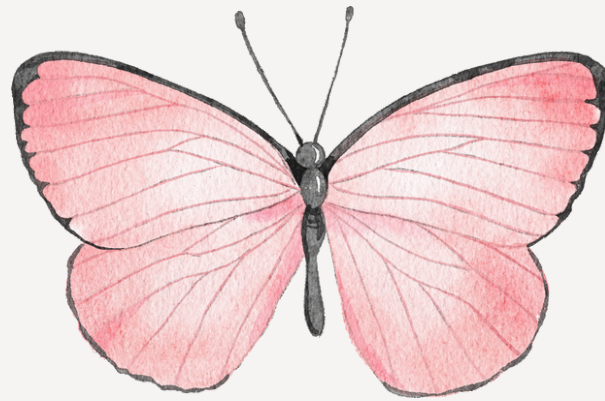


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with
Ustazah
'Alimatunnisa



OVERCOMING SINS & ADDICTIONS

*How al-Ghaffar
showers us with hope*



CHAPTER MARKERS

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HIS NAMES OF FORGIVENESS



On His Ghaffar, Ghaffur & Ghaffir-"ness"



BETWEEN FEAR & HOPE



-
- One of the ways Syaitan drown us is through hopelessness. He wants us to focus on our flaws, our sins and our addictions instead of on Al-Ghaffar.
 - When we think about how heavy our sins are, we should also think about how forgiving Al-Ghaffar is. However, we don't want to take that for granted and be from those who keep on sinning because of the Ghaffur-ness of Allah SWT.
 - If we have been thinking too well of Allah SWT that we have let our guard down with regard to our sins, we need to remind ourselves how Great Allah SWT is that we dare to go against His Words and Prohibitions.
 - If we are thinking too unwell of Allah SWT that we are losing hope, we have to remember his Greatness in Forgiving and Loving us.



*“Do not look at the
size of your sins, but
rather look at the
G r e a t n e s s
of the One whom
you are sinning to”*

"I GO TO HIM RUNNING"

Narrated Abu Hurayra:

The Prophet (ﷺ) said, "Allah says: 'I am just as My slave thinks I am, (i.e. I am able to do for him what he thinks I can do for him) and I am with him if He remembers Me. If he remembers Me in himself, I too, remember him in Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they; and if he comes one span nearer to Me, I go one cubit nearer to him; and if he comes one cubit nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running.' "

(Bukhari)



HIS NAMES OF FORGIVENESS

- Allah SWT describes Himself as ‘The Forgiving One’ in His Names of Al-Ghaffar, Al-Ghaffur, and Al-Ghafir. They come from the same root word, which is غ ف ر.
- Al-Ghafir forgives one time; Al-Ghaffar perpetually and repeatedly forgives our sins; and Al-Ghaffur forgives sins no matter how big they are.
- Additionally, Allah SWT also describes Himself as At-Tawwab, ‘The One Who Accepts Repentance’.
- One Istighfar is not merely erasing our sins; but also each Istighfar draws Allah SWT closer to us. SubhanaAllah. Istighfar is a way for us to strengthen and renew our bond with Allah SWT.
- *The more Istighfar we do, the easier it becomes for us to be on the path of obedience to Allah SWT.*



The
opposite of
sinning is
OBEYING

WHAT IS OBEDIENCE?



Ways to be obey in the Quran

HOW TO BE OBEDIENT

- Whenever Allah SWT mentions certain successful categories of people in the Quran, their criteria will follow in the ensuing verses. But when He mentions sins, He doesn't elaborate on them.
- He doesn't want us to sin; He wants us to obey and worship Him.
- **He wants us to focus our energy on how to be a Mu'min (believer).**
- We don't need to be told how to sin because our human desires will always be inclined to it. But He constantly reminds us of their remedies - how do we become someone who is attracted to ta'ah (obedience). And these reminders can be found all over the Quran!

HOW TO LOVE ALLAH

- Allah SWT always links obedience with loving Him, as can be seen in the following verse:

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحِبُّكُمْ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ
غَفُورٌ رَحِيمٌ ﴿٣١﴾

Say, 'O Prophet,' "If you 'sincerely' love Allah, then follow me; Allah will love you and forgive your sins.

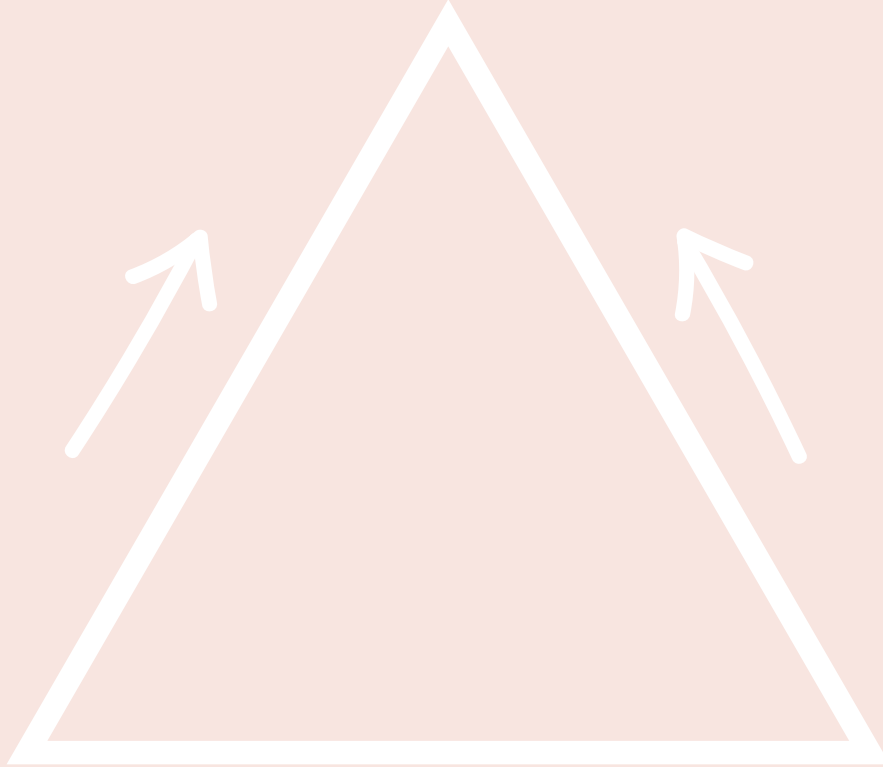
For Allah is All-Forgiving, Most Merciful."

(Ali-Imran 3:31)

- Loving Allah SWT comes with obedience - there is no love towards Him without obedience to Him. We don't just say we love Allah SWT without following it with actions - we have to be in obedience to Him.
- We appreciate it when people show affection to us through their actions but Allah SWT is above everyone else. Obeying Allah SWT should take priority over everything else.
- All the love we have in this Dunya should be linked to Allah SWT.




ALLAH



YOU

*YOUR
LOVED ONE*

If both of the people in a relationship do not link themselves to Allah SWT, they will always walk in parallel to each other and will never meet. However, if both of them have Allah SWT as their goal, they will meet, and this is what makes a relationship strong. They both have a common objective, i.e. Allah.



PRIORITISING ALLAH

- We should always include "Lillah" (for Allah) to all of our roles in Society. For example, Single-lillah, Wife-lillah, Friend-lillah and the list goes on!
- The more we connect to Allah SWT, the more meaningful a relationship is, and it will last till Akhirah In Sha Allah.
- If we want to gain Allah SWT's Love, we have to ensure there is obedience.
- The more Allah SWT is included in our homes, the easier our familial relationships be. We will notice how easy it is for things to be put into place between the family members.
- If everyone in the house prioritises Allah SWT, there will be so many blessings, and things will be better. But this requires a lot of striving and effort, of course.

OUR TRUE POTENTIAL



Going through the different seasons
of our spirituality

TRAITS OF THE LIAR

- According to Imam Ghazali, whoever claims four without the other four is a liar:

1. *Those who claim to love Jannah but doesn't obey God*
2. *Those who claim to love Rasul ﷺ, but don't love the Ulama and the poor. (As the scholars are the inheritors of the Prophets)*
3. *Those who claim that they fear Hellfire but do not leave their sins.*
4. *Those who claim to love Allah SWT but they complain whenever they are tested with trials. Trials are signs of Allah SWT's love because they act as Kaffarah for our sins, or/and elevation of our ranks*

ORIGINS OF SINS

- Angels do not sin because they are not created with the desire to sin. They are always in Dhikr 24/7.
- Meanwhile, Allah SWT created human beings with desires and intellect so when we obey Allah SWT, we are in a position better than the angels because we fight to tame our desires.
- Obedience won't be easy from the very start. Any kind of Ibadah will be difficult at the start.
- But one of the ways that Allah SWT show His Rahmah is by making some acts of worship really easy for us to do. We will taste the sweetness of doing this act of Ibadah, and it gives us an "Iman high", making us love to be in that state.
- When we migrate spiritually to be near Allah SWT, that is considered our hijrah.



SEASONS OF OUR LIVES

- Our spirituality goes through different phases - in the beginning, we will really enjoy doing our Ibadah; then we reach a plateau where we become stagnant. Once we feel like we are stagnating, usually, we will receive a "wake-up call" to seek spiritual high again.
- In our path and journey towards Allah SWT, there will be ups and downs. We have to look at the bigger picture and ask how is our "Aakhirah stock."
- Sweetness of Iman can come when Allah SWT wants to make us become better and not necessarily at the beginning of our hijrah only. But it will wear off again because that's how it's meant to be - we need to continuously strive and struggle to reach the state of spiritual high again.



*There are
seasons to
everything and
every season is
important.*



RAMADAN POTENTIAL



- Allah SWT let us go through this experience of Spiritual Sweetness so that we taste this beautiful state. It's like a taster of where you CAN be as the journey to reaching Allah SWT is a long journey.
- Ramadan is an excellent showcase of our true potential. We realise that we actually can do many Ibadah that we normally don't do or commit to outside of Ramadan.
- Our lives and priorities will always change but our constant priority should be Allah SWT. We can go back to Him in whatever ways - the buffet (of obedience) is endless.
- But we must also note that Ramadan comes with its own blessings - Allah SWT sends His special help, especially in this blessed month.



The Buffet (of
obedience to
Allah SWT) is
Endless

EFFECTS OF SINS



Ways our sins can have a negative effect on our
heart and our acts of Worship

A HEART THAT LOVES TO OBEY

- Obedience means doing things that Allah SWT is pleased with. When we obey Him, it brings us closer to Him. Sins, on the other hand, will bring us away from Allah SWT and will disconnect us from Him.
- A heart that is filled with obedience is an illuminated heart, a heart full of Noor. This is the same for their face and being - they will all be illuminated.
- One of the effects of sinning is a lack of Nur in our hearts. The heart becomes weaker, and one will find Ibadah so heavy to do.
- We want to preserve our being so that it is easy for us to perform Ibadah and obey Allah SWT.
- **If we feel difficult or lazy to practice obedience, the remedy is in doing A LOT of Istighfar.**

SINS & OUR IBADAH

- The addiction to sins will have a strong effect on our practice of Ibadah - we will either find so much difficulty in practising something or we won't feel its importance or we no longer have remorse over the lack of its presence in our lives.
- Our hearts become desensitised to Ibadah and this means the heart has layers of darkness. The heart is no longer seeing and desiring the Nur. :(
- Sins are very expensive. We continue to pay for it (until we repent and obey Allah SWT).
- We should pray that Allah SWT brings us closer to Him by His Love, and not by His Tests.

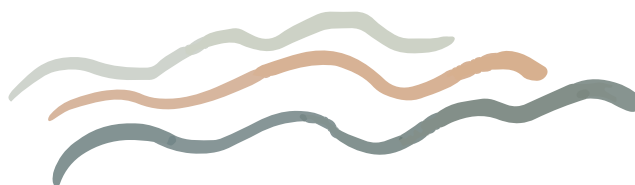


ROAD TO ALLAH SWT

- We can reach Allah SWT through the road of trials/difficulties or the road of Love.
- When we sin, we need to struggle and strive to reach Him. We need to struggle and do a lot of scrubbing. The more we sin, the more we reach Him through the road of trials.

But do we want to travel to Allah SWT in First Class or through a lower Class with lots of extra baggage in a less-than-conducive environment?

- The more Light we have, the easier the journey will be. Sins take away this Light from us and make us walk in darkness. When we walk in the "dark", we tend to incur more "injuries" :(
- We have to pay electricity bills to have light in our homes, so how are we paying for our Spirituality Bill?



THE WAY TO REPENTANCE



How can we extinguish the flames of our sins?

TO HAVE INSIGHT

- Sins will cause darkness in our hearts and also make us lose our Basirah (Insight). In dealing with our everyday lives, we require Insight.
- When someone is completely heedless, they will come to a point in their lives when they don't even recognise themselves and they are not aware of who they are. "Do not be like those who forgot Allah, so He made them forget their own selves." (Quran 59:19)
- **When we don't know who we are, we get swayed by every single temptation because we don't have an anchor anymore.**
- Our identity is to be a servant to Allah SWT and if we lose them, we lose our navigation and bearings in life. That state of confusion is really exhausting because we wake up every day not knowing what to do with ourselves!

ARE YOU IN A DARK PLACE?



-
- When we are in a place with no Light, even the slightest of Nur will be a guiding light for us. SubhanAllah.
 - When we are at our lowest, we just need a bit of Light to have hope again.
 - When we question ourselves “Who am I?”, this could be Allah SWT’s Guiding Light - He is calling us back to Him.
 - When we lose the Nur of Allah SWT in our hearts, it will affect our whole lives; not just in our Ibadah but also in our dealings with people. There will be chaos. We can fix this by increasing in our Ibadah to Allah SWT
 - Even if we don’t feel anything in our hearts when we perform our Ibadah, we should continue to do it until we feel again.



What acts of worship or invocations do you regularly go back to when you feel low?

OUR BAG OF IBADAH

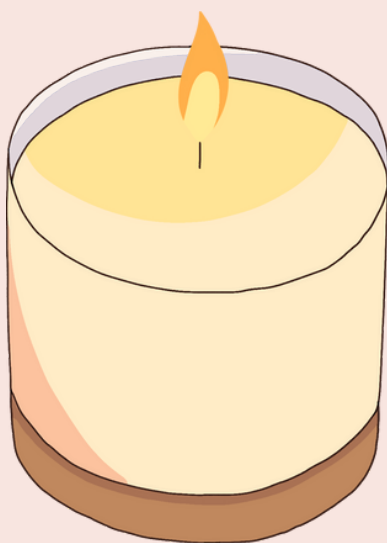
تَتَجَافَى جُنُوبَهُمْ عَنِ الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ خَوْفًا وَطَمَعًا وَمِمَّا
رَزَقْنَاهُمْ يُنْفِقُونَ ﴿١٦﴾

They abandon their beds, invoking their Lord with hope and fear, and donate from what We have provided for them. (As-Sajdah 32:16)

- If we desperately want something in life and are not waking up at night to ask Allah SWT for it, do we really want it?
- We want to be amongst those who always feel hope when asking from Allah SWT.
- When we disobey Allah SWT, it causes our 'bag of Ibadah' to leak. We will feel unfulfilled in our Ibadahs because we have so many holes in our bags. Istighfar will help patch up these holes In Sha Allah.
- The more Istighfar we do, the more Light will enter our hearts In Sha Allah. And even the slightest of Light is light. :)

...

*Even the
slightest Light,
is Light.*



STOP, DROP & ROLL

- When we encounter a fire, we are taught to 'Stop, Drop and Roll'. This is what we apply to repentance from sins too.
- STOP: Our sins is the fire, so what we should do first is to stop the sin. We should make a vow to not do it again.
- DROP: We should lower ourselves to the lowest place in front of Allah SWT and go into physical and spiritual Sujood - confess how much the sins are affecting us and how we do not want them in our lives anymore.
- We cannot do this on our own, as strength can only come from Allah SWT. We need to seek help from Him in guiding every part of our limbs to walk away from our sins. We need to have conversations with Allah SWT.

TO HAVE REMORSE

- The last stage of Tawbah is to feel remorse. Even if we can't cry, "we have to fake the tears". Force ourselves to cry until our hearts softened to cry.
- Crying will break the layers of hardness that have enveloped our hearts.
- We need to know ourselves - some can only cry in private, while others can cry in gatherings that are filled with remembrance of Allah.
- If we think we can only cry when someone makes a heartfelt du'a next to us, then we should seek that company!



IT WILL GET BETTER..

- ROLL: We need to move away from the place of sins. Alternatively, we can also transform the space into a place of Ibadah!
- If we are trying to not gossip and our workplace is where we always tend to gossip, we can change the environment by preparing better topic starters and changing the topic of conversation with our colleagues.
- If we want to abstain from wasting time on Netflix or on entertainment, we need to fill the gap with acts of obedience.
- We need to repeat ‘Stop, Drop, Roll’ as many times until we are out of the fire of disobedience. In Sha Allah.
- We are created weak, so we shouldn’t rely on ourselves. Instead, we should rely on Allah SWT. The more we have Him with us, the weaker our desires will get.

NEW SET OF ACCEPTANCE

- In Sha Allah, with this method, we will find bouncing back from sins getting easier over time. There will come a day when we will find the strength to not fall into sin anymore. In Sha Allah.
- One day, we might even be the ones advising others who are going through the same thing that we once did!
- One of Syaitan's favourite tools is hopelessness. He makes us question Allah SWT's forgiveness. He wants us to stop repenting.
- But we should strive to make every repentance as sincere as possible, and remember that with each new repentance is Allah SWT's Acceptance.

