

# Belief

&

# Disbelief

**PodSeries - Vol 315**



**Achieve Noble Character**

**Belief & Disbelief**

**ShaykhPod Books**

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Belief & Disbelief

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## **Acknowledgements**

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

## **Compiler's Notes**

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to [ShaykhPod.Books@gmail.com](mailto:ShaykhPod.Books@gmail.com).

## Introduction

The following short book discusses some aspects of Belief and Disbelief. This discussion is based on Chapter 64 At Taghabun, Verse 2 of the Holy Quran:

*“It is He who created you, and among you is the disbeliever, and among you is the believer. And Allah, of what you do, is Seeing.”*

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

*“And indeed, you are of a great moral character.”*

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

## Belief & Disbelief

### Chapter 64 – At Taghabun, Verse 2

هُوَ الَّذِي خَلَقَكُمْ مِنْكُمْ كَافِرٌ وَمِنْكُمْ مُؤْمِنٌ وَاللَّهُ بِمَا  
تَعْمَلُونَ بَصِيرٌ

*“It is He who created you, and among you is the disbeliever, and among you is the believer. And Allah, of what you do, is Seeing.”*



***“It is He who created you...”***

Allah, the Exalted, is Al Khaliq, which means the Creator, Al Baari which means the Maker and Al Musawwir which means the Fashioner.

The Creator is the One who brings something into existence. In reality, there is no Creator except Allah, the Exalted, as He is the only One who creates without any aid from another. On other hand, an inventor only invents things through the aid of Allah, the Exalted. Chapter 37 As Saffat, verse 96:

*“While Allah created you and that which you do?”*

The Maker is the One who arranges all of the creation and prepares them for receiving the forms He has chosen for them which is linked to the next divine name mentioned earlier namely, the Fashioner.

The Creator makes things manifest. The Maker chooses their shape, appearance, and time of creation. The Fashioner fashions the creation according to His divine will.

After understanding these divine names a muslim must trust Allah, the Exalted, in all situations. If Allah, the Exalted, created and manages the entire universe He is more than capable in sorting out a person's problems. In addition, these names indicate that Allah, the Exalted, is the One who creates and chooses all things. So a muslim should not challenge the choice of Allah, the Exalted, as this leads to nothing except disappointment. It is therefore better to submit obediently and patiently await relief knowing that Allah, the Exalted, only decrees the best for His servants even if this wisdom is not obvious to them. As a muslim is short sighted it is better to trust in the Creator whose wisdom has no limits. Chapter 2 Al Baqarah, verse 216:

*“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”*

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

First of all, it is important to understand, that the major thing which separates a human from an animal is the fact that people live by a higher moral code. If people abandoned this and simply acted on their desires then they would be no difference between them and animals. In fact, people would be worse as they possess the higher level of thinking yet, still choose to live like animals.

Secondly, whether people want to admit it or not in reality, every person is a servant of something or someone. Some are servants of others, such as Hollywood executives and do whatever they command them to do even if it challenges modesty and shame. Others are servants of their relatives and friends and do whatever it takes to please them. Others are the worse by being servants of their own desires as this is the attitude of animals who generally act to please themselves. The best and highest form of servanthood is being a servant of Allah, the Exalted. This is quite evident if one turns the pages of history which clearly shows that those who were the servants of Allah, the Exalted, such as the Holy Prophets, peace be upon them, were granted the highest honour and respect in this world and will be granted this in the next. Centuries and millennia have passed yet their names are remembered as the pillars and beacons of history. Whereas those who became servants of others especially, their own desires were eventually disgraced in this world even if they achieved some worldly status and they became mere footnotes in history. The media barely remembers those who pass away for more than a few days before moving onto the next person to report on. During their lives these people eventually become sad, lonely, depressed and even suicidal as selling their souls and decency to their

worldly masters did not grant them the contentment they were looking for. One does not need to be a scholar to understand this obvious truth. So if people must be servants they should be the servants of Allah, the Exalted, as lasting honour, greatness and true success lies only in this.

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

True belief involves sincerity. In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards Allah, the Exalted, His book, meaning, the Holy Quran, to the Holy Prophet Muhammad, peace and blessings be upon him.

Sincerity towards Allah, the Exalted, includes fulfilling all the duties given by Him in the form of commands and prohibitions, solely for His pleasure. As confirmed in a Hadith found in Sahih Bukhari, number 1, all will be judged by their intention. So if one is not sincere towards Allah, the Exalted, when performing good deeds they will gain no reward in this world or in the next. In fact, according to a Hadith found in Jami At Tirmidhi, number 3154, those who performed insincere deeds will be told on Judgement Day to seek their reward from those who they acted for, which will not be possible. Chapter 98 Al Bayyinah, verse 5.

*"And they were not commanded except to worship Allah, [being] sincere to Him in religion....."*

If one is lax in fulfilling their duties towards Allah, the Exalted, it proves a lack of sincerity. Therefore, they should sincerely repent and struggle to

fulfil them all. It is important to bear in mind Allah, the Exalted, never burdens one with duties they cannot perform or handle. Chapter 2 Al Baqarah, verse 286.

*"Allah does not charge a soul except [with that within] its capacity...."*

Being sincere towards Allah, the Exalted, means that one should always choose His pleasure over the pleasure of themselves and others. A Muslim should always give priority to those actions which are for the sake of Allah, the Exalted, over all else. One should love others and dislike their sins for the sake of Allah, the Exalted, and not for the sake of their own desires. When they help others or refuse to take part in sins it should be for the sake of Allah, the Exalted. The one who adopts this mentality has perfected their faith. This is confirmed in a Hadith found in Sunan Abu Dawud, number 4681.

Sincerity towards the Holy Quran includes having deep respect and love for the words of Allah, the Exalted. This sincerity is proven when one fulfils the three aspects of the Holy Quran. The first is to recite it correctly and regularly. The second is to understand its teachings through a reliable source and teacher. The final aspect is to act on the teachings of the Holy Quran with the aim of pleasing Allah, the Exalted. The sincere muslim gives priority to acting on its teachings over acting on their desires which contradict the Holy Quran. Modelling one's character on the Holy Quran is the sign of true sincerity towards the book of Allah, the Exalted. This is the tradition of the Holy Prophet Muhammad, peace and blessings be upon

him, which is confirmed in a Hadith found in Sunan Abu Dawud, number 1342.

The next thing mentioned in the main Hadith under discussion is sincerity towards the Holy Prophet Muhammad, peace and blessings be upon him. This includes striving to acquire knowledge in order to act on his traditions. These traditions include the ones related to Allah, the Exalted, in the form of worship, and his blessed noble character towards the creation. Chapter 68 Al Qalam, verse 4:

*"And indeed, you are of a great moral character."*

It includes to accept his commands and prohibitions at all times. This has been made a duty by Allah, the Exalted. Chapter 59 Al Hashr, verse 7:

*"...And whatever the Messenger has given you - take; and what he has forbidden you - refrain from..."*

Sincerity includes to give priority to his traditions over the actions of anyone else as all paths to Allah, the Exalted, are closed except the path of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 3 Alee Imran, verse 31:

*"Say, [O Muḥammad], "If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins..."*

One must love all those who supported him during his life and after his passing, whether they are from his Family or his Companions, may Allah be pleased with them all. Supporting those who walk on his path and teach his traditions is a duty on those who desire to be sincere to him. Sincerity also includes loving those who love him and disliking those who criticise him irrespective, of one's relationship with these people. This is all summarised in a single Hadith found in Sahih Bukhari, number 16. It advises that a person cannot have true faith until they love Allah, the Exalted, and the Holy Prophet Muhammad, peace and blessings be upon him, more than the entire creation. This love must be shown through actions not just words.



***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

In a Hadith found in Sunan An Nasai, number 4998, the Holy Prophet Muhammad, peace and blessings be upon him, advised the signs of a true muslim and a true believer. A true muslim is the one who keeps their verbal and physical harm away from others. This in fact, includes all people irrespective of their faith. It includes all types of verbal and physical sins which can cause harm or distress to another. This can include failing to give the best advice to others as this contradicts sincerity towards others which has been commanded in a Hadith found in Sunan An Nasai, number 4204. It includes advising others to disobey Allah, the Exalted, thereby, inviting them towards sins. A muslim should avoid this behavior as they will be taken account for every person who acts on their bad advice. This has been warned in a Hadith found in Sahih Muslim, number 2351.

Physical harm includes causing problems for other people's livelihood, committing fraud, conning others and physical abuse. All of these characteristics contradict Islamic teachings and must be avoided.

A true believer, according to the main Hadith under discussion, is the one who keeps their harm away from the lives and property of others. Again, this applies to all people irrespective of their faith. This includes stealing, misusing or damaging the property and belongings of others. Whenever one is entrusted with someone else's property they must ensure they only use it with the owner's permission and in a way which is pleasing and agreeable to the owner. The Holy Prophet Muhammad, peace and

blessings be upon him, has warned in a Hadith found in Sunan An Nasai, number 5421, that whoever illegally takes someone else's property, through a false oath, even if it is as small as a twig of a tree will go to Hell.

To conclude a muslim must support their verbal declaration of belief with actions as they are the physical proof of one's belief which will be needed in order to obtain success on the Day of Judgment. In addition, a muslim should fulfill the characteristics of true belief in respect to Allah, the Exalted, and people. An excellent way of achieving this in respect to people is to simply treat others how they wish to be treated by people, which is with respect and peace.

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure which means their actions become correct. But if one's heart is corrupt the body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah, the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that they are completely free of all restrictions. When these children come together the child who has been given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to behave however they wish. Outwardly it appears the child who has been granted freed has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the

line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

Allah, the Exalted, guides those who sincerely try to obey Him. But those who persistently disobey Him are left to wander blindly in misguidance. Therefore, it is vital for Muslims to sincerely obey Allah, the Exalted, as persistent disobedience leads to corruption of the spiritual heart and one's actions.

This is similar to a person who is warned by a judge not to behave in an unlawful way but after the person persists on this behaviour the judge gives the order for them to be locked up in prison. Therefore, Allah, the Exalted, has not wronged them they have only wronged themselves.

But it is important to note that as being abandoned in misguidance is a spiritual thing and therefore hidden to mankind, it is important for Muslims not to assume certain people have reached this point. Instead they should think positively about all people and therefore sincerely practically aid them in reforming their belief and behaviour.

Allah, the Exalted, has created human beings with the best possible capabilities. He gave them knowledge and power to differentiate between good and evil and even placed in them an innate inclination to like what is good and to dislike and avoid what is evil. This has been indicated in a

Hadith found in Jami At Tirmidhi, number 2389. Allah, the Exalted, has also granted mankind free will to choose between good and evil. This choice plays a role in enhancing or diminishing a person's natural faculties of reason. Chapter 91 Ash Shams, verses 9-10:

*“He has succeeded who purifies it [the spiritual heart – the greatest faculty of reason]. And he has failed who instills it [with corruption].”*

When a person chooses a path of goodness their natural potential develops and Allah, the Exalted, grants them further support in their efforts. Chapter 29 Al Ankabut, verse 69:

*“And those who strive for Us - We will surely guide them to Our ways...”*

But if one follows their evil desires and chooses the evil path gradually their spiritual hearts will become engrossed with darkness and no good will remain therein. This has been indicated in a Hadith found in Jami At Tirmidhi, number 3334. If a person fails to repent then the main verse under discussion comes into effect. This person becomes so engrossed in evil that they find joy in their evil mentality and actions. They absolutely hate anything good.



In a Hadith found in Sahih Bukhari, number 52, the Holy Prophet Muhammad, peace and blessings be upon him, advised that if one's spiritual heart is sound the whole body will become sound but if their spiritual heart is corrupt then the whole body will become corrupt.

First of all, this Hadith refutes the foolish belief where one claims to have a purified heart even though their speech and actions are bad. This is because what is inside will eventually manifest outwardly.

The purification of the spiritual heart is only possible when one eliminates evil characteristics from themselves and replaces them with good characteristics discussed in Islamic teachings. This is only possible when one learns and acts on Islamic teachings so that they can sincerely fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Behaving in this manner will lead to a purified spiritual heart. This purification will then reflect in the outward limbs of the body, such as one's tongue and eyes. Meaning, they will only use their organs in ways pleasing to Allah, the Exalted. This is in fact a sign showing the love Allah, the Exalted, has for His righteous servant according to a Hadith found in Sahih Bukhari, number 6502.

It is important to note, that this purification will guide one through all worldly difficulties successfully so that they achieve both worldly and religious success.

***“It is He who created you, and among you is the disbeliever, and among you is the believer...”***

In a Hadith found in Sahih Muslim, number 6543, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, does not judge people based on their outward appearance or their wealth instead He observes and judges people's inward intention and their physical actions.

The first thing to note is that a muslim should always correct their intention when performing any deed as Allah, the Exalted, will only reward them when they perform righteous deeds for His sake. Those who perform deeds for the sake of other people and things will be told to gain their reward from those who they acted for on Judgment Day, which will not be possible. This has been warned in a Hadith found in Jami At Tirmidhi, number 3154.

In addition, this Hadith indicates the importance of equality in Islam. A person is not superior to others by worldly things such as their ethnicity or wealth. Even though, many muslims have erected these barriers such as social castes and sects thereby believing some are better than others Islam has clearly rejected this concept and declared that in this respect all people are equal in the sight of Islam. The only thing which makes one muslim superior to another is their piety meaning, how much they fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience. Chapter 49 Al Hujurat, verse 13:

*“...Indeed, the most noble of you in the sight of Allah is the most righteous of you...”*

A muslim should therefore busy themselves in obeying Allah, the Exalted, by fulfilling His rights and the rights of people and not believe that something they possess or belong to will somehow save them from punishment. The Holy Prophet Muhammad, peace and blessings be upon him, has made it clear in a Hadith found in Sahih Muslim, number 6853, that the muslim who lacks in righteous deeds meaning, the obedience of Allah, the Exalted, will not be increased in rank because of their lineage. In reality, this applies to all worldly things such as wealth, ethnicity, gender or social brotherhoods and castes.

***“...And Allāh, of what you do, is Seeing.”***

Nothing irrespective of its size and location is out of the reach of the divine sight and hearing of Allah, the Exalted.

The muslim who understands this divine name will be extremely cautious in their actions and speech. The same way one becomes vigilant over their actions when they are in the hearing and seeing range of someone they respect or fear a true muslim will be vigilant over their behaviour knowing no word or action escapes Allah, the Exalted. In fact, acting in this way is the high level of faith which has been described by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sahih Muslim, number 99. If one remains steadfast on this behaviour then they will eventually reach excellence of faith whereby they perform acts, such as the prayer, as if they observe Allah, the Exalted, constantly watching their inner and outer being. This attitude will prevent sins and encourage one to sincerely perform righteous deeds.

In addition, this divine name encourages muslims never to give up hope whenever they face a difficulty thereby believing no one is aware or even cares about them. Allah, the Exalted, undoubtedly hears and sees their distress and will respond at the time which is best for His servant. Chapter 40 Ghafir, verse 60:

*“And your Lord says, “Call upon Me; I will respond to you...”*

A muslim should act on this divine name by using these two senses in the way commanded by Allah, the Exalted. Meaning, one should not observe unlawful and vain things nor should they listen to unlawful and vain things. They should instead use them in the obedience of Allah, the Exalted. It is important to avoid vain things as they are often the first step to the unlawful. This is achieved by acting on the Hadith found in Sahih Bukhari, number 6502. It advises that when one fulfils the commands of Allah, the Exalted, in respect to the obligatory duties and then strives in voluntary righteous deeds for the pleasure of Allah, the Exalted, He empowers their senses such as their sight and hearing so that they only use them in accordance to His desire and pleasure.

***“...And Allāh, of what you do, is Seeing.”***

In a long Hadith found in Sahih Muslim, number 99, the Holy Prophet Muhammad, peace and blessings be upon him, explained the meaning of Ihsan, which can be translated to mean excellence. This excellence refers to one's conduct and behavior towards Allah, the Exalted, and the creation. Acting with excellence has been mentioned throughout the Holy Quran, such as chapter 10 Yunus, verse 26:

*“For them who have done excellent is the best [reward] - and extra...”*

The Holy Prophet Muhammad, peace and blessings be upon him, has explained this verse in Hadiths found in Sahih Muslim, numbers 449 and 450. The word extra in this verse refers to when the inhabitants of Paradise will be blessed with the divine vision of Allah, the Exalted. This reward befits the muslim who acts with excellence. As excellence means to lead one's life as if they can witness Allah, the Exalted, observing their outer and inner being at all times. A person who can observe a powerful authority watching them will never misbehave out of awe of them. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, once advised someone to always behave as if they were constantly being observed by a righteous man they respected. This has been advised in a Hadith found in Imam Tabarani's, Al Mu'jam Al Kabir, number 5539.

Whoever acts in this manner will very rarely commit sins and always hasten towards good deeds. This attitude creates the fear of Allah, the Exalted, and acts as a shield from the fire of trials in this world and the fire of Hell in the hereafter. This vigilance will ensure one not only fulfills all their duties towards Allah, the Exalted, but it also encourages them to fulfill their responsibilities towards the creation. The peak of which is to sincerely treat others with kindness. This person will fulfill the Hadith found in Jami At Tirmidhi, number 251, which advises that a person cannot be a true believer until they love for others what they love for themselves.

This level of excellence ensures one acts with the right intention, which is the foundation of faith according to the Hadith found in Sahih Bukhari, number 1. Success is guaranteed for the one who performs good deeds and demonstrates good behavior with the right intention namely, to please Allah, the Exalted. The more excellent a person acts the stronger their faith becomes until they become a muslim who is far from heedlessness and is always struggling to beautify their hereafter and worldly life according to the teachings of Islam.

It is feared that the opposite of this reward will be given to those who turned away from Allah, the Exalted. As they lived without fearing the all-encompassing gaze of Allah, the Exalted, they will be veiled from seeing Him in the hereafter. Chapter 83 Al Mutaffifin, verse 15:

*“No! Indeed, from their Lord, that Day, they will be partitioned.”*

Those who fail to reach the level of acting as if they witness Allah, the Exalted, must act on the second part of the advice given in the main Hadith quoted at the beginning. This person should sincerely believe that Allah, the Exalted, is constantly observing them. Even though this state is lower in rank than the one who acts as if they observe Allah, the Exalted, none the less, it is a great way of adopting true fear of Allah, the Exalted. As mentioned earlier this attitude will prevent one from committing sins and encourage them towards good deeds. As advised by the Holy Prophet Muhammad, peace and blessings be upon him, in Imam Tabarani's, Al Mu'jam Al Kabir, number 7935, the one who strives to adopt this mentality will be granted shade on the Day of Judgment by Allah, the Exalted.

The divine presence of Allah, the Exalted, is mentioned throughout the Holy Quran, such as Chapter 57 Al Hadid, verse 4:

*"...He is with you wherever you are. And Allah, of what you do, is Seeing."*

The Holy Prophet Muhammad, peace and blessings be upon him, has advised to adopt the true awareness of the divine presence of Allah, the Exalted, in many Hadiths. For example, in one divine Hadith found in Sahih Bukhari, number 7405, Allah, the Exalted, declares that He is with whoever remembers Him. This is the reason why it has been reported in Hilyat Al Awliya, volume 1, pages 84 and 85, about the Commander of the Faithful, Ali Bin Abu Talib, may Allah be pleased with him, that he shied away from the glitter and pomp of the material world and only found solace in the



lonely night. Meaning, he sought the companionship of Allah, the Exalted, rather than the companionship of people.

Adopting the awareness of the divine presence of Allah, the Exalted, not only prevents sins and encourages good deeds but it also prevents loneliness and depression. A person is very rarely affected by mental health issues when they are constantly surrounded by a person who loves them and aids them. No one loves the creation more than Allah, the Exalted, and there is no doubt that He is the source of all aid. Therefore, acting with excellence benefits one's faith, actions, emotional state and the wider society.

A muslim must avoid becoming like those who treat Allah, the Exalted, as the most insignificant of those who observe them. This is a serious spiritual illness which leads to all types of sins and evil behavior towards Allah, the Exalted, and the creation.

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