Ṣaḥīḥ]

And from the signs of a sound heart is love of īmān (faith) and acts of obedience and distancing from and disdaining disbelief, defiance and disobedience.

As Allāh Almighty said:

وَلَكِنَّ اللَّهَ حَبَّبَ إِلَيْكُمُ الْإِيمَانَ وَزَيَّنَهُ فِي قُلُوبِكُمْ وَكَرَّهَ إِلَيْكُمُ الْكُفْرَ وَالْفُسُوقَ  
وَالْعِصْيَانَ - الْحُجُرَاتِ 7

**Al Hujurat (49) 7: But Allāh has endeared to you the faith and has made it pleasing in your hearts and has made hateful to you disbelief, defiance and disobedience.**

And Allāh Almighty said:

لَا تَجِدُ قَوْمًا يُؤْمِنُونَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ يُوَادُّونَ مَنْ حَادَّ اللَّهَ وَرَسُولَهُ وَلَوْ كَانُوا آبَاءَهُمْ أَوْ  
أَبْنَاءَهُمْ أَوْ إِخْوَانَهُمْ أَوْ عَشِيرَتَهُمْ أُولَئِكَ كَتَبَ فِي قُلُوبِهِمُ الْإِيمَانَ وَأَيَّدَهُمْ بِرُوحٍ مِنْهُ -  
الْمُجَادَلَةِ 22

**Al Mujadalah (58) 22: You will not find a people who believe in Allāh and the Last Day having affection for those who oppose Allāh and His**

**Messenger, even if they were their fathers or their sons or their brothers or their kindred. Those - He has decreed within their hearts faith and supported them with spirit from Him.**

And from the signs of soundness of the heart is fear of Allāh and turning in repentance to Him. Allāh Almighty said:

مَنْ خَشِيَ الرَّحْمَنَ بِالْغَيْبِ وَجَاءَ بِقَلْبٍ مُنِيبٍ - ق 33

**Qaf (50) 33: Who feared the Most Merciful in the unseen and came with a heart returning [in repentance].**

And the heart returns to Allāh Almighty in all situations and matters as Allāh Almighty said:

وَإِذَا مَسَّ النَّاسَ ضُرٌّ دَعَوْا رَبَّهُمْ مُنِيبِينَ إِلَيْهِ - الرُّوم 33

**Ar Rum (30) 33: And when adversity touches the people, they call upon their Lord, turning in repentance to Him.**

And the Prophet Ibrahim, peace upon him, is described in the Quran with a sound heart and frequently returning to Allāh. Allāh Almighty said:

إِنَّ إِبْرَاهِيمَ لَحَلِيمٌ أَوَّاهٌ مُنِيبٌ - هُودٍ 75

**Hud (11) 75: Indeed, Abraham was forbearing, imploring and [frequently] returning [to Allāh].**

And from the signs of a sound heart is patience, satisfaction and submission to Allāh when calamities fall. Allāh Almighty said:

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ وَمَنْ يُؤْمِنْ بِاللَّهِ يَهْدِ قَلْبَهُ-التغابن 11

At Taghabun (64) 11: **No disaster strikes except by permission of Allāh. And whoever believes in Allāh - He will guide his heart.**

So whoever believes that the decrees are by the permission of Allāh Almighty, then Allāh will grant them success with certainty that whatever touched them would have never missed them and what missed them would have never touched them. So they surrender to the decree of Allāh Almighty.

And from the signs of a sound heart is magnifying the symbols of Allāh and His commands and prohibitions. Allāh Almighty said:

ذَلِكَ وَمَنْ يُعَظِّمْ شَعَائِرَ اللَّهِ فَإِنَّهَا مِنْ تَقْوَى الْقُلُوبِ-الحج 32

Al Hajj (22) 32: **That [is so]. And whoever honors the symbols [i.e., rites] of Allāh - indeed, it is from the piety of hearts.**

And what is meant by symbols are the outward signs of the religion.

And from the signs of a sound heart is love of the Prophet ﷺ and revering him and loving his wives and companions, may Allāh be pleased with them all, as Allāh Almighty said:

إِنَّ الَّذِينَ يَغُضُّونَ أَصْوَاتَهُمْ عِنْدَ رَسُولِ اللَّهِ أُولَئِكَ الَّذِينَ امْتَحَنَ اللَّهُ قُلُوبَهُمْ لِلتَّقْوَى-

الْحُجُرَاتِ 3

Al Hujurat (49) 3: **Indeed, those who lower their voices before the Messenger of Allāh - they are the ones whose hearts Allāh has tested for righteousness.**

And Allāh Almighty said:

وَالَّذِينَ جَاءُوا مِنْ بَعْدِهِمْ يَقُولُونَ رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ - الحشر 10

Al Hashr (59) 10: **And [there is a share for] those who come after them, saying, "Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful."**

أَقُولُ مَا تَسْمَعُونَ وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ مِنْ كُلِّ ذَنْبٍ فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

I say what you have heard and I seek forgiveness from Allah for me and you from every sin. So seek forgives from Him, Verily He is Oft-Forgiving, the Most Merciful.

## Second Khutbah

الْحَمْدُ لِلَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All praise is to Allah, and peace and blessings upon the Messenger of Allah, and I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His slave and messenger.

Oh people:

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The heart revives and flourishes with striving and accompanying the good and righteous as well as through the genuine attachment to Allāh Almighty. And the more that a heart increases in love of Allāh, the more that it increases in servitude to Allāh. And the more that it increases in servitude to its Lord, the more that it increases in love to Him. Then comes the righteous the deeds in all their types and avenues. And the joyous is the one made joyous by Allāh. And the miserable is the one that Allāh caused to deviate. And the hearts are in the Hands of Allāh, He turns them as He wills. And from the great plagues is plunging into innovations in religion and violating the Sunnah. For the best guidance is the guidance of the Mohammad ﷺ and the worst matters are those that are newly introduced. And from the means that the Prophet ﷺ established for purifying the hearts from rancor and following desires is adhering to the Muslim community and their leader and not separating from them. For the Prophet ﷺ said:

ثَلَاثٌ لَا يَغْلُ عَلَيْهِنَ قَلْبُ مُسْلِمٍ أَبَدًا: إِخْلَاصُ الْعَمَلِ لِلَّهِ، وَمَنَاصِحَةُ وِلَاةِ الْأَمْرِ، وَلِزُومُ  
جَمَاعَةِ الْمُسْلِمِينَ- رَوَاهُ أَصْحَابُ السُّنَنِ

**There are three matters on account of which no rancor ever enters a Muslim's heart: sincere action for Allāh's sake, good counsel to leaders of the Muslims, and holding fast to the Muslim community.**

[Jami` at-Tirmidhi 2658, Grade: Ṣaḥīḥ]

And from the great plagues is following base desires and submitting to them. Ibn Al Qayim, may Allāh have mercy on him, said, from the punishment of sins is that the insight of the heart is blinded, Allāh forbid, and

its light is extinguished and the path to knowledge is closed and the means of guidance are shielded. And the blinding of the heart is preceded by the diseases of the heart such as arrogance, hypocrisy, mocking others, envy and corrupting and other ailments of the heart.

So be conscious of Allāh, may Allāh have mercy on you, and know that if the indulgence in sin increases, then the heart enters into a flood of blindness and confusion. Allāh Almighty said:

بَلْ قُلُوبُهُمْ فِي غَمْرَةٍ مِنْ هَذَا وَلَهُمْ أَعْمَالٌ مِنْ دُونِ ذَلِكَ هُمْ لَهَا عَامِلُونَ-الْمُؤْمِنُونَ 63

Al Mu'minun (23) 63: **But their hearts are covered with confusion over this, and they have [evil] deeds besides that [i.e., disbelief] which they are doing**

For the diseases of the heart are accompanied by many conditions such as deviation and immorality and sealing of the heart, so the shaytan takes hold of it and leads it wherever he wants. Allāh Almighty said:

فَلَمَّا زَاغُوا أَزَاغَ اللَّهُ قُلُوبَهُمْ-الصَّافَّ 5

Al Saf (2) 5: **And when they deviated, Allāh caused their hearts to deviate.**

And Allāh Almighty said:

فِي قُلُوبِهِمْ مَرَضٌ فَزَادَهُمُ اللَّهُ مَرَضًا-الْبَقَرَةَ 10

Al Baqarah (2) 10: **In their hearts is disease, so Allāh has increased their disease**

We seek refuge in Allāh from Allāh's punishment and painful torment. And we seek refuge in Allāh from failure. Indeed Allāh is All Hearing, Answering.

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى نَبِيِّكُمْ كَمَا أَمَرَكُمْ بِذَلِكَ رَبُّكُمْ , فَقَالَ

I conclude with this and send prayers of blessings and peace upon your Prophet as your Lord commanded:

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا

**Al Ahzaab (33) 56: 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.**

اللَّهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ وَعَافِنَا فِيمَنْ عَافَيْتَ وَتَوَلَّنَا فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لَنَا فِيمَا أَعْطَيْتَ وَقِنَا شَرَّ مَا قَضَيْتَ إِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ وَإِنَّهُ لَا يَذُلُّ مَنْ وَالَيْتَ  
تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ

O Allah, guide us with those whom You have guided, grant us well-being among those You have granted well-being, be an ally to us along with those whom You are an ally to, and bless what You have bestowed upon us, and save us from the evil of what You have decreed. For verily You decree and none can decree over You. He whom You support can never be humiliated. Glory is to You, our Lord, You are Blessed and Exalted.

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ وَنَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنَّا نَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لَنَا خَيْرًا

O Allah, We ask You for all that is good, in this world and in the Hereafter, what we know and what we do not know. O Allah, we seek refuge with You from all evil, in this world and in the Hereafter, what we know and what we do not know. O Allah, we ask You for the good that Your servant and Prophet has asked You for, and we seek refuge with You from the evil from which Your servant and Prophet sought refuge. O Allah, we ask You for Paradise and for that which brings one closer to it, in word and deed, and we seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And we ask You to make every decree that You decree concerning us good.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى وَيَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ

Servants of Allah. Indeed, Allah orders justice and good conduct and giving to relatives and forbids immorality and bad conduct and oppression. He admonishes you that perhaps you will be reminded.

أذْكُرُوا اللَّهَ الْعَظِيمَ يَذْكُرْكُمْ وَاشْكُرُوا يَزِدْكُمْ وَاسْتَغْفِرُوا يُغْفِرْ لَكُمْ وَاتَّقُوا يَجْعَلْ لَكُمْ مِنْ أَمْرِكُمْ مَخْرَجًا ، وَأَقِمِ الصَّلَاةَ

Remember Allah, the Great - He will remember you. Thank Him for His favors - He will increase you therein. And seek forgiveness from Him - He will forgive you. And be conscious of Him - He will provide you a way out of difficult matters. And, establish the prayer.