



# FAMILY IS A SOURCE OF CONTENTMENT

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اَلْحَمْدُلِلّٰهِوَالصَّلَاةُ وَالسَّلامُ على سَيِّدْنامُحَمَّدٍ وعلى الهواَصْحابهِ اَجْمَعِيْن. اَمَّابَعْدُ فَاَعُوذُ بِاللَّهِ مِنَ الشَّيْطانِ الرَّجِيْم. بِسْمِ اللَّهِ الرَّحْمْنِ الرَّحِيْم. وَمِنَ اٰيْتِهٖ اَنْ خَلَقَ لَكُمْ مِّنَ اَنْفُسِكُمْ اَزُوَاجًا لِّتَسْكُنُوۤ اللَّهَا وَجَعَلَ بَيۡنَكُمْ مَوَدَّةً وَرَحْمَةً وانَ فِي ذَٰلِكَ لَايْتٍ لِقَوْمٍ يَّتَفَكَّرُوۡنَ (الروم٣) مَودَّةً وَرَحْمَةً وانَّ فِي ذَٰلِكَ لَايْتٍ لِلَّهُوْمِ يَتَفَكَّرُوۡنَ (الروم٣) وقال الله تعالى: وَاللَّهُ جَعَلَ لَكُمْ مِنْ بُيُوۡتِكُمۡ سَكَنَّا (النعل. ٨) صَدَقَ اللّٰهُ العَظِيْمُ صَدَقَ اللّٰهُ العَظِيْمُ اللهُ المُحَمَّدِ وَعلى آلِ سَيّدنا مُحَمَّدٍ وبارِكْ وَسَلِّم.

# Family life is a source of contentment

My most Respected Elders , Brothers, Most Esteemed Mothers and Sisters in Islam. Family life is a source of contentment, a source of ease and serenity. Allah has kept comfort and blessings in one's home. By attaching oneself to a married life, a person may attain tranquility. Allah has mentioned home and married life in the Quran as vital factors towards happiness. In this aspect a fundamental understanding is that whether it is home life or marital life, if all members are Allah fearing than there will be long lasting compatibility .If each one is aiming to do good deeds than most definitely there will be love and harmony.

There will be mutual trust and all will be beneficiaries to each other. The home will become an abode where peace and tranquility will blossom. All of this is subject to deen being in the foundation of these family and marital relations. There are accounts from the life of our beloved Nabi that whenever he returned distraught from outside affairs He found relief in his spouse Hazrat Khadija in the form of counseling and assurances.

It's a pity that the Muslim of today is deprived of this relief



that one can attain from one's home and marriage. Sadly today you will find people flocking to clubs, hotels, resorts and various other entertainment venues to attain peace and tranquility and since the enjoyment that one attains from these venues is superficial therefore it not long lasting and is readily exhausted.

# There is no peace in Dunya and what it contains

Allah has not kept fulfillment in these temporary worldly assets. Real and long lasting contentment lies in one's home and in one's family life. However there are some principles that need to be followed in order to benefit from and avail this tranquility, the condition of these times is such that the homes of the pious are also robbed of this endowment of peace and calm. The challenges of the society have caused the foundations of such pious homes to rock as well.

These homes are also witness to many trivial skirmishes. Whether they are "Namazis" or whether they are "Haajis" they have been robbed of the peace and tranquility in their homes and the cause is none other than ignorance to the fundamental principles of leading one's lives as prescribed by Deen.

The guidelines that were defined by our beloved Nabi have been brushed aside. The wife has no guide, the husband seeks no guidance and in this style of ignorance and lack of guidance they are dwelling in absolute discomfort and agony.

A person can take the beatings of the outside world, but his world crashes if the challenges are being flung at him from within his own house. That agony leads to absolute bewilderment, and time is consumed in this grief such that the precious moments of life are wasted away.





# Guidelines to a peaceful life

The Noble Quran contains guidelines that if followed by the believers will lead them to a peaceful life, promised by Allah مُعَامِرُعُالُيْ. Allah the Most Gracious says in the Quran:

# ۘۅٙمِنۡ اٰیٰتِهٖۤ اَنۡ خَلَقَ لَکُمۡمِّنۡ اَنۡفُسِکُمۡ اَزۡوَاجًالِّتَسۡکُنُوۤ ااِلَهُا وَجَعَلَ بَیۡنَکُمۡمَّوَدَّةً وَّرَحُمَةً

And of His signs is that He created for you from yourselves mates that you may find tranquility in them and He placed between you affection and mercy (30:21)

Marital life is truly a source of great bliss. The perfect harmony, a source of peace ,radiating between both the spouses. A woman and a man both fulfill each other's physical desires in this beautiful relation of marriage. Our Deen has highlighted the obligations that a husband and wife have towards each other explicitly and in detail.

# The Rights of a woman

The fundamental right that a woman has is that she must enjoy protection of her honor, her physical self, her belongings and her Iman in the house of her husband. She must be at ease in her husband's home. She must have the confidence to call her husband's space her own; she must enjoy and have a sense of attachment to her husband's house and this comes naturally to her when the husband embraces his wife along with all her positive and negative traits. A woman is a human after all and she should be allowed to err and make mistakes.



If the husband picks on his wife's mistakes and discards her than she feels that she appears to him like a flower that has lost its fragrance and its color. Then most certainly the wife will lose her sense of confidence and attachment in her spouse. And then the house of her husband will no longer feel like home, her secrets will stay locked in her heart, she will lose her ability to express her desires to her spouse.

It is the due right of a wife to get protection and backing from her husband so that she envelops herself in his existence. The wife must achieve the confidence that her weakness will be excused and understood. The wife has to be assured that she will be acceptable in days of health as well as in days of illness. It should not be such that if she falls ill she is shipped off to her mother's house to recover also when she is in confinement at the time of childbirth she is sent off to her mother's place without mutual consent. Expenses should not be shoved on the shoulders of the wife's parents.

Unfortunately in such circumstances the woman suffers from mental anxiety and stress. She is forced to believe that as long as she is healthy and able to satisfy her husband's sexual needs, she is welcome but as soon as she falls from that pedestal of ability or she falls ill or she is incurring expensethan she is a mere liability.

A woman who is made to feel like this never achieves confidence, she stays complexed and anxious. And it is but fair that the husband should then not expect her be exceptionally good to him and expect her to be exemplary in her treatment towards him. And so to summarize, it is the right of a woman that she receives protection in her husband's home.

It is the duty of the husband as well as his parents that they are mindful of how the girl that has wed into their homes is treated. They must ensure that she is well treated just as they





would want their own daughter to be treated in their son in laws home.

### The Criteria of Iman

And so my Respected Listeners, it is a sign of Iman and of Honor that one recognizes the rights of one's wife and one takes ownerships of her expenses and well being. One should be accepting of her in times when she is unwell just as they are most accepting in times when her health is stable.

says in the Quran رُبُعُمَا هُ وَتَعَالَيْ

# وَمِنُ الْيَتِهِ اَنْ خَلَقَ لَكُمْ مِّنْ اَنْفُسِكُمْ اَزُوَاجًالِّتَسُكُنُوَّا اِلَّهَا وَجَعَلَ بَيْنَكُمْ مَّوَدَّةً وَّرَحُمَةً

And of His signs is that He created for you from yourselves mates that you may find tranquillity in them and He placed between you affection and mercy (30:21)

There is time in the life of a married couple when there is love in the air, in these times conflicts are overseen and ignored because of the physical attraction and need. There also comes a time in the life of a married couple when they will be old, when they will be sick when they will not have teeth in their mouth When they will be weak and feeble, when their senses will lose their prime strength. So when all of that will happen should one give up on their relations with their spouse?

In this regard the Quran guides us towards "ورحمة" meaning the" love changes its expression from a physical style to that of compassion and kindness".



### Cherish & Value the Wife

In times of her old age and sickness remind yourself that she is the same person who gave you her youth. In such a time refrain from ignoring and sidelining her. Reiterate to her that she nourished you with all her talents and skills, she spent her strength in raising and grooming your children and today if she is old and she is not to be discarded!

Recognize that she is your wife! And when you recognize this and take ownership of her care and comfort then there will be awakening of affection and emotion. The ladies must think the same for their husbands. They must be grateful that their husbands toiled in their youth to generate a comfortable life for the family .And today if he is old, then he deserves all the attention and compassion and this is how the relation of the husband and the wife becomes an example of love and compassion.

It is important to understand that this conversion of physical love to compassion and care is possible only if certain traits of behavior are followed in the marital journey. Some are explained as follows.

### **Give Total Protection**

The first thing to be followed is that the lady must be 100% assured that her home is her sanctuary. Her heart must confirm and she must absorb the feeling of attachment to her husband's home. The feeling has to be so spot on that she must enjoy the same level of attachment to her husband's home as she did in her father's home.

# Give Attention to your wife

The second point is that focus and attention needs to be



given to one's life partner. It is her due right that one enjoys her spouse's attention without pleading for it. In a situation if all members of the house including the mother in law, father in law, sister in law all are being good towards the incoming lady and only the husband is being unfair and unkind then definitely there will be a major gap in the sense of fulfillment in the mind of the girl. Her presence in that household is not for anyone except her husband. If he will sideline her than she will never achieve contentment in that household. This is her due right. However the state of affairs of today times is such that the husband is all warm and friendly with other ladies, gives them attention in term of time as well as respect but does not give a fraction of that to his own wife!

He has no patience to satisfy his wife's needs of attention, the poor wife has to wait endlessly to satiate her needs of getting the husbands time and attention but when he does return home he is in a totally different mindset that is he is unable to separate his work worries and his mood. He shuts himself out completely where as he should try and avail the presence of his wife to rejuvenate his mood and spirit. It is this imbalance that causes the harmony of the home to be destroyed.

# **Boosting the Wife's Morale**

The third right of the wife is that she needs boosting of her morale. People know very well that our beloved Prophet was an ideal example of how one should balance their time between worldly affairs and their households .It's a very important balance that needs to be struck as it is a foundation stone of peace and harmony in the society.

A society which lacks decorum and grace in the marital relations never attains success and progress as this is the



source from where new comers are inducted in that society i.e. children. If the relationship between a man and wife is rocky, they will be unable to produce a progeny that will add value to the society and such a society will not receive confident and cultured human resource.

Hazrat Aisha is reported to have said that Nabi always adorned a smile on HIS beloved face when he entered the home.

# The Practice of Nabi

An incident that occurred in the life of our beloved Prophet explains explicitly HIS loving conduct towards his wife. Hazrat Aisha is reported to have said that once the Holy Prophet observed her drinking water HE was at the doorstep of the home and HE called out to Hazrat Aisha." Humaira wait! mark the spot on the goblet from where you have had water and I shall drink from the same spot."

# To please ones wife is also an Ibadat

What does the above incident indicate?

It clearly illustrates how Nabi used to please and pamper his spouses. Oh My Brothers! it is important to realize that a good attitude towards the spouse is also a part of our Deen. We are only focusing on the rulings of Deen and trying to elevate ourselves in those areas. What we are clearly overlooking is that these practices of kindness towards one's spouse are also a huge part of our Deen and these are also good deeds just like Namaz, Roza, Haj and Zakaat.

If your wife is not content with the way you are conducting her affairs than be aware that your tahajjud your Navaafil and



your Tasbeehat are insignificant in the eyes of Allah .It is the due right of your wife that she is pampered, pacified and supported as this elevates her level of trust and confidence in you. We have an exemplory role model, Nabi has demonstrated to us how despite challenges one can have an exceptional code of conduct with ones wife.

One has to bear in mind that when a lady goes to her husbands home her ultimate goal is to make that home feel as her own and so giving her love and respect will only affirm the same from her side. She will most definitely respond with love and affection.

My dear friends it is the fundamental right of a woman that she is safeguarded, she is embraced, appreciated and given attention. The man has to be mindful of all these gestures that are due from his side.

# The Right of a Husband

A wife has to be mindful of her duties towards her husband. Something that our Nabi has repeatedly stated and is also emphasized in the Quran is that a wife has to be obedient to her husband. And this is her greatest virtue. If she will be obedient to him, he will cherish her. It is a misconception if a woman thinks that conniving and scheming will help her achieve control and command over her husband's love. Whereas the reality is that the way obedience and loyalty can win a relation, nothing else can.

### Obedience towards the Husband is essential

I would like to quote an incident that happened in the time of Nabi , the husband of a Sahabiyah left on a journey. On his departure he advised his wife to stay indoors and not



to go outside the home in his absence.

It so happened that the father of this Sahabiyah got sick during this time and so she sent a message to Nabi requesting His advise if she could go and visit her father. Nabi advised her to saty at home in obedience to the instructions of her husband.

The health of her father further deteriorated and once again ,the Sahabiyah seeked Nabi advice and once again she was advised by Nabi not to go against her husband's instructions .Sadly, the father of this Sahabiyah passed away and Prophet was informed of his demise and His advice was seeked for a third time and His reply was.

"if your husband has instructed you not to leave the house than you must comply with his instructions and make SABR".

Just imagine how hard it must have been for this lady and yet she regarded her husbands will and the advise of Nabi over her emotional situation. Her father was buried and after the burial Nabi sent a message to this Sahabiyah that there are glad tidings for you, because of this SABR and the sacrifice that you made in obedience to your husband's instructions. Allah has pardoned your father from all hardships of the afterlife.

My Respected Brothers! just observe that how by respecting her husbands will this lady's father was pardoned from all the trials of the hereafter and further her scale of rewards would be elevated manifold due to this act of exemplary obedience.

# Fulfilling the Rights of one's Husband

It is important to emphasize that all piety and worship is insignificant if one is not fulfilling her husband's rights entirely. Nabi has said that it is very easy for a lady to achieve



heaven.

The Sahaba asked Nabi "How"? To which the Prophet replied "If she reads her prayers five times a day, is obedient to her husband and protects her chastity than all doors of Heaven will call out to her asking her to enter paradise."

### The Qualities of the Woman of Heaven

Nabi is reported to have said that a woman with three kinds of virtues will enter paradise and the first amongst these is she who loves her husband. Love is a very unique emotion the lover conceals all flaws of the beloved and at times even ends up admiring the weakness of the beloved too.

And so the first thing is love. Let it be known that there is no value of worldly degrees in the eyes of Allah. In order to achieve the pleasure of Allah, a woman should adorn herself with prescribed qualities that the society of today has unfortunately robbed her off.

Ladies of today are discussing their marital relationship with their friends bashing their husbands and feeding the gossip mongers with very private information. This is all done in the name of being therapeutic and seeking of advice whereas actually it is nothing but absolute foolishness and mindlessness.

# Which Kind of Woman Should one Marry

Nabi has stated in another hadith:

Marry the Wadud (kind) and Walud (fertile) woman, for I will compare your numbers to the rest of the nations on the Day



of Resurrection. (Sunan Abi Dawud)

In this time and age when socializing is at its peak a woman has become extremely conscious of her looks and appearance and so the preference to have multiple off spring is on a decline. Many unnatural measures are taken at times to maintain a standard look and this may put one's body and health at risk.

### Sustenance is from Allah

As far as the sustenance of a person is concerned Allah says.

We provide you and will likewise provide them with sustenance. (6:151)

It is important to understand that Allah is the Giver, He gives one and all.Each and every soul brought their sustenance with them when they were born. Allah says

And how many a creature carries not its [own] provision.

Allah provides for it and for you. (29:60)

Allah has asked us to look at the birds in the sky and ponder and observe that when the birds leave their nests their bellies are empty and yet when they return in the evening Allah has filled their bellies with sustenance.

When Allah can bless these countless birds with sustenance then He has the power to bless you and me too. The third quality of a pious wife is that in times of disagreement or when her husband is displeased with her she says to say that "My hand is in your Hand". Meaning that till we do not resolve our issues I shall not rest. Our Nabi



that no time goes by that her husband is unhappy with her. Nabi has given glad tidings of Jannah for a woman with these three virtues. Allah has opened the door to Jannah for her. And so the biggest virtue that a woman can have is that she is obedient to Allah and obedient to her husband.

### The Status of a Husband

A few Sahabah of Nabi once went on a journey. They interacted with different tribes and on their return they come to Nabi and said" Oh Rasool of Allah during our journey we saw many tribes prostrating before their leaders in respect .We also wish to demonstrate such respect by prostrating before you Oh Nabi

Nabi replied it is not permissible for my Ummah to prostate before anyone except Allah. And if there ever was an allowance of a prostration to any one besides Allah, I would have ordered the wife to bow down before her husband. This incident illustrates what a high level of obligation a woman has towards her husband. The Quran says.

Thus righteous women are obedient and guard the rights of men in their absence under Allah's protection. (4:34)

A woman has to safeguard her chastity, her husband wealth and also safeguard her children. If a woman is successful in achieving all the above than this is her achievement.

# Reasons for Disharmony in the House

The reality is that wherever there is disharmony in the marital relationships the reason is a definite lack in following the commandments of Deen from either of the spouses. Mostly



both sides are contributing to the issue. Both spouses are desirous that their rights must be prioritized, their desires must be entertained.

Both want the upper hand in the decision making of the house. As a result of this in todays times there is no peace in the homes and absolutely no love. On a lighter note, I tell my companions that if you see a couple in a jovial mood, then you must think that they are definitely not married and where you see them behaving indifferent to each other understand that they are married. I say this holds true in major instances.

I swear by Allah, since our society is deprived of virtues therefore there is disunity, distrust, dislike, disharmony and these traits are visible in our children as well. There is no one to guide the generation of today. The elders themselves are so consumed with their affairs. Who will take the responsibility of grooming the youth?

The whole society is engulfed in this fire of disharmony and conflict. Stable homes are the pillars of a society. However the foundations of most of these homes have been jolted and shaken up and hence as a result of this there is nothing but chaos and commotion in the society.

# The Implications of Immodesty

My Respected Brothers, a household where there is free intermingling of the opposite gender will always be at a high risk of issues and complications. There will always be mistrust and doubt existing between the couples. The relationships will be very unpredictable and so a strong attachment to our Imaan is essential to nurture our married life and is also a major factor in building security for our generations. In order to secure harmony and values through our generations it is





important that we follow the teachings of our Nabi

### **Protection of Our Gaze**

It is important to understand that if a man refrains from eyeing other women and focuses on his own wife then he will appreciate her as she is and if he is habitual of enjoying sights of other women he will never appreciate his own wife no matter how beautiful she may be.

And the same applies to women that they must focus on only their husbands and no other men then only they will achieve marital satisfaction. It is vital that one carefully scrutinizes and evaluates the family background, value and habits of the household and the person who you are planning to establish ties with.

### How a house becomes a Home

Homes are made when hearts unite fixtures and bricks do not make homes ,if only the hearts unite then the simplest of homes can become heaven where one can enjoy life to its fullest. On the contrary if relations are sour then palatial homes can have unhappy residents.

The secret to ultimate happiness is not in fancy abodes and lavish lifestyles but it lies simply in pure relations that one has with their family.

# **Good Deeds Unify the Heart**

A life of Imaan and one that is in accordance to Sunnah results in love blossoming in the homes and in the hearts of the spouses. Both men and women must abide by this lifestyle. The husband must safeguard his wife, work towards



bringing a smile on her face, give her attention, encourage and nurture her talents. He must be her pillar of support in life and she must reciprocate him in the same way.

### Qualities to be found in Women

Hazrat Abu Bakr Siddiq www used to highlight the qualities of a woman as

"She is one on whose tongue there is constant thankfullness to Allah. She has sweetness in her speech not for strangers but for her own."

Nowadays the reverse is happening in our society. There is harshness for your own people. Children should not be treated harshly. It is important that there is modesty in one's style and manners as a person's behaviors is a mirror of his personality.

The way a person manages his gaze indicates his modesty and his respect for the opposite gender. Ladies are encouraged to involve themselves with constructive and progressive work so that they can increase their self-worth. Men on the other hand have to be extremely mindful of their responsibilities and they should be taking the charge of outdoor related duties and assignments.

# The Modesty of Hazrat Usman

Nabi had two son in laws one was Hazrat Ali and the other was Hazrat Usman .Hazrat Usman had a very high level of modesty. If ever Nabi was sitting in a reclined position and Hazrat Usman would enter than our beloved Nabi would correct his posture and curl his legs inwards. The Sahaba would ask the beloved Nabi



why He was not comfortable in displaying a casual style of seating in front of Hazrat Usman ?

To which Nabi مِنْ replied:

Why should I not be modest in front of Usman ? Even the angels of Allah are modest in front of Usman .Surely He (Usman) was a very noble and a responsible son in law.

### The Condition of Hazrat Fatima

Hazrat Ali had taken Hazrat Fatima in his nikkah. After the marriage he addressed Hazrat Fatima and said that you take the responsibilities of the house and I will take the responsibilities of all external affairs. Due to the intensity of the house hold chores it so happened that the hands of Hazrat Fatima become blistered. Hazrat Ali sent sent her to Nabi so that she could request for a slave girl as at that time a few slaves girls had come in the charge of Nabi when Hazrat Fatima request her Dear Father Nabi replied that there were many households in Madina who were more deserving of the assistance of these ladies. Once those were catered to then only would Hazrat Fatim qualify to get one helper.

He further advised his daughter of a deed that would give her ease in this world as well as the hereafter. Hazrat Fatima eagerly asked her father to advise her of that deed Nabi advised his daughter to go to bed at night in a state of wudhu and read Subhanallah 33 times, Alhumdulillah 33 times and Allahu Akbar 34 times. This would give her relief from the fatigue of worldly affairs and would also give her relief in the affairs of the Akhirah.

The Son in law in question was Hazrat Ali not someone of this time and age who would show displeasure at his wife returning empty handed. The status of those sons



in laws cannot be compared to the men of today who are demanding and cruel when it comes to expectations from the wife's parents. Its shameful how bold and demanding people can be today!

It is very important that when you bring a girl in your home whether she is your wife or a daughter in law she is given her rights she is taken care of and not abused mentally or physically.

Allah says in the Quran:

Live with your wives in a good manner.(4:19)

# Adapt a life of Deen

And so my friends adapt a life of deen that is not only restricted to affairs in the mosque rather it has to permeate into your lives especially into our homes that should speak volumes of our Deen.

I am a witness to so many religious people whose lives are a complicated mess and the reason is their ignorance to the fact that Deen is a complete way of life not just how one carry himself in a musjid and madressa environment.

Dear friends if we embrace the guidelines of Deen in all our affairs our lives will be peaceful and content. We will find tranquility and bliss in the company of our spouse. The effects of the harshness of these worldly interactions will faze out as soon as we will be in the company of the Queen of our Homes

May Allah bless me and all of us the ability to comply to all the teachings of the Deen.



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