

Religion of Balance

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Achieve Noble Character

Religion of Balance

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Acknowledgements

All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

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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.

Introduction

The following short book discusses Islam as the Religion of Balance. This discussion is based on Chapter 5 Al Ma'idah, Verses 87-88 of the Holy Quran:

“O you who have believed, do not prohibit the good things which Allah has made lawful to you and do not transgress. Indeed, Allah does not like transgressors. And eat of what Allah has provided for you [which is] lawful and good. And fear Allah, in whom you are believers.”

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.

Religion of Balance

Chapter 5 – Al Ma'idah, Verses 87-88

يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا تُحَرِّمُوا طَيِّبَاتِ مَا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ

اللَّهُ لَا يُحِبُّ الْمُعْتَدِينَ ﴿٨٧﴾

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ

﴿٨٨﴾

“O you who have believed, do not prohibit the good things which Allah has made lawful to you and do not transgress. Indeed, Allah does not like transgressors.

And eat of what Allah has provided for you [which is] lawful and good. And fear Allah, in whom you are believers.”

“O you who have believed...”

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.

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.

“O you who have believed...”

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.

“...do not prohibit the good things which Allāh has made lawful to you and do not transgress. Indeed, Allāh does not like transgressors. And eat of what Allāh has provided for you [which is] lawful and good...”

These verses remind muslims of an important lesson which can increase one's obedience to Allah, the Exalted. That is Allah, the Exalted, has only prohibited things which are harmful to a person in this world and/or in the next world even if they do not understand how. For example, alcohol is unlawful as it causes many physical illnesses and leads to sins as a drunk loses control over their actions. Even if a person drinks without getting drunk they will still harm their body and mind, which has been proven by science. Allah, the Exalted, has not prohibited things in order to benefit Himself these prohibitions only benefit people. So understanding this can aid one to obediently submit to Allah, the Exalted. This involves fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience.

In addition, a muslim should not innovate things in Islam such as abstaining from lawful things believing that this in itself is a righteous deed. Instead, a muslim should follow the correct and superior path which is the path of the Holy Prophet Muhammad, peace and blessings be upon him. The only time a person can avoid lawful things is to minimise their accountability on the Day of Judgment if they fear the thing will distract them from the obedience of Allah, the Exalted, or as a form of spiritual discipline. But in these cases one should never treat something which is lawful as unlawful which has been advised in this verse.

Unfortunately, some muslims take this teaching to the extreme by excessively indulging in lawful pleasures claiming their behaviour is perfectly acceptable even though it contradicts the behaviour of the Holy Prophet Muhammad, peace and blessings be upon him, and the Companions, may Allah be pleased with them. Limits are important to impose as indulging excessively in lawful pleasures will lead to one compromising on their duties to Allah, the Exalted, and the creation. This has been indicated at the end of the verse where Allah, the Exalted, declares His dislike for this type of behaviour.

“...do not prohibit the good things which Allāh has made lawful to you and do not transgress. Indeed, Allāh does not like transgressors. And eat of what Allāh has provided for you [which is] lawful and good...”

The transgression mentioned in this verse refers to innovating things within Islam.

In a Hadith found in Sunan Abu Dawud, number 4606, the Holy Prophet Muhammad, peace and blessings be upon him, warned that any matter which is not based on Islam will be rejected.

If muslims desire lasting success in both worldly and religious matters they must strictly adhere to the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Even though, certain actions which are not directly taken from these two sources of guidance can still be considered a righteous deed it is important to prioritize these two sources of guidance over all else. Because the fact is that the more one acts on things which are not taken from these two sources even if it is a righteous deed the less they will act on these two sources of guidance. An obvious example is how many muslims have adopted cultural practices into their lives which do not have a foundation in these two sources of guidance. Even if these cultural practices are not sins they have preoccupied muslims from learning and acting on these two sources of guidance as they feel satisfied with their behaviour. This leads to ignorance of the two sources of guidance which in turn will only lead to misguidance.

This is why a muslim must learn and act on these two sources of guidance which have been established by the leaders of guidance and only then act on other voluntary righteous deeds if they have the time and energy to do so. But if they choose ignorance and made up practices even if they are not sins over learning and acting on these two sources of guidance they will not achieve success.

“...do not prohibit the good things which Allāh has made lawful to you and do not transgress. Indeed, Allāh does not like transgressors. And eat of what Allāh has provided for you [which is] lawful and good...”

The transgression mentioned in this verse refers to innovating things within Islam.

Muslims should not follow and adopt the customary practices of non-muslims. The more muslims do this the less they will follow the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This is quite evident in this day and age as many muslims have adopted the cultural practices of other nations which has caused them to become distant from the teachings of Islam. For example, one only needs to observe the modern muslim wedding to observe how many non-muslim cultural practices have been adopted by muslims. What makes this worse is that many muslims cannot differentiate between Islamic practices based on the Holy Quran and traditions of the Holy Prophet Muhammad, peace and blessings be upon him, and the cultural practices of non-muslims. Because of this non-muslims cannot differentiate between them either which has caused great problems for Islam. For example, honour killings is a cultural practice which has nothing to do with Islam yet because of the ignorance of muslims and their habit of adopting non-muslim cultural practices Islam is blamed every time an honour killing occurs in society. The Holy Prophet Muhammad, peace and blessings be upon him, removed the social barriers in the form of casts and brotherhoods in order to unite people yet ignorant muslims have resurrected them by adopting the cultural practices of non-muslims. Simply put, the more cultural practices muslims adopt the less they will act on the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

“...do not prohibit the good things which Allāh has made lawful to you and do not transgress. Indeed, Allāh does not like transgressors.”

Islam is not about making things lawful or unlawful according to one's desires. Instead, it teaches muslims to use the blessings they possess correctly according to the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

In reality, in most cases nothing in this material world in itself is good or bad, such as wealth. What makes a thing good or bad is the way it is used. It is important to understand that the very purpose of everything which was created by Allah, the Exalted, was for it to be used correctly according to the teachings of Islam. When something is not used correctly it in reality becomes useless. For example, wealth is useful in both worlds when it is used correctly such as being spent on the necessities of a person and their dependents. But it can become useless and even a curse for its bearer if it is not used correctly, such as being hoarded or spent on sinful things. Simply hoarding wealth causes wealth to lose value. How can paper and metal coins one tucks away be useful? In this respect, there is no difference between a blank piece of paper and a note of money. It is only useful when it is used correctly.

So if a muslim desires all their worldly possessions to become a blessing for them in both worlds all they have to do is use them correctly according to the teachings found in the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. But if they use them incorrectly then the same blessing will become a burden and curse for them in both worlds. It is as simple as that.

“...do not prohibit the good things which Allāh has made lawful to you and do not transgress. Indeed, Allāh does not like transgressors.”

Islam is not about making things lawful or unlawful according to one's desires. Instead, it teaches muslims to use the blessings they possess correctly according to the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. A muslim will adopt this correct mentality when they understand the purpose of these blessings.

Every worldly blessing a muslim possesses is only a means which should aid them in reaching the hereafter safely. It is not an end in itself. For example, wealth is a means one should use in order to obey Allah, the Exalted, by fulfilling the commands of Allah, the Exalted, fulfilling their necessities and the necessities of their dependents. It is not an end or an ultimate goal in itself.

This not only aids a muslim in maintaining their focus on the hereafter but it also aids them whenever they lose worldly blessings. When a muslim treats each worldly blessing, such as a child, as a means to please Allah, the Exalted, and reach the hereafter safely then losing it will not have such a detrimental impact on them. They may become sad, which is an acceptable emotion, but they will not become grieved which leads to impatience and other mental problems, such as depression. This is because they firmly believe the worldly blessing they possessed was only a means so losing it does not cause a loss in the ultimate goal namely, Paradise, the loss of which is disastrous. Therefore, still

possessing and concentrating on the ultimate goal will prevent them from becoming grieved.

In addition, they will understand that just like the thing they lost was only a means they firmly believe they will be provided with another means to reach and fulfil their ultimate goal by Allah, the Exalted. This will also prevent them from grieving. Whereas, the one who believes their worldly blessing is the end instead of a means will experience severe grief when losing it as their whole purpose and objective has been lost. This grief will lead to depression and other mental issues.

To conclude, muslims should treat each blessing they possess as a means to reach the hereafter safely not as an end in itself. This is how one can possess things without being possessed by them. This is how they can keep worldly things in their hands and not in their hearts.

“...and do not transgress. Indeed, Allāh does not like transgressors.”

In a Hadith found in Sahih Bukhari, number 2447, the Holy Prophet Muhammad, peace and blessings be upon him, warned that oppression will become a darkness on the Day of Judgment.

This is vital to avoid as those who find themselves plunged in darkness are unlikely to find their way to Paradise. Only those who will be provided a guiding light will be able to do this successfully.

Oppression can take many forms. The first type is when one fails to fulfill the commands of Allah, the Exalted, and refrain from His prohibitions. Even though this has no effect on the infinite status of Allah, the Exalted, it will cause the person to become submerged into darkness in both worlds. According to a Hadith found in Sunan Ibn Majah, number 4244, whenever a person commits a sin a black spot is etched on their spiritual heart. The more they sin the more their heart will become encompassed by darkness. This will prevent them from accepting and following true guidance in this world which will ultimately lead to darkness in the next world. Chapter 83 Al Mutaffifin, verse 14:

“No! Rather, the stain has covered their hearts of that which they were earning.”

The next type of oppression is when one oppresses themselves by not fulfilling the trust they have been granted by Allah, the Exalted, in the form of their body and other worldly blessings they possess. The greatest of which is one's faith. This must be protected and strengthened through gaining and acting on Islamic knowledge.

The final type of oppression is when one mistreats others. Allah, the Exalted, will not forgive these sins until the oppressor's victim forgives them first. As people are not so merciful this is unlikely to happen. Then justice will be established on Judgment Day where the oppressor's righteous deeds will be given to their victim and if necessary the victim's sins will be given to the oppressor. This may lead to the oppressor being hurled into Hell. This has been warned in a Hadith found in Sahih Muslim, number 6579. One should therefore treat others how they wish to be treated by people. A muslim should avoid all forms of oppression if they desire a guiding light in this world and in the next.

“...and do not transgress. Indeed, Allāh does not like transgressors.”

In a Hadith found in Jami At Tirmidhi, number 1205, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the lawful and unlawful have been made clear by Islam. In between them are doubtful things which should be avoided in order to protect one's faith and honor.

The vast majority of muslims are aware of the obligatory duties and the majority of unlawful things, such as drinking alcohol. So these create no doubt within muslims therefore they should act accordingly. Meaning, fulfil the obligatory duties and abstain from the unlawful according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. All other things which are not obligatory and create a doubt in society should therefore be avoided. Allah, the Exalted, will not question why someone did not perform a voluntary deed instead He will ask why they performed a voluntary deed. Therefore, leaving the voluntary action will have no consequences in the hereafter whereas performing a voluntary deed will namely, punishment, reward or forgiveness. It is important for muslims to act on this short but extremely important Hadith as it will solve and prevent many problems and debates. It is important to understand that when one indulges in doubtful or even vain things it will take them one step closer to the unlawful. For example, sinful speech is often preceded by vain and useless speech. Therefore, it is much safer for a muslim's faith and honor to avoid doubtful and vain things.

“...and do not transgress. Indeed, Allāh does not like transgressors.”

There are many muslims who dedicate much of their time, effort and wealth on things which are neither righteous deeds nor sins meaning, they are vain things. Vain things can also include acquiring unnecessary things, such as beautifying one's home beyond their necessities. Even though, they might be correct in their claim that they are not committing sins it is important to understand a fact. Namely, time is a precious gift from Allah, the Exalted, which cannot be gained once it departs. All other things can be acquired, such as wealth, all other things except time. So when one dedicates their time as well as other blessings such as wealth to unnecessary and extra things meaning, vain things, it will only lead to a great regret on Judgment Day. This will occur when they observe the reward given to those who made use of their time and performed righteous deeds. Time wasters may have avoided sins which save them from punishment but as they wasted time on vain things they may face criticism. And they will surely lose out on the reward they could have gained if they utilised their time and other blessings correctly.

In addition, it is important to understand that the more one indulges in vain things the closer they are to falling into extravagance and waste both of which are blame worthy. For example, those who waste blessings are considered the siblings of the Devil. And it can be argued when one dedicates their time to vain things they have in fact wasted the precious blessing of time. Chapter 17 Al Isra, verse 27:

“Indeed, the wasteful are brothers of the devils...”

“And eat of what Allāh has provided for you [which is] lawful and good...”

Allah, the Exalted, is the Creator and Allocator of provision to the entire creation which they need to preserve their physical and spiritual constitutions. In fact, according to a Hadith found in Sahih Muslim, number 6748, the provision of the entire creation was allocated over fifty thousand years before the creation of the Heavens and the Earth.

The one who understands this divine name will rely on Allah, the Exalted, to provide for them as He has planned for them before they were created. They will prove this reliance by striving to gain lawful provision as commanded by Allah, the Exalted, while refraining from anything which is unlawful and doubtful.

It is important to note that as people require physical provision in the form of food and drink. Similarly, the soul of a muslim requires provision also. This provision strengthens it and leads it to eternal bliss. This provision is in the form of sincere obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. The foundation of all this is gaining and acting on Islamic knowledge. Therefore, muslims should strive to gain this important provision of the soul as well as provision for their physical body. Two elements should be remembered in this respect. Do not exert unlawful and unnecessary efforts in gaining one's guaranteed provision. And do not misuse or waste the provision one gains.

A muslim, should act on this divine name by fulfilling their duty by providing for their dependents according to the teachings of Islam. This includes providing them with both physical and spiritual provision through education. A muslim should also do the same for the needy according to their capacity without fearing poverty for themselves. They should remember the Hadith found in Sunan Abu Dawud, number 4893, which advises that Allah, the Exalted, will fulfil the needs of the muslim who takes care of the needs of others.

“And eat of what Allāh has provided for you [which is] lawful and good...”

In a Hadith found in Jami At Tirmidhi, number 2380, the Holy Prophet Muhammad, peace and blessings be upon him, advised the importance of a balanced diet. He advised that one should split their stomach into three parts. The first part is for food, the second part is for drink and the last part should be left empty for breathing.

This can be achieved when one stops eating before they reach their fill. This was the behaviour of the Holy Prophet Muhammad, peace and blessings be upon him, and his Companions, may Allah be pleased with them.

If people were to act on this advice they would be safe from both physical and mental illnesses. In fact, according to many knowledgeable people one of the main causes of illness is indigestion.

In respect to the heart little food leads to a soft heart, humility of self and weakness of desires and anger. A full stomach results in laziness which prevents worship and other righteous deeds. It induces sleep which causes one to miss out on the voluntary and even the obligatory night prayers. It prevents reflection which is the key to assessing one's deeds and therefore changing one's character for the better. The one with a full stomach forgets the poor and is therefore less likely to help them. All these negative effects lead to a hard heart. The one who possesses a

hard heart will not be safe on the Day of Judgment. Chapter 26 Ash Shu'ara, verses 88-89:

“The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart.”

The one who is only concerned about their stomach becomes distracted from more important things, such as learning and acting on religious knowledge. Muslims should know that the most fed in this world will be the hungriest on the Day of Judgment. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2478.

Therefore, muslims should strive to obtain a balanced diet so that they avoid the negative effects discussed which will undoubtedly hinder their success in both this world and the next.

“...And fear Allāh, in whom you are believers.”

Piety/Fearing Allah, the Exalted, cannot be achieved without gaining and acting on Islamic knowledge so that one can 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. Chapter 35 Fatir, verse 28:

“...Only those fear Allah, from among His servants, who have knowledge...”

In a Hadith found in Jami At Tirmidhi, number 2451, the Holy Prophet Muhammad, peace and blessings be upon, advised that a muslim cannot become pious until they avoid something which is not harmful to their religion out of caution that it will lead to something which is harmful. Therefore, an aspect of piety is to avoid things which are doubtful not just unlawful. This is because doubtful things takes a muslim one step closer to the unlawful and the closer one is to the unlawful the easier it is to fall into it. It is why a Hadith found in Jami At Tirmidhi, number 1205, advises that the one who avoids unlawful and doubtful things will protect their religion and honor. If one observes those who have become misguided in society, in most cases, this occurred gradually not in one sudden step. Meaning, the person first indulged in doubtful things before falling into the unlawful. This is the reason why Islam stresses the need to avoid unnecessary and vain things in one's life as they can lead them to the unlawful. For example, vain and useless speech which is not classified sinful by Islam often leads to evil speech, such as backbiting, lying and slander. If a person avoids the first step by not indulging in vain speech they will undoubtedly avoid evil speech. This process can be

applied to all things which are vain, unnecessary and especially, doubtful.

“And eat of what Allāh has provided for you [which is] lawful and good. And fear Allāh, in whom you are believers.”

Abandoning lawful things is not piety. Using them in the correct way is piety and a demonstration of one’s gratitude to Allah, the Exalted.

A muslim must ensure they fulfill all three aspects of gratitude so that they avoid becoming a denier of Allah, the Exalted, as the one who is ungrateful in reality, scorns the One who granted them the blessings. Chapter 2 Al Baqarah, verse 152:

“...And be grateful to Me and do not deny Me.”

The three aspects of gratitude are to internally acknowledge Allah, the Exalted, as the sole Creator and Provider of all blessings. An aspect of this is to correct one’s intention so that they only perform actions to please Allah, the Exalted. The next aspect is to praise Allah, the Exalted, via the tongue. And the final and highest aspect is to practically show gratitude through one’s actions by using each blessing as prescribed by Islam in order to please Allah, the Exalted. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.'”

As true gratitude leads to an increase in blessings muslims should fear that showing ingratitude may cause the blessings they possess to either be taken away from them or for their blessings to be used against them by becoming a burden and a curse for them in both worlds. It is important to note, even if a muslim becomes truly grateful they will still face tests and difficulties as they are guaranteed. But if they behave in the correct way they will be guided through every situation so that they obtain peace of mind and body in this world and a great reward in the hereafter.

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