



Jannah Crew junior

SPECIAL
WORKSHOPS ON
CONTEMPORARY
ISSUES



Presents

ALL MOTHERS
ARE INVITED!

The Mothers Forum

At- Tahrim 66:6

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ
وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ
مَا يُؤْمَرُونَ

O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones, over which are [appointed] angels, harsh and severe; they do not disobey Allah in what He commands them but do what they are commanded.

20th May 2023
Saturday
9AM- 1PM



JOIN US TO KNOW HOW TO
PROTECT YOU AND YOUR
FAMILY FROM THESE
CONTEMPORARY ISSUES



LGBTQ



Pornography



Drugs
Addiction



Atheism



Social Media



Feminism



Depression
(Mental Health)



Gaming Addiction



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Being Steadfast in
today's time

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PREFACE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Verily all praise is due to Allaah. We beseech His Help and ask His Forgiveness. We seek refuge in Allaah from the evil within ourselves and our evil deeds. Whosoever Allaah guides, none can send astray and whosoever He sends astray, none can guide. I bear witness that there is no one deserving to be worshipped except Allaah Alone and that He has no associates. I bear witness that Muhammad is His servant and a Messenger; may the peace and blessings of Allaah be upon him, his family and his companions and loftiest salutations to all of them.

We thank Allaah to make us write this important matter and compile it. We ask Allaah to accept from all of us and benefit the entire Ummah with this. We ask Allaah to accept our efforts, time, and righteous intentions. And to forgive our mistakes and overlook them. May Allaah put barakah in this work and make it a sadaqah jariyah for everyone. Aameen

The reader is allowed to spread it to benefit others for the sake of Allaah!

ATHEISM (AL-ILHAAD)

Introduction

Today, Atheism is advancing at a serious pace. Since Atheism has reached and is spreading even among Muslim families, we need to properly explain Islam and our religion to our children, to be able to repel such ideologies and thoughts, to save and protect ourselves and our children from these ways of thinking. It is the need of the hour and a crucial step in safeguarding our teens & youth.

Definition: Atheism or Ilhaad, in modern terminology, means denying the Creator altogether, denying that He exists and not acknowledging Him.

Another group “Rubboobiyyeen” who believe that God created and left us, and we will not be taken into account. The universe and everything in it, according to their claims of the atheists, came about purely by chance, by coincidence, by evolution or explosion. These are some of what they claim.

There are atheists who deny Allaah because they don't see Him and thus, they don't accept Him. They claim to believe in just sensible things. This is a very strange view which is contrary to the sound human nature called Fitrah (natural disposition), also to the reason and logic, and is contrary to simple logic and indisputable facts.

According to Islam, Allaah has created us with a Fitrah which consists of common sense, or logic, which states that ‘Any and every event must inevitably have a doer, and nothing can exist by chance; thus, contradicting the concept of atheism.

Reason for Appearance of Atheism

- Weak faith and lack of knowledge: Islamic knowledge
- Leaving the tasks of teaching the children of what they need to cartoon, schools, etc., as well as excessive usage of social media.
- Mental sicknesses such as depression, which makes the person always have evil and negative thoughts overpowering him including whispers of the Shaytaan; this is a result of having doubts which one cannot seek to clear; also, the absence of role models to clarify such doubts in the right way.
- Scientific theories like Darwin's Theory, the Big Bang Theory etc. which lead to doubts in the existence of the Creator.
- Being influenced by the thoughts of atheist philosophers like Karl Marx.
- Reasons on the individual basis such as: Psychological crisis- because of going through personal calamities in one's life with ignorance of the wisdom behind these trials.

- Liberalism: The strong desire to fulfill the lusts without any religious restrictions (laws) and not be restricted by any kind of laws or acts of worship.
- Due to defeat of Muslims nowadays in front of western atheists or western military imperialism; and being deceived by the fake western civilization and adopting their theories and philosophies.
- Atheism has become a fashion with many youth- a way to attract attention to them, as it mostly results from curiosity & attraction to anything that is strange or new. The atheists all over the world are attacking/ fighting Islam through feminism, LGBTQ+, liberalism, social media, etc. raising doubts about women's rights in Islam.

Harms and Risks

- Most importantly, it destroys one's Akhirah (the Hereafter) and in this Dunya, they come out of the fold of Islam, as Kaafirs (disbelievers)!
- Destruction of the family unit leading to its corruption like the western countries
- The spread of immorality, atheism calls to familiarity, spread of Zina (adultery) and wantonness (immorality), etc.
- Spread of crime in the society, as man has no fear of God, because he doesn't believe in the existence of God.
- One of the evil consequences of atheism is Divine Punishment that befalls the people in this world such as hunger, fear, poverty, being overcome by enemies, ruining the communities, etc.
- On an individual basis, atheists have no peace of mind and heart; they opt to commit suicide.

How do I protect my children from Atheism?

- Seeking ilm (knowledge), strengthening our Emaan (faith) and using the means such as attending lectures, good companionship, etc.
- Study the Qur'an and Sunnah of Prophet Muhammad ﷺ, pondering (Tadabbur) over the Names of Allaah, Attributes of Allaah and His Actions.
- Adherence to the advices of Prophet Muhammad ﷺ, by mentioning and remembering Allaah profusely, because atheism is just notions, devilish thought whispered and suggested by the Shaytaan.
- Building up Tawheed in the hearts of children by studying the Tawheed (Oneness of Allaah) and instilling in them the observation of Allaah such that the person will be aware of Allaah's Watchfulness in all states.
- One should know the doubts that are raised and find the solutions & answers for them in order not to accumulate and grow in one's heart.
- The parents and teachers should discuss these thoughts and leave children to reveal their opinions and parents should guide their children in a gentle way with wisdom.

If anyone including us experiences persistent thoughts of atheism, because the Shaytaan may come and raise doubts about Allaah's existence, as soon as you feel such thoughts or doubts arising in you then immediately resort to the following measures:

- i. Seek refuge in Allaah from the Shaitan, say the Isti'aadhah:
[A'oodhu billahi min ash-Shaytan nir-rajeem]
- ii. Invoke Allaah to remove these thoughts from your mind, your heart. Call onto Allaah: 'O Allaah! Help me!'. Seek the help from Allaah; and Allaah is responsive, Sees you and He will respond to your Du'aa.
- iii. Remind yourself about the belief in Allaah as a God, as Your Lord is instilled in our nature, our fitrah, that there is Allaah who exists.
- iv. Find the remedy by seeking knowledge to answer the doubts that are raised from authentic sources.

Some of the theories that are taught in Schools but leads to Atheism

❖ Evolution Theories:

There are many theories on Evolution but the most common one is Darwin's Theory of Evolution: It claims that we have evolved from Apes.

Refutation: Allaah says in Surat Saad:

"(Allah) said: "O Iblis (Satan)! What prevents you from prostrating yourself to one whom I have created with Both My Hands. Are you too proud (to fall prostrate to Adam) or are you one of the high exalted?" [38:75]

❖ Big-bang Theory: It claims that life came into existence by itself.

Refutation: Allaah says in Surat Al-Mu'minoon:

"Did you think that We had created you in play (without any purpose), and that you would not be brought back to Us?"

So Exalted be Allah, the True King, La ilaha illa Huwa (none has the right to be worshipped but He), the Lord of the Supreme Throne!" [23:115-116]

❖ Water Cycle: It claims that the water cycle, the rain and formation of clouds happens by the cycle of nature.

Refutation: Allaah says in Surat An-Nahl:

"And Allah sends down water (rain) from the sky, then He revives the earth therewith after its death. Verily, in this is a sign (clear proof) for people who listen (obey Allah)." [16:65]

❖ Solar System: It claims that the sun is in place and the planets are rotating.

Refutation: Qur'an says that sun also is rotating in its own orbit, in Surat Al-Anbiyah and Surat Yaa-Seen:

"And He it is Who has created the night and the day, and the sun and the moon, each in an orbit floating." [21:33]

"And the sun runs on its fixed course for a term (appointed). That is the Decree of the All-Mighty, the All-Knowing." [36:38]

❖ Einstein's Theory of Relativity: $E = mc^2$ claims that Energy can neither be created nor destroyed. It merely transforms into matter and vice versa.

Refutation: Both matter and energy are created entities and they both will be destroyed. As Allaah says in Surat Az-Zumar and Surat Ar-Rahman:

"Allah is the Creator of all things, and He is the Wakil (Trustee, Disposer of affairs, Guardian, etc.) over all things." [39:62]

"Whatsoever is on it (the earth) will perish." [55:26]

This is an expression of shirk in Allaah's Names and Attributes.

BEWARE, O PARENTS!!

This Fitnah should not be taken lightly by any believing parent! **THIS FITNAH DIRECTLY CORRUPTS YOUR AQEEDAH (TAWHEED), WITHOUT WHICH ONE CANNOT ENTER JANNAH, WHICH MAKES IT THE MOST HARMFUL ONE OF ALL AND HENCE WE MENTIONED IT IN THE VERY BEGINNING!** Allaah will forgive all the sins, major and minor. But if you don't pay heed to what your child believes about Allaah Ta'ala, he can be ONE OF THE ATHEISTS, despite the parents' being pious and knowledgeable.

- Dear Parents, sit with your child. Have a heart-to-heart conversation with him about what he believes about his Creator?
- Know his thought process. Know whether he believes in making Du'aas or is a complete scientific/logic-based human, who has no beliefs in the unseen.
- These kids are millennial kids and need special time and nurturing. Let them pour their hearts out to you regarding their Aqeedah, and then take right steps with wisdom to protect them from Hellfire!
- Know that the purpose of parenting is not just feeding and clothing them right, or just to give love and care. Rather, to also fulfill their spiritual hunger by instilling in them correct thoughts about Allaah. **ALLAAH WILL ASK YOU ABOUT THIS GREAT DUTY ON THE DAY OF JUDGEMENT** - If we have planted in them the seeds of love, fear, hope, reliance, and trust in Allaah? They are under a great attack now that we were not facing – SCREEN! Every technology, if not used rightly, can destroy your child's AQEEDAH – TAWHEED.

Anas ibn Malik (may Allaah be pleased with him) said: I heard the Messenger of Allaah ﷺ say: "Allaah, may He be blessed and exalted, said: 'O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you and I would not mind.'" [Sahih al-Tirmidhi]

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LGBTQ

Introduction

L refers to Lesbian, meaning a woman having illegal sexual relations with another woman.

G refers to Gay, meaning a man having illegal sexual relations with a man.

B refers to Bisexual, meaning a desire towards both men and women.

T refers to Transgender, meaning the changing of gender from female to male or from male to female.

Q refers to Queer, meaning liberal sex.

Q also refers to Questioning, meaning he is not sure of his/her gender and is still exploring it.

And the list is endless....

But among them, there is a creation of Allaah who is considered innocent, and they are called '**Khuntha**' (hermaphrodite).

A '**Khuntha**' is a person who has both male and female sexual organs, or none of it but only a passage to urinate. They were created according to Allaah's perfect will, wisdom, knowledge and a test for him and his family. They are very rare to be found.

The rainbow flag is a salient feature of the gay community. It is also known as the 'Pride flag'. It was designed by San Francisco artist Gilbert Baker in 1978. Every year, in the month of June, the LGBT community celebrate 'The Pride Parade' to demonstrate their rights and achievements.

LGBT in the Light of Islam

Practicing LGBT is not natural. If it was a psychiatric disorder or something beyond our control, Allaah would not prescribe a punishment upon those who practice it. The destruction of the nation of Lut (Alayhis-Salaam), who were inflicted with the severest punishment is an example of Allaah's wrath for those who practice this.

The Prophet ﷺ said, "Cursed is the one who does the action of the people of Lut (Alayhis-Salaam)." (Narrated by Ahmad, 1878. Sahih by Shaykh al-Albani in Sahih al-Jami', No. 5891)

The Baseless Claims of LGBTQ Community that:

○ **It is a Mental Disorder**

Earlier it was considered a mental disorder. But later in 1973, the American Psychiatric Association classified that it is not a psychiatric disorder. All the theories pertaining to this filth are hypotheses.

It is Not a Choice, it's the Way we are Built and it's in my Genes! This is not my fault, I'm Born this Way!

No, LGBT is not inherited. Several studies conclude that genes are not responsible. It's the environment and the uncontrolled desires that contribute towards one's sexual relationship. If a normal person lives in an environment where homosexuality is practiced and accepted, chances are that he might be influenced by this. One should draw a line between Halal (lawful) and Haram (unlawful).

*The Prophet ﷺ said, The Halal is clear and the Haraam is clear.
(Sahih Bukhari 52 & Sahih Muslim 1599)*

We are Abused Emotionally and Physically. Please Care for us. We need our Rights.

Every story of a sinful person has an emotional side which made him commit the sin.

For e.g. a) A child witnessed his father's murder and became a serial killer. He experiences pleasure when he tortures and kills people. He does not consider himself guilty and blames the trauma and abuse he faced in his childhood.

Is his killing justified!

b) Your poor widow helper stole a diamond set from your house because she could not afford that for her daughter's marriage.

Is her sin justified!

Why not!

Isn't she poor and a widow.

No, because one should implement the lawful way even if he was afflicted with the worst circumstances.

In case the person was abused emotionally and physically, that doesn't mean he starts to think and feel that he is one of them and change his sexual preferences.

LGBT community are spoiling the entire community by their filth. Several incurable diseases like HIV, AIDS and STDs (Sexually Transmitted Diseases) are spread by their filth. No doubt there is an emotional side for their story which stirs your Fitrah, but do they have the right to spoil the entire community. Should they act upon their desires?

We do not have a Free Will. We are Compelled.

Every human being has a free will and an ability to act upon it. By his free will, he can either choose a right path or a wrong path. LGBT community chose a haram way to fulfill their desire. If they have a full control over their intellectual faculties, isn't it strange to justify it as a mental illness or to say that they are compelled!

Is Allaah Unjust?

Isn't prayer; the most important pillar of Islam waived off if the person is insane or is not able to distinguish between right and wrong. If it was something natural, then Allaah would not have inflicted the severest punishment on the nation of Lut (Alayhis-Salaam).

The Main Cause for Practicing LGBT

○ **Uncontrolled Desire is the main cause for practicing LGBT**

Desires turn into passions and passions turn into sins if they are not controlled. For example:

1. Some people sexually desire their own parents, siblings or relatives.
2. Some are attracted to drugs, violence, alcohol, porn etc.
3. Everyone desires to be rich but does that desire permit him to steal or rob!

Can these desires or inclinations be fulfilled?

Pyromania, is an obsessive desire to set fire. Should they be left alone to act upon their desire and burn anything?

Never, not every passing thought deserves an action. A person is not accountable for the thoughts that pass his mind, rather he is accountable for the thoughts that become a resolution. If one's thoughts are changing into firm resolution, he should take means to prevent it and not act upon his thoughts or desires.

○ **The Lawful Way of Fulfilling Desires**

Allaah has created man with a Fitrah (natural disposition) wherein naturally a male is sexually inclined towards a female and a female is inclined towards a male.

This is a halal (lawful) way of fulfilling the desires, whereas the LGBT community fulfill these desires in an unlawful way.

Therefore, Allaah commanded man to lower his gaze when he looks at a woman (i.e., opposite gender) and vice versa, but Allaah did not apply that prohibition for the same gender. Do you know the reason?

Because naturally sexual desires are not aroused with the same gender.

The Effect of LGBT Community on our Children

○ **Ways with which they are targeting our children**

Children in schools are taught to be tolerant towards everyone claiming that it's completely normal for two males or two females to raise a child, a single man without a wife can have a child.

Lesbian author Patricia Nell Warren wrote, "Whoever captures the kids owns the future". Parents must be vigilant about the cartoons children watch as cartoons are also promoting LGBT. TV shows, social media, fashion industry, school system, doctors are all a part of this filth and now the responsibility lies on the parents or the guardians /caretakers who should educate their children.

○ **Gender Identity**

Through slogans such as: "Explore your Gender", "Come out of the Closet"

Following are the new gender terminologies:

- a) Agender (does not identify with any particular gender)
- b) Androgyne (both masculine and feminine)
- c) Omnigender (all genders)

And the list is endless!

These are newly invented terminologies. The concepts and terms related to gender identity are changing continually, as our mindsets are evolving. The term “gender identity” first appeared in the 1960s. Earlier, when parents announced the birth of a child, they were confused regarding his/her gender! Did they say, "We do not know whether it's a male or a female"?

○ **Tomboys and Femboys**

*Girls who behave like boys are called **Tomboys** and boys who behave like girls are called **Femboys**.*

There is no term in Islam like 'Tomboys' and 'Femboys'. A male is a perfect man even though he like feminine things and a female is a perfect woman even though she likes masculine things. A male is a male and a female is a female, because Allaah said in the Qur'an [Surat An-Najm (53:45)]

"And that He creates the two mates - the male and female"

○ **Several factors affect the development of the child:**

a) The environment in which he/she lives.

If it's a male dominated environment, then she may imitate the men in terms of dressing up, behaving, talking and vice-versa.

b) The upbringing of the child.

Sometimes a parent raises a girl as a boy and vice versa.

c) Favoritism

If a girl witnesses that her male sibling is given preference, then she might behave like him in order to divert the parent's attention.

The fashion industry is spending millions of dollars in designing clothes that promote sexism. Kids are made to dress up like adults with which there is sexual arousal in some men.

Pedophilia is an exclusive sexual interest of an adult in young children aged 13 or younger.

Hence, utmost care should be taken by the caretakers of the child in being vigilant when they are with opposite gender.

How to Protect our Children

- Parents, teachers and guardians are obliged to explain these issues before they learn it from elsewhere in an inappropriate way.
- After knowing the reality of LGBTQ, one should be aware and cautious about the symbols/representations used by their community.

They are exposing our children repeatedly to unicorns and six-colored rainbows extensively to desensitize their minds. When one is exposed to anything repeatedly, our brains get used to it.

Hence it is highly advisable to avoid such clothing, accessories, shoes, rainbow-themed parties, etc. or to promote their logo and flag on games and social platforms as it will affect the child's personality.

Ways to Overcome if one is practicing LGBTQ

Indeed, every sin that a person commits has a negative impact. But your Lord is the Most Forgiving, Most Merciful, and the Most Loving Lord who pardons no matter what your sins are.

Following are suggestions to help those who indulge in LGBTQ to overcome this vile sin:

- Seek repentance and have complete trust and hope that Allaah will forgive you.
- Invoke Allaah profusely and seek His help to overcome this sin.
- Cut off all communication with your friends who enable you to practice this i.e., change rooms if you are in a hostel, delete their contact numbers, emails, social media accounts, etc. so that there is no mode of communication. And if he or she is a sibling or a family member, then seek help from your elders.
- Be patient while abstaining from the sin as the desire to commit the sin is tremendous if he did not leave that sin for the sake of Allaah.
- Do not fear any threats/ sourness of relationships or psychological disturbances in trying to abandon this sin. Have complete reliance on Allaah, be patient and never turn back. Try to please the Creator rather than pleasing the creation.
- Engage yourself in permissible actions (such as reciting and pondering over the meaning of the Qur'an, seek beneficial knowledge, upgrade your secular education, learn new skills that are appropriate to your age and gender etc.) so that there is no room for unwanted thoughts and whispers of the Shaytaan.
- Approach the right Muslim doctors and scholars for consultation.
- Get married if you have the means to or fast.
- If one is a parent or a caretaker, he/she should treat a girl as a girl and a boy as a boy. It is highly advisable that toys should be segregated in accordance to the child's gender. The Prophet ﷺ cursed men who imitate women and women who imitate men. [Bukhaari (5885)].
- The child should be dressed appropriately (a girl should not wear boy's clothing and a boy should not wear girl's clothing)

The Prophet ﷺ cursed the man who wears women's clothing and the woman who wears men's clothing. [Abu Dawood (4098)]

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DRUGS ADDICTION

Introduction

The Muslims of today, especially the youth, are facing many problems and temptations that were not available previously. We will explore the harmful effects of drugs on our youth, the family, the society and most important, on our **Emaan**.

Definition

Drugs are intoxicants.

- An **intoxicant** is any substance which may be a liquid, solid or gas, which is voluntarily taken into the body by swallowing, injection, inhaling, or ingesting, which produces an effect on the brain resulting in changing an individual's mood.
- And according to Qur'an and Sunnah, drugs are khamr (خمر) which is an intoxicant that befogs the mind and every intoxicant is prohibited in Islam.

Types of Drugs

- There are many types of drugs available in the market. The general effect of all drugs is very similar though they differ in their speed of action as well as the severity of the harm on the body. All drugs directly affect the brain, since this is the only way of causing mood changes.
- Heroin, Opium, Alcohol, Cannabis and Propoxyphene are the five most common drugs being abused by children.

Getting hooked

- Children are very vulnerable to the influences of society, their friends, TV, adults and those that appear to be fashionable in the music and fashion industries.
- The feeling of being left out on seeing what the friends have experimented with drugs.
- Friends tease him for being too "chicken" to try this type of intoxicant.
- To please the friends, this youth decides to "experiment" only once - "Just to try it out" without realizing that it will be his biggest mistake.
- The drug dealers trap new customers by giving free drugs to unsuspecting people. Some drug dealers are so ruthless that they give out free sweets containing drugs to school children.

Dangerous effects of Drug Abuse

Drugs have very damaging effects on mind and body

1. The most harmful effect of drugs is on the brain. It affects the chemical and electrical neuronal functioning of the brain which also leads to its eventual organic damage. These changes in the brain are the cause for the state of '**addiction**'- eventually; the body automatically starts craving the damaging drug, leading to a vicious cycle of abuse and further damage.
2. Damaged nasal septum (through snorting the drugs)
3. Collapsed & clotted veins

4. Kidney, liver and lung failure to various degrees
5. Infected needles causes Hepatitis Infection and HIV/AIDS

The Social Effects of Drugs

1. Staying away from home
2. Stealing and crime
3. Withdrawal from the community
4. Embarrassing behavior in public
5. Deterioration in relationship with parents, siblings, and friends.

Drugs ruin the Hereafter

The worst effect of drug is that it ruins one's Hereafter which is the eternal loss.

1. In Surat Al-Ma'idah 5:90, Allaah called intoxicants (Khamr) as an **abomination (رجس) of Satan's handiwork**. Therefore anyone who associates in any way with any aspect of the intoxicants (whether alcohol or drugs) such as the person who uses it, or sells it, or makes it or delivers it **is a partner with Shaytaan**.
2. Drugs befog the mind and takes away reasoning. They don't allow you to connect with Allaah. That is why the Prophet ﷺ told us in the Hadith that "every intoxicant is forbidden. And those who will drink intoxicants their drink will be **Tinat al-Khabal (طَيِّبَةُ الْخَبَالِ)** which is the **sweat of the denizens of Hell or the discharge of the denizens of Hell.**" (Muslim 2002)
3. *The Prophet ﷺ told us that intoxicants are the mother of evil and that they are the "key to very evil."* (Sunan Ibn Majah 4034)
4. *The Messenger of Allaah ﷺ said: "If a habitual drunkard dies, he will meet Allaah like the one who worships idols."* (Sunan Ibn Majah 3375)
5. Some people are under the impression that if you aren't an addict and you only take something occasionally, then that makes it okay. However, the Prophet ﷺ told us that both types of people are under the severe threat of the punishment of Allaah. *He ﷺ said that whoever drinks Khamr, Allaah will not accept his salaah (prayer) for forty days. If he repents then Allaah accepts his repentance. But he will get only three chances. If he returns back to it for the **fourth time** then Allaah will not accept his salaah for forty days and **Allaah will not accept his repentance**. And he will be given to drink from the river of **Al-Khabal** (A river of the pus from the inhabitants of the fire).* (Jami` at-Tirmidhi 1862)
6. Some people even claim that drugs are their livelihood and business, but the **whole supply chain** is cursed by Allaah [refer the hadeeth by Sunan Ibn Majah 3380]

How to Protect our Children: Precaution is better than cure!

PRECAUTIONS

1. Religious upbringing of children.

- Our children are a trust, and we will be asked about. So we have to take care of them. We must spend time with them, nurture them in Islam. Otherwise, they will learn from the media, society and all of them are stealers, they will spoil their Fitrah (natural instinct).

- We should continuously nurture our children in Islam; instill Tawheed in their hearts, instill Taqwa (piety) in their heart, instill the love of Allaah, instill the fear of Allaah.
- Then our children will love Allaah and will submit to Him Alone. Then their concern will not be what the people will say or where they are in the race to achieve this dunya. Rather their concern will be in acquiring the pleasure of Allaah and safety them from His anger.
- Once they submit to Allaah, then Allaah will be their Waliy, their guide, their protector.

2. Keeping yourself updated with the emerging dangers.

3. Be a part of your child's life.

4. Create a clear set of rules.

If a child understands and respects your limits, he or she will be less likely to cross them.

5. Talk about drugs and alcohol.

Discuss the harmful effects of alcohol and drugs on the body as well as the legal consequences associated with them. Tell them how alcohol and drugs can ruin their Hereafter.

Identifying the Symptoms

1) Physical clues (check for more than one and persistence over time)

- Change in eating habits and unexplained weight loss or gain
- No pattern to sleep or wake up at usual times
- Red or watery eyes, pupils larger or smaller than normal, blank stare, sniffing all the time
- Excessive sweating, tremors, or shakes
- Cold, sweaty palms or shaking hands; nausea or vomiting
- Extreme hyperactivity or excessive talkativeness
- Paying less attention to how they look and to their hygiene.

2) Sudden and sustained emotional changes

- Loss of interest in the family
- Signs of paranoia, such as being overly secretive or hiding behind locked doors
- General lack of motivation, energy, self-esteem
- Chronic dishonesty
- Moodiness, irritability, nervousness

3) A pattern of changes in school attendance and grades

Addiction shows up via a change in a child's behavior in school. Parents must look for signs, such as tardiness and attendance problems or a drop in grades.

4) Several instances of unaccountable money or unexplained loss of money.

Drug users often become drug dealers who come home with unexplained sources of income. Or, the opposite happens, and children start stealing from siblings or parents.

5) Dramatic changes in friendships

Either friend group changes radically, with old friends dropping away and new friends entering the scene, or children suddenly have multiple sets of friends. In either case, children might become ultra-secretive about their mobile phone.

6) Drugs missing from the medicine cabinet

Many young people with drug abuse issues will search for medicines. Young people are savvy about what medications will get them high, such as ADHD medication and pain killers.

Remedies

In case if you find that your child has fallen into drugs then don't panic. Be patient and seek the help of Allaah. Ask Allaah to guide you to handle this situation wisely and to cure your child. Below are some measures to be taken:

1. Strengthen the relationship and communicate with them:

- A healthy family dynamic is an essential element of success in recovery.
- Instead of condemning them, offer counseling, moral support, send them for drug rehabilitation, and offer words of encouragement.
- Have assertive communication which includes a balance of asking questions and actively listening to drive a productive conversation. It will help you learn more information about your child and allow them to express their concerns, struggles and hopes.
- Being overly emotional is not a part of assertive communication.

2. Practice self-care:

As you attempt to care for your child, your stress grows and can affect your mental and physical health condition. Caring for yourself will aid in your ability to care for your child.

- 3.** Imams must speak out against this evil from the Mimbars and discuss the devastating effects of drugs on the individual, the family as well as on society.
- 4.** Muslim communities must provide alternative forms of recreation for our youth. These could be in the form of community centers, sports, youth camps etc. where the youth can socialize in an Islamic environment and are then not tempted to experiment out of boredom.
- 5.** The addicted youth should be encouraged to turn to Islam.
- 6.** Mothers have a very important role to play in the upbringing of their children.
- 7.** Make du'aa for all the Muslim youth in your community and throughout the world.

Management of Drug Abuse

Partial hospitalization program.

- 1.** Intensive
- 2.** Rehabilitation.
- 3.** Medications

FEMINISM

Definition: Feminism is described as the belief and aim that women should have the same rights and opportunities as men. It's main idea seems to be political, economic and social equality of the sexes, there by making the Muslim women feel imprisoned by Islamic laws and ending up corrupting their ideas in the name of liberation and claiming the rights.

Symptoms:

- Me and My life,
- My way, I'm correct
- No sacrifice
- Concerned only about oneself
- My career,
- My life: focusing on one's happiness alone
- Fighting for freedom
- Asking their rights unlawfully, can't accept failure
- Always competitive
- Magnifying oneself: Amazed at the western culture, their food their clothing, their way of speech.
- Fighting for freedom: Asking their rights unlawfully, can't accept failure, Always competitive.

Where will it Lead our Children to?

- They will be distant from Islam
- They will underestimate the principles of Islam
- They will consider the rules of Shari'ah outdated
- Gradually, they will leave the Jam'ah (congregation)
- They will leave Muslim houses, Muslim countries
- They will feel secure in kuffar countries

Rights of Women in Islam

"Whoever does righteousness whether male or female while he is a believer. We will surely cause him to live a good life and we will surely give them their rewards in hereafter according to the best of what they used to do." (Surat An-Nahl:97)

The Prophet ﷺ said "The best of you is the one who is best to his wife, and I am the best of you to my wives." (Ibn Majah 1977)

Men and Women are Equal

They are different in their creation, roles, responsibilities and needs.

"When she delivered, she said, "My Lord! I have given birth to a girl,"—and Allaah fully knew what she had delivered— "and the male is not like the female. I have named her Mary, and I seek Your protection for her and her offspring from Satan, the accursed." [Surat Aal-'Imran

3:36)

:

The Prophet ﷺ said, "I urge you to treat the women well." (Muslim 1468)

The Prophet ﷺ said, "The best of you is the one who is best to his wife, and I'm the best of you to my wives" (Ibn Majah 1977)

Her Right to Marriage

The Prophet ﷺ said, "A previously married women should not be married without consulting her and a virgin should not be married without asking her permission..." (Saheeh Muslim 1419a)

It's a bounty by Allaah that He made men and women to perform their respective roles.

"And do not crave what Allaah has given some of you over others. Men will be rewarded according to their deeds and women 'equally' according to theirs. Rather, ask Allaah for His bounties. Surely Allaah has 'perfect' knowledge of all things." [Surat An-Nisaa (4:32)]

Example of the Duties of the Men and the Women

Equality demands that every child in the house should be fed the same amount, but justice demands that each child should be given according to their age and need.

Think: can we exchange their duties.

- Can she lift a log of wood which one man could easily?!
- Why the kindergarten teachers are always women?!
- Women conceive and deliver children but not men. Man, on the other hand, has the duty to provide for the family?!

Feminism Stripping the Rights of Women

She is made the queen of the house, and Allaah made men to guard and protect and provide for them. Women have no duty to go out and earn for the family, but to obey the husband in order to please Allaah.

"Men are the caretakers of women, as men have been provisioned by Allaah over women and tasked with supporting them financially. And righteous women are devoutly obedient and, when alone, protective of what Allaah has entrusted them with." [Surat An-Nisaa (4:34)]

Qawwam is the one who spends on his wife and children and maintain them, and thus she must obey him in return! Allaah has created men and women with their specific roles in society. A beneficial and harmonious society is achieved when men and women complete and compliment each other, instead of competing with each other.

Do I need feminism?

No, Islam gives me all rights. Islam is complete and perfect, then, now and forever!

Believe that Allaah knows what is best for me. He is All Knowing (Al-'Aleem) and All Wise (Al-Hakeem). All goodness is in complying with and submitting to the command of Allaah. Islam means surrender and submission, which implies not disputing, because the one who disputes has not submitted. Allaah is Just! He gives the ajr (reward) generously to both men and women if they do what they are made to do For the Sake of their Creator.

Muslim ibn 'Ubayd related from Asma bint Yazid Al Ansariyyah that she went to Prophet ﷺ while he was seated with his Companions. She said,

"I came as an emissary to you from a group of women. Indeed Allaah has sent you to both men and women, and we believe in you. Indeed, we women are limited and constrained, though we are the pillars of your houses, from us do you fulfill your desires, and we also carry your children. Indeed, you men have been favoured over us by the congregational Friday prayer and by all other congregational prayers, by visiting the sick, by attending funeral prayers, by performing pilgrimage after pilgrimage, and better than all of that – Jihad in the way of Allaah. When men go out to perform Hajj, Umrah, or Jihad, we protect for them their wealth, spin for them their garments, and raise for them their children. Shall we not share with you in this recompense and reward?"

Prophet ﷺ turned to his Companions and said, "Have you ever heard any speech of a woman that is more beautiful than this woman's questioning regarding the affairs of her religion?" They said, "O Rasulullah, we never thought that a woman should be guided to something like this."

Prophet ﷺ turned to her and said, "Understand this, O woman, and teach this to those women whom you left behind: For a woman to be a good spouse to her husband, for her to seek his pleasure, for her to follow and cooperate with him, is equal to all of that (i.e. all of the rewards that men get for their toils or for the deeds mentioned above)."

She left and was making Tahlil and Takbir (i.e. she was saying 'La ilaha illAllaah' and 'Allaahu Akbar') out of rejoice." [Shu'abul Iman: 8369]

Feminism will lead to disbelief:

"This day I have perfected for you, your religion." [Surat Al-Maa'idah (5:3)]

This ayah contains a testimony from Allaah that this religion is complete and that it contains everything that is beneficial to His servants and that it contains a solution for all the issues and problems until the establishment of the Hour. That is suitable for all times and places.

Feminism ideology can gradually lead the person to a point where she begins to question different aspects of the religion. It starts with one objection and the chain continues. They start adding and deleting whatever fits into their idea of justice and equality and remove what doesn't fit and finally leaving Islam all together.

In summary, feminism is a war against Islam.

How can I Protect my Children?

- Teach the children their rights and duties according to Islam. Let them feel proud of it and enjoy their roles.
- Raise them on the foundations of Islam
- Teach them about Allaah
- Bring them upon Tawheed (Oneness of Allaah)
- Attach them to the Qur'an
- Teach them about the life of Sahaabiyaat and the noble Mothers of the believers (Radi-Allaahu 'anhunna)
- Make them understand their role as men and women according to Islam.
- Give girls good and righteous female role-models, and for boys –righteous and capable father figures.

Dear Parents,

Know that if your girl is not saved from this disease, then it will not only affect her and her life, but also the life of her future spouse and their children. Nurture her on her fitrah, love her and care for her like you look after a flower! She has to feel like a princess in order to feel like a real Queen in her future house. May Allaah preserve the true values in our daughters, and they fulfill all their roles and responsibilities as per Qur'an and Sunnah. Aameen.

PORNOGRAPHY

Meaning and Dangers of Porn:

- Pornography, or porn, is **material that depicts nudity or sexual acts for the purpose of sexual stimulation**. It can be in different forms, such as videos, photographs, writings, films, or comics.
- The Porn Industry is estimated around *\$97 billion* - Porn sites get more visitors each month than Netflix, Amazon and Twitter combined.
- This industry is all acting based. They traffic children and use them in it. After that they kill them as they are no more functional. Those who are watching porn just for temporary pleasure, ASK YOURSELF, WHAT KIND OF INDUSTRY ARE YOU ACTUALLY SUPPORTING?!
- Majority of the viewers are male and it starts even at the age of 9 or 10. It is said: Porn has become so widespread all over the world that any 10-year-old boy can now see more beautiful naked women in 15 minutes than the richest king in history ever saw in his whole life.
- This is a planned propaganda to make the men weak to an extent that they never grow to be responsible individuals i.e. Qawwam for their families. This is simply because they want to destroy the family system.
- The methods of accessing porn: Computers, Laptops, Mobiles phones, VR Headset, Books, Magazines, VPN, Movies, TV Shows, Music Videos, Video games, Fiction comics, Social Media, Online reading sites like Wattpad etc. [You think your children are learning better vocabulary by reading books; in reality – they are satisfying their nafs by reading explicit content.]

Effects of Pornography on children and youth: (Religion/Body/Social life)

Effects on one's Deen (religion):

- i. No connection with Allaah! More exposure to these scenes means more following desires, weak heart, no eagerness to work for the real purpose of life, and consequently many many sins! Therefore, Allaah Commands to protect one's gaze, if this is controlled, then the door for further sins will not open:

“O Prophet! Tell the believing men to lower their gaze and guard their chastity. That is purer for them. Surely Allaah is All-Aware of what they do.” [Surat An-Nur (24:31)]

Imagine, if the effects of looking at the covered women is something great, then how serious would be the effects of seeing their Awrah and the committing of disgusting acts! Hence, Allaah Commanded to not even go closer to anything that can lead to Zina (adultery):

“Do not go near adultery. It is truly a shameful deed and an evil way.” [Surat Al-Israa:32]

- ii. The one who follows his whims and desires will feel a sense of humiliation, indignity, worthlessness, and insignificance, which is the punishment that Allaah has decreed for those who disobey Him.
- iii. There will be no light for him with which he can distinguish between right and wrong. Since the heart becomes black with sins, the blessing of Baseerah (clear insight) and understanding will be taken away. He will have no Khushu' in Salaat (prayers) & Du'aas, and no sweetness of Emaan (Faith) will be felt. This is all due to committing the Zina of the eyes:

Abu Hurairah (Radia-Allaahu anhu) reported that Allaah's Messenger (ﷺ) saying: Allaah fixed the very portion of adultery which a man will indulge in. There would be no escape from it. The adultery of the eye is the lustful look and the adultery of the ears is listening to voluptuous (song or talk) and the adultery of the tongue is licentious speech and the adultery of the hand is the lustful grip (embrace) and the adultery of the feet is to walk (to the place) where he intends to commit adultery and the heart yearns and desires which he may or may not put into effect. [Saheeh Muslim]

- **Effects on one's Body: (Mental and Physical)**

- i. The porn-addict experiences negative feelings when he misses the habit, such as depression or feeling low – this drives him back to pornography, again and again, to try and restore the feelings of pleasure. They use pornography to cope with sadness, anxiety, insomnia, or other mental health issues. In the end they regret yet are unable to leave it altogether.
- ii. When a person with addiction initially uses the substance or engages in the behavior, they receive an intense rush of dopamine (feel-good hormone), causing feelings of pleasure and reward. Pornography activates the dopamine system, potentially leading to addiction. This will keep him tired and anxious all the time.
- iii. Masturbation: Watching porn leads to satisfying oneself with own hands. This is Haraam. In the later years of porn-addict's life, he finds it difficult to function in the married life as his body does not get satisfied with anything less than the high stimulation he has felt all his life before. He faces a hard time in establishing physical relations with the wife and his sperm becomes weak, thereby causing less masculinity.

- **Effects on his Social life:**

- i. He stays away from his family, parents, wife, and children. He does not like to mingle with the people consciously as his mind is messed up with the disgusting images that he has been seeing, and the heart is burning and restless. Hence his social functioning is deeply affected. For example, he could even objectify his mahram relationships like sister and mother (A'oodhubillaah)! No wonder there are cases of incest! Because lowering the gaze becomes very difficult after that.

- ii. He finds no desire for his wife as he has consumed too much haram already. He rather steps up and tends to watch extreme porn like Lesbians or gay porn. This is one of the reasons that can lead a man or woman to homosexuality.

How to protect my children from Pornography?

- ❖ **Make Du'aa of intercourse before having relationship with the husband, so that Allaah protects your child from Shaytaan.** Also, make lots of Du'aas for your child's chastity like Rasool Allaah ﷺ made Du'aa for a Sahabi (Companion):

اللَّهُمَّ اغْفِرْ ذَنْبَهُ وَطَهِّرْ قَلْبَهُ، وَحَصِّنْ فَرْجَهُ

O Allaah! forgive his sin, purify his heart, and safeguard his private area.

[Musnad Ahmad]

Dealing with a child who is about to reach the age of puberty (aged 10 and above)

- ❖ **Instill the greatest knowledge "TAWHEED".** There is indeed a cure for every disease in this great knowledge! We need to nurture our children upon the Beautiful Names and Attributes of Allaah so that they can act accordingly all their life! Allaah is As-Samee', Al-Baseer, Ar-Raqeeb, Al-'Aleem, Al-Khabeer. No one can escape His Watchfulness and Knowledge. He is Al-Qareeb. So never you are alone my child! He deals with us according to what is in our hearts. Not an eye blinks, but He knows what it has seen or intended to see. So, if you have fallen, then know that He is Al-Haleem, Al-Ghafoor, Ar-Raheem, At-Tawwab, As-Sitteer. We just need to run to Him all the time. This knowledge would be the greatest gift a parent can give to his child. For example, tell him these verses:

"Allaah even knows the sly glances of the eyes and whatever the hearts conceal." [Surat Al-Ghafir:19]

"Say, O Prophet, that Allaah says, "O My servants who have exceeded the limits against their souls! Do not lose hope in Allaah's mercy, for Allaah certainly forgives all sins. He is indeed the All-Forgiving, Most Merciful." [Surat Az-Zumar:53]

- ❖ **Parents should make sure that they are extremely close and connected to the children.** Especially boys need a father-figure in his father, someone he can trust and look up to. He should himself give his child knowledge about how things are going to change in his body and what he will feel due to hormones etc. He should be frank enough to talk to him about everything and so should the child. If the child gets the appropriate knowledge of his age from his own parents without being hesitant, then he wouldn't look for other sources that will mislead him like internet, school friend etc. Children have high curiosity especially in this age, and it needs to be fulfilled through the right channel. Refer to Speaker "Gabriel Romani's" videos on how to educate children according to their age. Cultivate good relationship with your child for appropriate discussion on sex education. Fathers with sons / Mothers with daughters. If you stay shy and do not understand the current fitan and the

exposure, then your child could get easily trapped by the Shaytaan despite you being extremely pious.

- ❖ **Share with them the Story of Yusuf ('Alayhissalam) in detail** about how he protected himself from the fitna of the woman and remained chaste.
- ❖ Share with them that **Allaah guarantees Jannah for the one who protects his private parts:**

Prophet ﷺ said: "Whoever can guarantee [to protect] what is between his jaw [i.e. the tongue] and what is between his legs [i.e. the private parts], I will guarantee him Jannah." [Saheeh Bukhaari]

- ❖ **Close observation should be paid to the following:**
 - Their friends (online & offline)
 - Location of the computer?
 - Is the screen facing the public?
 - Do rooms have locks?
 - Are kids allowed to watch on the screen all alone?
 - Do their gadgets have VPN?
 - How often and how long are your kids isolated? E.g. Bathroom breaks. If they take long time in bathrooms, then it means they could be involved in watching wrong stuff inside and masturbating.
- ❖ **Consider investing into parental apps:** Norton Family, Net Nanny etc.
- ❖ **Keep checking in their absence their device's search history.**
- ❖ **Keep kids busy from the beginning with two things, especially the boys:**
 - ✓ **Deen studies:** (Hifdh Al-Quran + studying Arabic + studying the Seerah of the Prophet ﷺ and the Sahabah and the Sahabiyaat (female companions).
 - ✓ **Physical Education:** They should be actively seeking to improve their skills in Sunnah sports like swimming, horse-riding, wrestling, archery, running, etc. And same with the girls. Their talents should be identified by the parents from an early age and they should be encouraged to work on it like crochet, cooking, etc. Make sure they don't have any free time. Be there for them and give them emotional fulfillment!!

Dealing with a Child who is Addicted

- ❖ Make lots of **Du'aa**
- ❖ Let them strive to do good deeds as **good deeds remove the evil deeds** [Surat Al-Hud (11:114)]
- ❖ Especially never let them stop praying **Salat**
- ❖ Increase their **knowledge of Allaah.**
- ❖ Remind them of the Day of Judgement more and more through different situations. Tell them that on that Day, their **own limbs will be witness against them!**

“And they will say to their skins, "Why do you testify against us?" They will say: "Allaah has caused us to speak, as He causes all things to speak, and He created you the first time, and to Him you are made to return.” [Surat Al-Fussilat:21]

- ❖ Encouragement for **Tawbah** by giving them verses on Allaah’s Mercy and Generosity. Don’t make them feel hopeless, rather tell them that Allaah responds to each du’aa and He is Al-Qadeer on doing anything!

“As for those who repent, believe, and do good deeds, they are the ones whose evil deeds Allaah will change into good deeds. For Allaah is All-Forgiving, Most Merciful.” [Surat Al-Furqan:70]

- ❖ Let them understand the **benefits of Lowering the gaze** and resisting to these temptations and desires.
- ❖ **Obedience to the command of Allaah which brings happiness to man in this world and the next.** Whoever resists himself from giving in to such temptations, for them Allaah says:

“And as for those who were in awe of standing before their Lord and restrained themselves from evil desires, Paradise will certainly be their home.” [Surat An-Nazi’aat:40-41]

- ❖ **Allaah will shade him on the Day of Resurrection:**

The Prophet ﷺ said: “There are seven whom Allaah will shade with His shade on the day when there will be no shade except His:a man who is called by a woman of rank and beauty and says ‘I fear Allaah’.....” [Saheeh Bukhaari]

- ❖ **Allaah will relieve him from the distresses of this dunya** like he did to one of the three men who were stuck in the cave by a rock.

The Messenger ﷺ said: Three men of a people before you, were on a journey when they were overtaken by a storm and therefore, they took shelter in a cave. A rock slipped down from the mountain and blocked the exit from cave.....Then the second man supplicated: "O Lord, I had a cousin that I loved more passionately than any man could love a woman. I tried to seduce her but she would refuse, till in a season of great hardship due to famine, she approached me (for help) and I gave her one hundred and twenty Dinars on the condition that she would have sexual intercourse with me. She agreed, and when we got together and I was just going to have intercourse with her, she pleaded, 'Fear Allaah, and do not break the seal unlawfully', whereupon I moved away from her, despite the fact that I desired her most passionately; and I let her keep the money I had given her. O Lord, if I did this thing seeking only your pleasure, then do move the distress in which we find ourselves. "Again the rock moved a little but not enough to let them pass out.....” [Saheeh al-Bukhari]

- ❖ Let them join anonymous **support groups**: My Tazkiyyah, Purify Your Gaze
- ❖ **Marriage**: as early as possible. Men need to ejaculate their semen and if they do not ejaculate for long periods they can suffer from ‘blue balls’ which causes aches and pains in their private parts. Therefore, Allaah says:

“Marry off the ‘free’ singles among you, as well as the righteous of your bondmen and bondwomen. If they are poor, Allaah will enrich them out of His bounty. For Allaah is All-Bountiful, All-Knowing.” [Surat An-Nur:32]

Do not wait for them to be completely settled and then they should marry. Allaah has promised to give them the Rizq. Similarly, the girls should not keep high demands for well-settled men only, and also keep the Mahr moderate. Otherwise, Halal will become difficult and expensive and Haraam will become easy and cheap.

❖ If they cannot marry, then **let them fast as much as possible:**

The Prophet Muhammad ﷺ said, “Young men, those of you who can support a wife should marry, for it keeps you from looking at strange women and preserves you from immorality but those who cannot, should devote themselves to fasting, for it is a means of suppressing sexual desire.” (Saheeh al-Bukhari and Muslim)

.....

Dear Parents,

Know that if your child is not saved from this disease, then it will not only affect him and his life, but also the life of his/her future spouse and their children. This doesn't heal just by marriage. Make immense du'aa to Allaah to keep our children's hayaa protected!

MENTAL HEALTH

What is Mental Health?

The World Health Organization (WHO) defines Mental Health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her life or his community.

Depression:

Depression is persistent sadness and a lack of interest in day-to-day activities that were once pleasurable.

- In many ways, mental health is just like physical health: everybody has it and it needs to be taken care of
- Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. Experiencing mental health problems over time can have an effect; your thinking, mood, and behavior, even the most simplest of tasks might seem overwhelming to get done. This can feel just as bad as a physical illness, or even worse.
- Factors that contribute to mental health problems, include:
 - Biological factors: genes or brain chemistry
 - Traumatic experiences

Mental health problems affect around one in four people in any given year and range from common problems, such as depression, anxiety and rarer problems such as schizophrenia and bipolar disorder.

Dangers of low Mental Health in Children

- Just as parents should focus on the physical and cognitive development of the child, they should also take care of their mental health as mental health is very important at a young age. Studies show that the more grounded children are with their mental health, the better they can deal with problems in life.
- Physical, intellectual, language, emotional and social are the developmental domains. Mental health has a direct connection with development. It can affect the growth of the body. This happens when they are experiencing neglect. Children who experience neglect or abuse are four times more vulnerable to develop mental illnesses such as psychosis, schizophrenia and bipolar disorder. They could also develop eating disorders. This would lead them to either eat very little or eat too much of the wrong foods.
- As for Intellectual development, they do not feel the confidence to break boundaries and ask questions when needed. This limits their intellectual development. When it comes to their emotional and social development, they would feel nervous and anxious to socialise with others as they might feel as though they would be judged for what they say and what they feel. When they previously have bad experiences speaking about their emotions, they would find it hard to speak to others. This also limits their language skills.

Effects of Low Mental Health:

- **Chronic Pain:** The mind copes with stress in different ways. Chronic mental illness can lead to aches, pains, and gastrointestinal distress that have no physical source. Over time, your aches and pains become detrimental to your physical health. You may develop serious physical injuries that make it even more difficult to recover from mental illness. Untreated mental illness can lead to more serious health problems.
- **Chronic Physical Health Issues:** Living with a mental illness isn't easy. If you neglect your mental health, it's easy to neglect your physical health. Chronic stress has been linked to a higher risk of strokes, heart attacks, and obesity. While mental illness might be in your brain, it affects your entire body.
 - Depression has been linked to many diseases such as diabetes, asthma, cancer, cardiovascular disease, and arthritis.
 - Schizophrenia has also been linked to a higher risk of heart and respiratory diseases.
- Mental health conditions can also make dealing with a chronic illness more difficult. The mortality rate from cancer and heart disease is higher among people with depression or other mental health conditions.
- Children with mental health conditions are more likely to suffer from sleep disorders, like insomnia or sleep apnea. While conditions like depression, anxiety, or bipolar disorder may lead to sleep problems, sleep problems can also make existing mental health conditions worse.
- Children with depression have lower levels of the chemical dopamine. Dopamine influences positive feelings in your brain.
- Instability in Daily Life:
Mental illness can make it difficult to cope with everyday life.
- Suicide or attempted suicide

Mental health issues do not get better on their own. The longer an illness persists, the more difficult it can be to treat and recover. Untreated anxiety may escalate to panic attacks, and failing to address trauma can lead to post-traumatic stress disorder. Early treatment usually leads to better outcomes.

Practical tips

1- Get closer to Allaah

Islam and mental health

"And whoever turns away from My remembrance - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind. He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allaah] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." [Surat Ta-Ha: (124-126)]

From this we understand that when we turn away from Allaah and his religion, we will be depressed. Just like how our body needs food to survive, our soul needs the remembrance

of Allaah to stay healthy. There are many things that parents can do to bring their children closer to Allaah. Here are some practical tips to get your children closer to Allaah as well as some habits and practices that would help with mental health:

- a) In any situation, remind them about Allaah. When they go outside and see the creations of Allaah, let them be reminded. When they do a certain action, remind them to renew their intentions for the sake of Allaah.
- b) Constantly hold Islamic activities as a family such as: giving them projects to learn and present different topics on Islam or have a weekly family reflection session where you get to understand your children a bit more and vice versa. Make it a habit to attend Islamic lectures and surround them with good companions through these lectures. (which are easily accessible in Kuwait and other Muslim countries).
- c) Teach them how to deal with stress and disappointment from an Islamic perspective. Take long, deep breaths. Pause whatever they are doing that is stressing them. Remind them that Allaah does not burden a soul that which he cannot bear. Do istighfaar and ask Du'aa to make the affairs easy.

They can also do wudhu and pray two rakaah's to feel tranquil and closer to Allaah. Then when their mind is clear, teach them how to overcome the struggle they are facing. Even the tiniest of issues that they face, parents should support them to overcome it. For example: if the young children tried to stack blocks but it kept falling, teach them the right way to stack it. Do not do it for them, rather teach them how to do it themselves. For the older kids, tell them to note down all the things that are stressing them on a piece of paper. Tell them to sort the list depending on its priority and understand which matters they are able to work on and the matters that can only be solved by Allaah. Then come up with solutions to the problems that they have.

- d) Teach kids the importance of the next life compared to this one, make the former more important to them, teach them to not be depressed if they don't do too well in worldly matters such as tests etc.
- e) Delayed gratification: Teach them that Du'aas and daily Adhkar. Teach them that Du'aas are not accepted instantly and behind every delay there is Khayr (goodness).

Abu Hurairah (Radia-Allaahu anhu) reported that the Messenger of Allaah, ﷺ said, "Every one of you will have his supplications answered, as long as he is not impatient and he says: I have supplicated but I was not answered." [Ṣaḥīḥ al-Bukhārī 6340, Ṣaḥīḥ Muslim 2735]

See how We prefer one above another (in this world), and verily, the Hereafter will be greater in degrees and greater in preferment" [Surat al-Isra' (17:18-21)]

- You should understand that the matter is not as you think, that the one who gets his share or has his Du'aa answered is better, and that the one who does not get anything is of lesser status

2- Get closer to with your children

- Know your child by constantly engaging with them through one-on-one interactions. As this helps understand their strengths, weaknesses, likes and dislikes.
- Be gentle, caring, physically affectionate and patient towards your children. Show them that it is safe for them to come and speak to you about anything. Listen to whatever they have to say even if it is something you are not interested in. And be merciful to them when they make mistakes.

Abu Hurairah (Radia-Allaahu anhu) reported that al-Aqra' b. Habis saw Allaah's Apostle (ﷺ) kissing Hasan. He said: I have ten children, but I have never kissed any one of them, whereupon Allaah's Messenger (ﷺ) said: He who does not show mercy (towards his children), no mercy would be shown to him. [Sahih Muslim 2318a]

- Set a good example so that they are dutiful to you:

“And your Lord has decreed that you worship none but Him. And that you be dutiful to your parents. If one of them or both of them attain old age in your life, say not to them a word of disrespect, nor shout at them but address them in terms of honour. And lower unto them the wing of submission and humility through mercy, and say: ‘My Lord! Bestow on them Your Mercy as they did bring me up when I was young.’” [Surat Al-Isra 17:23-24]

3- Maintaining a healthy relationship with your children and preventing bad mental health

- Learn how to apologize to your children. Avoid comparing the children to others (especially within the family). Avoid disagreements with your spouse in front of the kids.
- Teach your children what is appropriate behaviour and what isn't, teach them to be fearless in saying no and the difference between a good companion and a bad companion. Get to know their friends, and their families. Advice kids to stay away from social media.
- Do not brag about your kids to others or backbite about them. Don't humiliate your kids, do not smack your children to a point where it hurts. Do not be regular with punishments. Don't punish your child for un-Islamic matters. Instead instill positive reinforcements. Do not curse children.

Anas ibn Malik (Radia-Allaahu anhu) said, “I served the Prophet (ﷺ) for ten years, I lived with him for ten years and not once did he rebuke me. Not once did he say the word ‘uff’. He never said to me why did you do this or why didn’t you do that”.

(Saheeh al-Bukhari 5691, Sahih Muslim 2309)

Dear Parents,

Know that your child, if not given confidence, and his/her individuality is not respected whilst he/she is still young, then it will not only affect him and his life, but also the life of his/her future spouse and their children. This is a big trauma for him. He needs to be nurtured like an individual!

SOCIAL MEDIA

What is Social Media?

Social media are interactive technologies that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks.

Eg: Social media platforms such as Facebook, Twitter, Instagram, Snapchat etc.

While we teach our children about the risks associated with the internet, such as identity theft, cyberstalking, and online harassment, we frequently underestimate the hidden dangers that pose greater threats. There are hundreds and thousands of profiles on social media and our children pay attention to people's lifestyles, activities, fashion choices, and even their opinions, beliefs, and moral stances.

All these influence the child's minds, habits, and beliefs.

How Social Media works?

Firstly, they start appealing to what the online audience of friends and followers finds popular and conforming to what the algorithm wants.

Then, small changes such as putting their birth/ Zodiac sign in their bios, then they try to dress less modestly as exposing some hair is the new 'hijabi' trend.

It is a vicious cycle because a weak Emaan leads the person to be addicted to social media, and using social media decreases one's Emaan further.

Role of Parents

“O believers! Protect yourselves and your families from a Fire whose fuel is people and stones, overseen by formidable and severe angels, who never disobey whatever Allaah orders—always doing as commanded.” [Surat At-Tahreem (66:6)]

The Prophet ﷺ said: “Each of you is a shepherd and each of you is responsible for his flock. A man is the shepherd of his household and is responsible for his flock. A woman is the shepherd of her husband's household and is responsible for her flock.” [al-Bukhaari (896) and Muslim (1829)]

One of the most important rights that children have over their parents is that they should give them a good upbringing and take care of them, paying attention to their manners and behaviour, and their practice of their religion in a manner that is pleasing to Allaah, and following up with them regarding worldly matters in such a way that will help them to live a dignified and righteous life.

How does Social Media affect your child?

- **Aqeedah is distorted:** Children are in their natural fitrah and are inclined to worship Allaah alone. With wrong content being watched their minds can be brainwashed and the Aqeedah could be distorted over a period of time.
- **Concerning ourselves with that which is not our business:** Pictures, videos, tweets, and snaps all contribute to the desensitization of the young minds, polluting it with ideologies that contradict the Quran and Sunnah, getting to the point where their influence overtakes them in secret.
- **Love of praise:** The nafs' (soul) loves praise: 'Likes' makes a person feel good. And we keep returning for that feeling. However, the love of the praise of the people is a horrible attribute that makes a person loses sincerity in his heart.
- **Addiction:** Spending too much time on social media can lead to a lack of productivity and poor performance academically.
- **Anxiety and fear of missing out:** Once they are addicted, they will feel missing out on updates on their feeds and need to constantly check them if not they may feel restless which can lead to anxiety and depression.
- **Unrealistic or fake life:** Children may feel pressured to follow what's trending and will want to look like a certain celebrity or a certain way leading to making them have low self-esteem, body images, distorted ideologies and beliefs.
- **Privacy concerns:** This is a major issue as they may not understand the consequences of sharing their private information on public platforms.
- **Opposite gender interactions:** As they may not know who they are corresponding with, this poses a greater danger to girls in not knowing who they are chatting with.
- **Cyber bullying:** Children can be subjected to cyber bullying and harassment which can lead to depression and anxiety.
- **Wasting of time:** Since it's an addiction it will be very difficult to control the amount of time wasted.
- **Adverse Health Issues:** Eyesight as well as body movements could be affected by long hours of sitting and gazing on the phone or laptop.
- **Skills not being utilised:** Allaah has given each of us different skills. However, when children are engaged in social media they are not using those skills to the fullest.
- **Dangerous Muslim content creators:** Due to the saturation of 'Muslim' content creators, our children don't know who to follow. Some children are carried away by the word 'Muslim' and follow those people who are not an example to the religion or the way of the Prophet. The reality of the situation is that anyone can have a platform and a voice. What they may perceive as *Muslim influences* are simply people who have strayed from Islam and are encouraging our children to do the same.

Our Responsibility as Muslims

The Prophet (ﷺ) said, "Part of the perfection of one's Islam is his leaving that which does not concern him."

[Hasan (good) by Tirmidhi]

In response to a question with regard to weak Emaan, Sheikh Ibn 'Uthaymeen (Rahimahullaah) said, "Indeed, a person is only human and [his state] changes in accordance to what his heart is exposed to; to what his eyes look at and his ears listen to."

Ibn al-Qayyim (Rahimaullah) said, "A man's time is in fact his life, and his eternal life, whether it is eternal bliss or eternal suffering, is based on how he spent it. Time is passing quickly; whatever time he spends for the sake of Allaah and by the help of Allaah, this is his true life; any other time is not counted as part of his life, even if he spends it doing what animals do. So, if he spends his time in heedlessness, idle entertainment and false wishes, and the best of what he spends his time in is sleep and idleness, then his death is better than his life." (Al-Jawaab al-Kaafi, p. 109)

Parents Role in Protecting their Children

- **Du'aa** - As mothers we need to understand and accept that this fitnah has already reached our houses and we need to ask Allaah to protect our children from this fitnah and continuously ask Du'aa to guide us to the correct path.
- **Communication** - Connect all discussions to Tawheed. Be your child's best friend by discussing all matters with them from groceries to books. Within all these conversations connect every aspect of it to the oneness of Allaah and His perfect Names and Attributes.
- **To be aware that our children are watching us, therefore we need to be their role models.** Portray a good exemplary characteristic especially in front of them. Do not be on the phone every time they see you. Set yourself a time for device and a time for them too. Remember, they listen with their eyes.
- **Prioritise and study the Religion**
They need to study the religion, discover who they are as Muslims, away from the internet. They are bombarded with so many views, ideologies, perspectives, and doubts online that they must take a step back in order to understand as Muslims without being drawn down the rabbit hole of finding acceptance among an online audience and algorithm.
- **Things to do as a family**
 - Reading and understanding Quran, Hifdh, Arabic, Seerah
 - Salah in congregation for women at home
 - Reading religious books together by taking turns
 - Attending Islamic lectures
 - Family halaqah time at home
 - Charity/sadaqa drive in the neighbourhood
- **The importance of lowering the gaze**
It is not just when there is someone standing in front of them but also in cyberspace. Teach them to protect their Hayaa (modesty)

- **Educate them to be wary of the authenticity of the information received or broadcasted.** Who they follow and engage with should be monitored.
- **Occupy them with their responsibilities offline:** Family, Salaat (prayer), schoolwork or work commitments. You must begin providing alternatives to keep children away from haraam. Whether it's spending quality time with them, enrolling them in after-school activities like sports or reading, or keeping them busy enough so that they don't even realize they have a phone.

How do we protect them?

- Prioritise and study the religion
- Understand the severity of this issue
- Educate them
- Occupy them with their responsibilities offline
- Communication - Connect all discussions to Tawheed
- Be their role model
- Teach them the importance of lowering the gaze

Why do children go on Social Media?

Because they don't get emotional fulfilment from their family. Therefore:

- ✓ Be there for them
- ✓ Express your feelings
- ✓ Make yourself their safe place
- ✓ Let them express their hearts to you
- ✓ Listen without always advising instantly **So that they don't fulfil their needs from social media and its influencers!**

Dear Parents,

Know that social media plays a crucial role in your child's way of thinking, in this time and age. Acknowledge this fact and act responsibly and wisely before you end up regretting it. Don't think he will grow up to be fine. The fitan of this time have to be taken seriously.

GAMING & NETFLIX ADDICTION

GAMING ADDICTION

Video game addiction, also called internet gaming disorder, is a condition characterized by severely reduced control over gaming habits, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities resulting in negative consequences in many aspects of your life, including self-care, relationships, school and work. Gaming addiction is now recognized as a mental health disorder by the World Health Organization.

Symptoms of Addiction

- Preoccupation (i.e., gaming dominates thoughts, feelings and behavior), resulting in poor performance at school, work or household responsibilities.
- Withdrawal symptoms, such as sadness, anxiety or irritability, when games are taken away or gaming isn't possible.
- A need to spend more and more time playing video games to get the same level of enjoyment.
- Giving up other previously enjoyed activities and/or social relationships due to gaming.
- Being unable to reduce playing time and having unsuccessful attempts to quit gaming despite its negative consequences.
- Lying to family members or others about the amount of time spent playing video games.
- A decline in personal hygiene or grooming
- Using video games as a way to escape stressful situations at work or school or to avoid conflicts at home.
- Using video games to relieve negative moods, such as guilt or hopelessness.

Dangerous Effects of Gaming Addiction on our Children

Health Effects

- Becoming overweight and obese due to lack of movement which can lead to diseases such as diabetes, enlarged thyroid, etc.
- Increase in anxiety and depression and in more severe cases suicidal thoughts and ultimately suicide.
- High heartbeat and blood pressure due to too much excitement and stress
- Weak vision, headaches, and video-induced seizures.
- Neck pain, as well as other postural, muscular and skeletal disorders, such as tendonitis or "gamer's thumb", nerve compression, carpal tunnel syndrome.
- Lethargy and laziness in the muscles.

Effects on their Religion and Morals

- Neglecting worship and other obligatory duties due to reluctance to leave the game without completing it.
- Some video games teach kids violent behaviour

- When playing online, your child can pick up bad language and behaviour from other people
- Social isolation
- Waste of spare time that could be used in doing more useful activities.

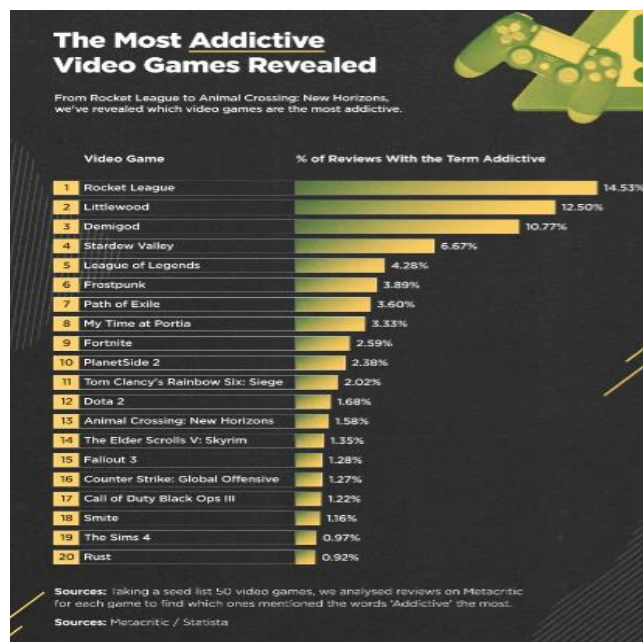
The Prophet ﷺ said: "There are two blessings that many people are deceived into losing: health and free time." [Bukhari]

Other Effects

- Children become vulnerable to online dangers
- When children spend too much time playing video games, they may exhibit impulsive behavior and have attention problems.
- Games can confuse reality and fantasy. Most young children tend to think that what they see in video games is a reality.

The issue of gaming addiction is very real, for example, in Singapore, 10% of children are addicted to the internet and video games. As a result, the government introduced a classification system that helped parents choose appropriate games for their children. Furthermore, due to non-compliance with the grading system, the Singapore government has banned numerous popular video games.

Most Addictive Games Played Worldwide



How to Protect our Children

- Make firm within your children the correct religious creed (Aqeedah), Islamic monotheism (Tawheed), the correct Islamic principles and instill in them the love for Allaah and obedience to Him, such that your children will reject all foreign ideologies by the permission of Allaah.

- Make lots of Du'aa for your children, asking Allaah to guide them and help them to do what is good and beneficial for them.
- Rather than imposing a total ban in the case of a child who is in such a situation, we should focus our efforts on participation and guidance.

How to Participate with your Child:

- Work with your child to choose games that are age appropriate and free from anything that is contrary to Islamic teachings.
- Interact socially with your child by sitting and talking to him, and by watching his /her progress in some useful activities they do.
- Day trips to appropriate leisure venues
- Parents must get their children involved in some social centers that provide educational and leisure programs for them.
- Look for other options where the family can participate in playing games together, for example board games, Wii sport, etc.

How to Guide your Child:

- Talk to your child, convincing him by advising patiently and gently of the necessity of putting limits on the time spent playing, using real life stories and news about the dangers of gaming.
- Remind your child that they will be held accountable on the Day of Judgement for how they have spent their time and youth.

The Prophet ﷺ said:

*“The son of Adam will not be dismissed from before his Lord on the Day of Resurrection until he has been questioned about five things :
His life and how he spent it , his youth and how he used it.... (At-Tirmidhi 2417)*

- Teach your child that phones and tablets are not toys and should be used with intention.
- Get your child to do something useful before letting him play, such as memorizing a Surah or Hadeeth, to complete his homework and to clean his room etc.

When Does Gaming Become Haram


The basic rule concerning video games is that they are permissible so long as they do not get in the way of obligatory duties such as establishing prayer [i.e., praying properly and on time] and honouring one's parents, and so long as they do not include anything that is Haram such as games that:

- Portray wars between the people of this world (good guys) and people from the sky (bad guys), with all its implications of accusations against Allaah.
- Involve sanctifying the cross
- Approve of or glorify witchcraft/magic.

- Are based on hatred of Islam and Muslims, like the game in which a player gets 100 points if he hits Makkah, etc.
- Glorify the non-Muslims and show pride in belonging to them.
- Include pictures of nudity, and some games that allow the winner to see a pornographic picture.
- Corrupt morals, such as games where the idea is to run away with a girlfriend from the bad guys or a dragon.
- Some games are based on ideas of gambling, music and other things that are known to be forbidden in Islam.

“O you who believe! Intoxicants (all kinds of alcoholic drinks), gambling, al-Ansab [sacrifices for idols, etc.] and al-Azlam [arrows for seeking luck or decision] are an abomination of Shaytan’s handiwork. So avoid (strictly all) that (abomination) in order that you may be successful.” [Surat Al-Maa’idah (5:90)]


- Some games teach the children to take killing and murder lightly, as in the famous Doom game.
- Some even corrupt the child’s sense of reality by teaching them about a world of illusions and impossible things, such as coming back from the dead, etc.


VIDEO GAME

SHAYKH SULAYMĀN AR-RUHAYLT حفظه الله SAID:

I was asked more than nine months ago regarding the video game PUBG. At that time, I issued a verdict stating that it is Harām (impermissible) and that it leads to a lot of evil. Now, I have come across its latest update which contains the the act of glorifying idols. [It also shows] that they (idols) benefit and that whoever magnifies them will obtain weapons which are more powerful. And this is indeed the greatest oppression and it is Major Shirk (polytheism). So every Muslim must beware of this game and he must stop his children from playing it.

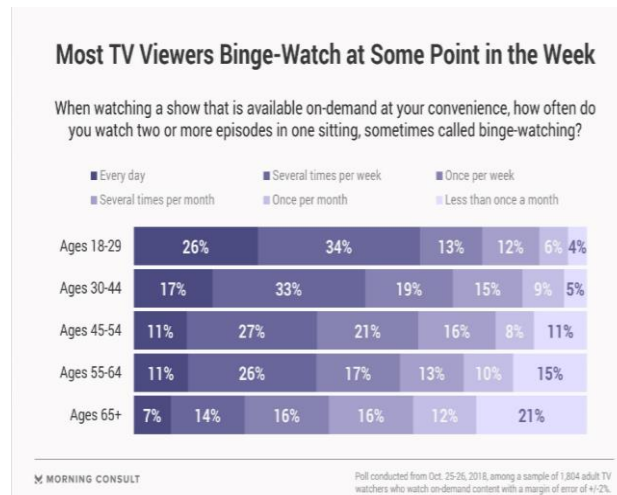
TRANSLATOR: YASAR A. RAHMAN حفظه الله
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OFFICIAL ENGLISH ACCOUNT OF SHAYKH SULAYMĀN AR-RUHAYLT,
PROFESSOR AT THE ISLAMIC UNIVERSITY OF MADINAH • TEACHER
AT MASJID NABAWI ﷺ • IMĀM & KHĀTĪB MASJID QUBĀ, MADĪNĀH


NETFLIX ADDICTION

The 'Netflix Effect' is where children, teenagers, and adults alike lose track of time whilst binge-watching television series.

Binge-watching is the practice of viewing multiple episodes (can be from 2 to 6) of a television series or a series of movies consecutively, either in one sitting or a short period.



Effects on your Child

When binge-watching your favourite show, your brain is continually producing dopamine, and your body experiences a drug-like high. It soon becomes an addiction that worsens over time, gradually creeping into and taking over many aspects of your life.

The bad effects on the individual and on the Ummah include:

1. Slipping grades,
2. Being late to work or class and becoming negligent of one's responsibilities
3. Not being active, thereby gaining weight which leads to serious health issues
4. Lack of appetite and fatigue
5. Isolating themselves off from having a social life.
6. Stress, anxiety and depression
7. Provocation of desires
8. Propagation of immorality which is made attractive and easily accessible
9. Teaching and justification of crime
10. Corruption of married life, by making the wife seem ugly to the husband and vice versa, by showing images of attractive girls and men
11. Spreading corrupt beliefs based on kaafir theories, such as the theory of evolution, propagating magic, soothsaying, or making fun of religion and religious people, etc.
12. Wasting time and draining away energy, living with illusions far removed from reality

Shaykh Ibn Baaz (may Allaah have mercy on him) said in al-Fataawa 3/227:

With regard to television, it is a dangerous device and its harmful effects are very great, like those of the cinema, or even worse. We know from the research that has been written about it and from the words of experts in Arab countries and elsewhere enough to indicate that it is dangerous and very harmful to Islamic beliefs (Aqeedah), morals and the state of society. This is because it includes the presentation of bad morals, tempting scenes, immoral pictures, semi-nakedness, destructive speech, and Kufir. It encourages imitation of their conduct and ways of dressing, respect for their leaders, neglect of Islamic conduct and ways of dressing, and looking down on the scholars and heroes of Islam. It damages their image by portraying them in an off-putting manner that makes people despise them and ignore them. It shows people how to cheat, steal, hatch plots and commit acts of violence against others. Undoubtedly anything that produces so many bad results should be stopped and shunned, and we have to close all the doors that could lead to it. If some of our brothers denounce it and speak out against it, we cannot blame them, because this is a part of sincerity towards Allaah and towards other people.

Prevention:

- Seek Allaah’s help and make Du’aa for your children
- Try to be good role models for your children, by reducing your time watching television, as usually children learn better by following examples.
- Talk to your children if they insist on watching programs which are not age appropriate. Establish rules and guidelines.
- Delete Netflix account and limit Internet access.
- Add screen time and set watching limits which are both time and age appropriate.
- Watch certain programs with your children and talk about them. Discuss what is real, share your own beliefs and values regarding the program.

WHAT WE SEE AND HEAR AFFECTS OUR HEARTS!!

“Verily! The hearing, and the sight, and the heart, of each of those you will be questioned (by Allaah)”. [Surat Al-Isra (17:36)]

The sight and the hearing are gateways to the heart. Whatever we see and hear will definitely influence our hearts, therefore it is incumbent to protect our hearts from things that will corrupt it, like false ideologies, exposure to indecency, violence, corrupt morals, etc. by making conscious decisions of what we watch and listen to.

.....

BEING STEADFAST IN TODAY'S TIME

Introduction

Steadfastness in the religion of Allaah is a basic requirement for every sincere Muslim who wants to follow the straight path with determination and understanding.

This matter is of great importance for several reasons, including the following:

- a) The present situation of the societies in which Muslims live, the types of temptation to which they are painfully exposed, and the kinds of whims and desires, doubts, and confusion that have caused religion to become something strange, so that those who adhere to it are likened to something weird, and people say: "The one who holds on to his religion is like one who holds on to a burning coal."
- b) Muslims today need the means of steadfastness and that the effort required is greater, because of the corruption of our times, and the scarcity and weakness of brothers and supporters who could help. The high incidence of apostasy (Riddah) and backsliding, even among those who are working for Islam, which causes Muslims to fear.

The Prophet (ﷺ), "It changes more than a pot of rapidly boiling water." [Ahmad]

*He (ﷺ) also said, "The heart (qalb) takes its name from its constant changes (**Taqallub** – alteration, variation, ups and downs). The likeness of the heart is that of a feather at the root of a tree, being turned over and over by the wind." [Ahmad]*

Making the one stand firm who is tossed about by the winds of doubt and confusion is a serious matter which needs tremendous means as befits the seriousness and difficulty of the task at hand!

ISLAM AND CULTURE: DON'T MIX THEM UP!

Islamic beliefs and practices are those practices that have roots in the Qur'an and the Sunnah of the Prophet ﷺ. Any belief or practice, even if common among some Muslim countries which does not go back to Qur'an and Sunnah is not an Islamic belief or practice.

So, living in a non-Muslim society with diverse cultures a Muslim should ensure that he doesn't mix his ethics that transgresses Allaah's laws. Islam is all about peacebuilding and establishing good relations with humanity.

As Muslims, it is our religious duty to challenge interpretations that cause discord and promote hatred. It is important for every Muslim to make an effort and portray the goodness of Islam.

Dangers when being with the Non-Muslim Community

Imitation: Imitating non-Muslims has spread extensively among young boys and girls to an extent that this impermissible matter became familiar.

Some of the imitations are:

- a) Him wearing gold necklaces and bracelets.

- b) Her wearing shorts and western hats.
- c) Wearing T-shirts with pictures of celebrities and football stars.
- d) A boy cuts his hair in a western style which includes religious prohibitions.

“The Messenger ﷺ prohibited shaving a part of the head and leaving another part long.” [An-Nasā’ī no. 5051, sahih]

- e) Girls wearing tight jeans that describe every detail of their body.
- f) Posing for a selfie or a picture to post in media
- g) Imitating men in their walk, speech and jokes. Cutting hair in a masculine way in such that there is no differentiation between a boy and a girl.

These imitations are like their goals, interests, and they eventually portray their own lives submitting totally internally and externally.

Warning against imitation in Qur’an and Hadeeth?

The Qur`an has warned against imitating the infidels and prohibited following any way except the way of the believers showing that it is the way of loss and remorse.

“Has not the time come for the hearts of those who believe (in the Oneness of Allaah - Islâmic Monotheism) to be affected by Allaah’s Reminder (this Qur’ân), and that which has been revealed of the truth, lest they become as those who received the Scripture [the Taurât (Torah) and the Injeel (Gospel)] before (i.e. Jews and Christians), and the term was prolonged for them and so their hearts were hardened.” [Surat Al-Hadîd (57:16)]

The Prophet ﷺ said: “Whoever imitates a group of people is one of them.” [Abu Dâwûd: 4031]

That’s because imitation implies tendency and admiration, love and magnifying so it is rational to say that he who imitates is one of those imitated.

Why do some imitate others?

Imitation is a sign of a weak personality, an inferiority complex, and low self-esteem. It is a reason for losing our identity and deviation of religious understanding, thus mutating the Islamic personality, which would probably lead to infidelity and atheism.

It is the weirdest despised thing that the higher would imitate the lower, the virtuous holding principles following the steps of the one without morals, and the good imitating the evil and dissolute.

“You, O young men and women, you are the ones with lofty virtues by the help of Allaah. you are the good people with high principles and morals for which the east and west envy you for that”.

Allaah says in [Surat Al-‘Imrân 3:139]

“So do not become weak (against your enemy), nor be sad, and you will be superior (in victory) if you are indeed (true) believers.”

- i. Thinking that the non-Muslims are advanced, and we are far way behind. So that we become advanced.
- ii. We blind follow them of what they do in their leisure and free time not in their work and seriousness.
- iii. We imitate them in their immoral and impudence and not in experimenting and research.

This will lead us to more weakness, poverty, collapse, and retreat!

Does singing, dancing, femineity of men, mannish women, running after lust, abandoning morals, and rejecting beliefs will reach an era of advancement?

Way to seek Advancement:

- a. We call our generations to follow what is good and keen on the way to rise up in advancement by adhering to our Islamic principles and beliefs.
- b. Science, knowledge, inventions, and discoveries aren't restricted to a group of people while excluding others. That's why excerpting of science and technology, advancement in all scientific fields is not considered imitating others, but it is among our rights and duties that Allaah had imposed on this nation. This nation is obligated to deliver the message, in order to do that, it has to be of power and status among other nations, that's why Allaah said in [Surat al-Anfâl (8:60)]:

“And make ready against them all you can of power, including steeds of war (tanks, planes, missiles, artillery) to threaten the enemy of Allaah and your enemy.”

The power is not meant to be used for aggression because our religion forbids us from aggression, treachery, and injustice. Rather this power is used to cease war and stop aggression against others.

The Prophet ﷺ said: “Allaah folded earth for me, so I saw its east and west, and my nations rule will reach what Allaah folded for me from it (its corners).” [Muslim 2889]

Can one achieve to rule the corners of the earth through singing, dancing, killing time through committing sins, and staying up at night for forbidden matters?

Never, we will not achieve this rank except by adhering to the religion that teaches us responsibility, science, and knowledge, and using the tools of advancement in every field! We were the leaders of this world for many centuries, and the bases of Europe from knowledge, observation, and creativity goes back to its past learning from the Islamic civilization. Therefore, they woke up from their deep sleep taking as much as they could from knowledge flourishing in the Islamic civilization and we were very kind to them. We didn't hold back from them any of our knowledge, culture, and research until they copied everything from our civilization.

FREE MIXING IN PUBLIC SCHOOLS

When young men and women are put together in classrooms and lecture halls, the natural tendency is to cross the bounds of modesty and decorum, and to gaze, chat, joke, flirt, and

ultimately date. The boy-girl interplay is for some, the very point of the high school and university experience. When this becomes more than highly probable, it becomes forbidden.

A gaze, then a smile, then a greeting, words, then a tryst, then a meeting. [Ahmad Shawqi]

For this reason, it is highly disliked in the Sacred Law, especially when dealing with younger adults, to have mixed classes and lectures, or even mixed schools or universities.

If you can find a good school that is segregated, or study online, and still expect to get the knowledge and credentials you need to work in life, then it would be far the better option. If not, then you just have to exercise extreme caution, lower your gaze, and bite the bullet, as Allaah says:

‘Indeed Allaah is with those who are resolute in their fear [of Allaah], and those who are excellent in good.’ [Surat An-Nahl (16:128)]

Oh! young men and women! You are the hope of this nation and the sign of its uprising, so don't throw away this hope and lose with it all wishes and dreams. We are in need of your effort, brains, enthusiasm, your dedication to serve your religion, society, and nation.

Let us all head to serious production, continuous research, bright thinking and fruitful creativity after we get rid of inferiority complex, humility and the feeling of frustration.

Let us arm ourselves with faith, certainty and total reliance on Allaah. This is the weapon that the Prophet Muhammad (ﷺ) awakened the companions with, who upheld the message of Islam and opened through it the east and west until the Muslims had a state that the sun never sets on.

How to be Steadfast and help our children with it?

- **Turning towards the Qur'an:** The Qur'an is the foremost aid to standing firm in Islam. It is the strong rope and clear light of Allaah. Whoever adheres to it, Allaah will protect him; whoever follows it, Allaah will save him; and whoever calls to its way will be guided to the Straight Path.

Allaah has stated that the reason why this Book was revealed in stages was to help His Prophet ﷺ to stand firm in his faith. In the context of refuting the doubts of the kuffar. Allaah says in [Surat al-Furqan (25:32-33)]

“And those who disbelieve say, ‘Why is not the Qur’an revealed to him all at once?’ Thus (it is sent down in parts), that We may strengthen your heart thereby. And We have revealed it to you gradually, in stages. And no example to similitude do they bring (to oppose or to find fault in you or in this Qur’an), but We reveal to you the truth (against that similitude or example), and the better explanation thereof.”

Why is the Qur'an such a source of strength?

- a. Because it cultivates faith and purifies the soul through contact with Allaah.
- b. Because it brings peace and tranquillity to the heart of the believer, so he will not be tossed about by the winds of fitnah; his heart will be content with the remembrance of Allaah.

c. Because it provides the Muslim with the correct understanding and values with which he will be able to evaluate the situation around him. It also gives him the standards against which he may judge things in a proper and consistent manner.

- **Adhering to the Laws of Allaah and Doing Righteous Deeds**

“Allaah will keep firm those who believe, with the word that stands firm in this world and in the Hereafter. And Allaah will cause to go astray those who are dhalimun (polytheists and wrongdoers, etc.), and Allaah does what He wills.” [Surat Ibrahim:27]

Qatadah said: “As for the life of this world, Allaah will help them to be steadfast in doing good and righteous deeds, and in the Hereafter (He will help them) to remain steadfast in the grave.”

The Prophet (ﷺ) used to persevere in doing righteous deeds, and the most beloved of good deeds to him were those that were continuous, even if they were small.

- **Studying the Stories of the Prophets and Following their Examples:**

“And all that We relate to you (O Muhammad) of the news of the Messengers is in order that We may make strong and firm your heart thereby.... [Surat Hud:120]

Think about the story of Ibrahim (‘Alayhisslam) when he was thrown in the fire:

“They said: ‘Burn him and help your alihah (gods), if you will be doing.’ We (Allaah) said: ‘O fire! Be you coolness and safety for Ibrahim!’ And they wanted to harm him, but We made them the worst losers.” [Surat Al-Anbiya:68-70].

Ibn ‘Abbas (Radia-Allaahu anhu), said: “The last thing Ibrahim, [‘Alayhissalaam], said when he was thrown in the fire was, ‘Allaah is Sufficient for me and He is the Best Disposer of affair’”. Do you not feel how he stood firm in the face of oppression and torture, when you read this story?

Allaah tells us about Musa [Alayhis-Salaam]: *“And when the two hosts saw each other, the companions of Musa said: ‘We are sure to be overtaken.’ Musa said: ‘Nay, verily! With me is my Lord, He will guide me.’” [Surat Ash-Shu’ara:61-62].*

Do you not feel how he stood firm when he was being pursued by the hosts of Pharaoh and was surrounded by cries of despair from his own people?

Read the story of the magicians of Pharaoh, which is an example of a small group that adhered firmly to the truth once it had become apparent to them. Do you not see how they stood firm in the face of threats issued by the oppressor!

Also think about the story of the believer in Surat Yasin, the believer of Pharaoh’s household, the people of the Ditch (al-ukhdud), and others, which teach us the greatest lessons we could ever learn about standing firm in our faith.

Jazakumullaahu Khairan for reading. May Allaah benefit us all and accept. Aameen!