

Obsessive Thoughts

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 وَأَنتُمْ 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 Believers:

One of the dangerous diseases is the disease of obsessive thoughts. And obsessive thoughts are a weapon Satan uses to agitate and distract the children of Adam. And Satan has a variety of methods in this regard.

To some, Satan insinuates to them regarding their creed and faith, and this is the most dangerous types of insinuations. It was reported in the Hadith:

يَأْتِي الشَّيْطَانُ أَحَدَكُمْ فَيَقُولُ مَنْ خَلَقَ كَذَا مَنْ خَلَقَ كَذَا حَتَّى يَقُولَ مَنْ خَلَقَ رَبَّكَ فَإِذَا بَلَغَهُ فَلْيَسْتَعِذْ بِاللَّهِ، وَلْيَنْتَه

The Satan comes to one of you and says, who created this and that? who created this and that? Until he says, Who created your Lord? When he comes to that, one should seek refuge in Allah and stop such thoughts.

[Bukhari 3276, Muslim 134c]

And to some, Satan whispers regarding their aims and intentions. Such people repeat wudu (ablution) right after having performed it. This can go on for many times and they may spend vast amounts of time in this cycle- we ask Allah for relief. When praying, they may repeat what they recited or pray over and over again. They burden themselves with hardship and fatigue that is neither praiseworthy in this worldly life nor rewarded in the Hereafter.

Moreover, acting upon obsessive thoughts is transgressing the limits and wronging oneself. It was narrated that the Prophet, صلى الله عليه وسلم washed three times during ablution, then said:

هَكَذَا الْوُضُوءُ فَمَنْ زَادَ عَلَى هَذَا فَقَدْ أَسَاءَ وَتَعَدَّى وَظَلَمَ

This is the ablution, and whoever does more than this, has done evil, transgressed the limits and wronged himself. [Sunan an-Nasa'i 140,

Grade: Hasan]

And there are those who doubt the purity of their clothes, as Satan insinuates to them that they are not pure. Some go to the extent of doubting the purity of the Masjid. So when they prostrate, they place their head covering between their foreheads and their place of prostration.

Khutbah.info

This is undoubtedly disliked, because the basic principle is that matters are pure unless proven otherwise.

And there are those who doubt the morality of their wives, daughters, and sisters. If such a person calls and finds that the phone is busy, the first thing that comes to his mind is immorality. He may then call from another number and change his voice or send a message from another number to verify her morality.

This is undoubtedly a mental illness, and can be treated, Allah willing, with behavioral therapy or through medications. However, the one afflicted with something like this must take the initiative to treat it before destroying his life and relationships.

A person suffering from obsessive thoughts may not feel that they are a victim of this serious disease. Rather, Satan may convince them that this is a matter of being cautious, clean, committed, or smart. For Satan is an open enemy to mankind. Allah Almighty said:

إِنَّ الشَّيْطَانَ لَكُمْ عَدُوٌّ فَاتَّخِذُوهُ عَدُوًّا إِنَّمَا يَدْعُو حِزْبَهُ لِيَكُونُوا مِنْ أَصْحَابِ السَّعِيرِ

Fatir (35) 6: **Indeed, Satan is an enemy to you; so take him as an enemy.**

He only invites his party to be among the companions of the Blaze.

Satan, no matter how much he whispers to a person, and no matter how sophisticated he is in his ways and methods, is weak. For whispers are extinguished with steadfastness and not giving in to them. As the Prophet صلى الله عليه وسلم said when the Companions complained to him about what they find of insinuating thoughts, so he, صلى الله عليه وسلم said:

أَوْقَدَ وَجَدْتُمُوهُ . قَالُوا نَعَمْ . قَالَ ذَاكَ صَرِيحُ الْإِيمَانِ .

Have you experienced that? They replied: yes. He said : that is clear faith.

[Muslim 132]

And this is an indication that Satan's whispers are directed to the people of piety and faith. For the thief does not rob the house that is in ruins, but rather the house that is full of jewelry and gold!

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 forgiveness 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:

The treatment for obsessive thoughts starts with the courage to confront it, recognize it, and treat it with Shariah guidance and, as needed, medically. For if someone is not convinced that they really have a disease, they will not seek treatment. Rather, they may accuse others of falling short and being negligent.

Obsessive thoughts are treated by not paying any attention to them at all, and this is what the Prophet صلى الله عليه وسلم indicated when asked about doubts concerning ablution during prayer. He said:

لَا يَنْصَرِفُ حَتَّى يَسْمَعَ صَوْتًا أَوْ يَجِدَ رِيحًا

He should not leave until he hears a sound or detects an odor. [Bukhari 137]

That is, one does not interrupt his prayer except if they are certain that they are no longer in a state of ritual purity.

Therefore, one shall not to pay attention to an obsession, because a lot of thinking about it increases doubt and makes people even more indecisive and wavering. And the example of Satan is like that of a dog; If you turn to him and fight, it will bark and run after you, and if you turn away from it, it will bark once or twice, then leave .

And whoever persists in disregarding these whispers, seeking the help of his Lord, glory be to Him, will surely succeed, Allah willing.

Among the ways to treat obsessive thoughts is to learn what is required from the provisions of the Sharia; Because many of the actions of the obsessed are contrary to the Prophet's ﷺ guidance in wudu (ablution), ghusl (major ritual purification), prayer, and so on.

Without doubt one of the most important treatments is frequent remembrance of Allah, fortifying yourself with supplications and remembrances, and seeking refuge in Allah from Satan. As the Almighty said:

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (1) مَلِكِ النَّاسِ (2) إِلَهِ النَّاسِ (3) مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (4)

Al-Ikhlâs (112) 1-4: **(1) Say, "I seek refuge in the Lord of mankind (2) The Sovereign of mankind, (3) The Ilâh (God) of mankind (4) From the evil of that which He created**

Khutbah.info

For certainly, the battle between us and Satan is endless and the Satan is determined. As the Most High said about Satan's plot with his own words:

ثُمَّ لَا تَجِدُ أَكْثَرَهُمْ
تُؤْمِنُونَ بِبَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَنْ شَمَائِلِهِمْ وَلَا تَجِدُ أَكْثَرَهُمْ

شَاكِرِينَ-الأعراف 17

Al-Araf (7) 17: **Then I will come to them from before them and from behind them and on their right and on their left, and You will not find most of them grateful [to You].**

So Satan took covenants to lead us astray, and to stand in our ways from all directions; from the front, from the back, from the right, and from the left, except for one direction that he did not mention, he did not say "from above them", because Satan cannot stand between us and Allah Almighty and Allah Almighty's mercy and supplicating to Him the Almighty in all our affairs and seeking refuge in Him the Almighty to protect us from Satan's whispers and incitements.

We ask Allah Almighty to protect us from the insinuating whispers of Satan. Indeed Allah 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

Khutbah.info

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 الْقُرْبَىٰ وَيَنْهَىٰ 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.