

# NEWSLETTER

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## The Consequence of a Single Gaze

Islam teaches that every limb of the body has a responsibility, and the eyes are among the greatest trusts given to a believer. Through them, the heart is influenced - either elevated by righteousness or corrupted by desire. For this reason, the Qur'an commands both men and women to lower their gaze and protect their modesty:

قُلْ لِّلْمُؤْمِنِينَ يَغُضُّوْا مِنْ اَبْصَارِهِمْ وَيَحْفَظُوْا فُرُوْجَهُمْ

"Tell the believing men to lower their gaze and guard their chastity" (Sūrah al-Nūr: 30)

وَقُلْ لِّلْمُؤْمِنٰتِ يَغْضُضْنَ مِنْ اَبْصَارِهِنَّ وَيَحْفَظْنَ فُرُوْجَهُنَّ

"Tell the believing women to lower their gaze and guard their chastity" (Sūrah al-Nūr: 31)

A single glance, if not restrained, can awaken desires that lead one away from Allāh ﷻ. What begins as a moment of heedlessness can grow into a test that consumes the heart, weakens faith, and leads to spiritual destruction. This is why the Prophet ﷺ described the lustful gaze as one of the poisoned arrows of Shayṭān. The one who lowers his gaze for the sake of Allāh ﷻ is promised a sweetness of faith that fills the heart with light.

Imām Qurtubī (RA) narrates an incident of a man in Egypt who was known for his devotion. He would frequent the masjid, call the adhān, and perform his ṣalāh regularly. His days were filled with worship and obedience to Allāh ﷻ.

One day, as he climbed the minārah to give the adhān, his gaze fell upon the daughter of a Christian man living nearby. Captivated by her beauty, he was overwhelmed by desire. Abandoning the adhān, he descended from the minārah and entered her home.

When she saw him, she asked: "What do you want?" He replied: "I desire you". She said: "I cannot accept such a sinful invitation". He asked: "Then can I not marry you?" She replied: "You are a Muslim, and I am a Christian. My father will never allow it". He then asked: "Should I become a Christian?" She answered: "If you wish".

In his blindness, he renounced Islam and accepted Christianity. He remained in her home, but before they could even marry, he slipped from the roof of the house and fell to his death - losing both his life and his faith.

A single lustful gaze may appear harmless, yet it can open the door to spiritual ruin. The eyes that once wept in ṣalāh may fall prey to desires that erase a lifetime of devotion. Let every believer remember - lowering the gaze is not just an act of modesty, but a shield that guards the heart and preserves one's imān.

References: Pearls from the Path, Page 169-170

## 100 ways to enter Jannah (81-85)

81

Avoid begging (for money) from people

82

Kindness towards Animals

83

Removing something harmful from the road

84

Visiting another Muslim

85

A person who does not lie

## The Islam of 'Ammār (RA), Suhaib (RA) and 'Amr ibn 'Abasah (RA)

'Ammār ibn Yāsir (RA) narrates: "I met Suhaib ibn Sinān (RA) at the entrance of Dār al-Arqam while the Prophet ﷺ was inside. I asked Suhaib what had brought him there, and to my surprise, he asked me the same question. 'What is your purpose in coming here?' he asked.

I replied: 'I intend to meet the Prophet ﷺ and listen to what he has to say'. Both of us then entered Dār al-Arqam, where the Messenger of Allāh ﷺ presented to us the message of Islam. Without hesitation, both of us accepted his message and embraced Islam.

'Amr ibn 'Abasah (RA) says: "From an early stage in my life, I was repulsed by idol worship. I could never accept that these lifeless stones had any power to benefit or harm. One day, I met a scholar from the People of the Scripture and asked him which religion was the most virtuous". He replied: 'A man will soon appear in Makkah who will call people away from idol worship and towards the oneness of Allāh. He will bring the purest and most virtuous religion. If you live to meet him, then follow him'.

From that day onwards, Makkah remained in my thoughts. I would ask every traveller from Makkah if any news had reached them of this man. Until one day, I finally heard of the appearance of the Messenger of Allāh ﷺ.

I immediately set out for Makkah. When I arrived, I met the Prophet ﷺ in secret and asked: 'Who are you?' He replied: 'I am the Messenger of Allāh'. I asked: 'Has Allāh sent you as His Messenger?' He said: 'Yes.' I then asked: 'What message has Allāh sent with you?'

The Prophet ﷺ said: 'That Allāh alone is to be worshipped, that no partner is to be associated with Him, that idols are to be destroyed, and that family ties must be maintained'. I asked: 'Who stands with you in this mission?' He replied: 'A free man and a slave' - referring to Abū Bakr (RA) and Bilāl (RA). I said: 'I too wish to follow you and remain by your side'. The Prophet ﷺ advised: 'For now, return to your home. When you hear that I have gained authority and my message has prevailed, then come to me'.

'Amr (RA) says: "I accepted Islam and returned home, but I continued to follow the progress of the Prophet ﷺ from afar. When I learned that he had migrated to Madinah, I travelled there to meet him. When I reached, I said: 'O Messenger of Allāh! Do you remember me?' The Prophet ﷺ replied: 'Yes, you are the one who came to me in Makkah during the early days of Islam'. I said: 'Indeed, O Messenger of Allāh. Teach me something beneficial'.

Reference: Muḥammad Idrīs Kāndhlawi, Seeratul Muṣṭafā (Pages 55-56)

## DID YOU KNOW?



Did you know that in Islam, even joking and light-heartedness come with their own etiquettes and Prophetic teachings? Islam is a religion of balance - it allows humour, but within limits that preserve respect, truth, and good manners. The Prophet ﷺ himself smiled often and joked with his companions, yet his words were always truthful and never hurtful. Here are some etiquettes of joking taught in Islam:

1. Do not exceed limits when joking. (Tirmidhī)
2. Avoid excessive laughter. (Ibn Mājah)
3. Refrain from joking in serious gatherings, such as with scholars or elders. (Mawsū'at al-Ādāb al-Islāmiyyah)
4. Never joke by lying, mocking, or belittling others. (Abū Dāwūd)
5. Avoid joking through gestures or hurtful words. (Sūrah al-Isrā': 53)
6. When you see someone happy or laughing, say: أَصْحَكَ اللَّهُ سَيِّدَكَ (May Allāh keep you smiling). (Bukhārī)