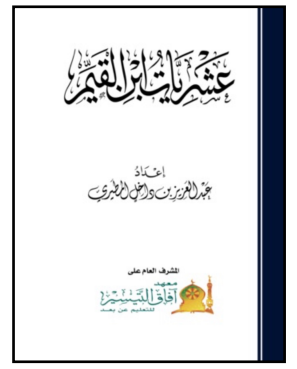




عشریات ابن القيم

#2

17 ذو القعدة 1439
30.7.18



عشر أسباب عن المعاصي

10 Ways to be Patient to Stop Yourself from Sinning

Sins are ugly and harmful. There is never any benefit in sins. Before we abstain, we must be patient with ourselves in stopping ourselves from falling into them. There are some sins we love to do, mostly sins of the tongue, which we find it very difficult to be patient upon so that we don't fall

into them. So it is challenging.

① It is imperative to learn about the ugliness of the sins, and their danger. Allah forbade them as a protection for us. Imagine a father protecting his own from all harm. In the same way, Allah, the Most Great and the Most Merciful, protects His slaves from humiliating themselves by sinning. Sins are evil, and have side effects.



ضرر المعصية

■ The sins carry great harm for the doer, who has to face their evil consequences.

■ سواد الوجه وظلمة القلب وضيقه و غمه وألمه

The sins bring a dullness to the face, and a darkness to the heart. It makes the heart feel tight and caged, sorrow and pain is also caused by sins.



العلم بسوء المعصية



الحيرة من أمره

■ الحيرة من أمره

The person who sins is always confused.

■ ذلة بعد عزة

Sins will bring humiliation after the honour of belief. They bring a person down.



سواد الوجه وظلمة القلب وضيقه و غمه و ألمه



ذله بعد عزه



أسيرا في يد أعدائه بعد ان كان ملكا متصرفا

■ أسيرا في يد أعدائه بعد أن كان ماکا

■ متصرفا

Sins chain a person, imprisoning him under his enemies, after he had the upper hand. When you see that you are being humiliated by someone, make istighfar.

■ يضعف تأثيره

The sins will decrease the effect that the person has on people. No one will listen to him. When this happens, Eg, the servants don't obey you, don't blame people, ask Allah to forgive you.



يضعف تأثيره



زوال أمنه

■ زوال أمنه

His security will be removed. The one who doesn't harm others will not lie in fear.

■ زوال الأتس واستبداله بالوحشة

The sinner will feel awkward, like a stranger with the people who he was comfortable with earlier. The feelings of familiarity will be replaced by a feeling of alienation and desolation.



زوال الأتس و استبداله بالوحشة

■ زوال رضا واستبداله بالسخط

He will always be angry, never content. When you do good and frequently ask forgiveness, you are always at rest. Sins make a person restless. He will have only complaints about his life.



زوال الرضا و استبداله بالسخط

■ زوال الطمأنينة بالله واستبداله

بالطرد والبعد عن الله

He will not feel any tranquility. He will be far from Allah, cast away from Him. He will feel awkward and restless in salah and du'a.



زوال الطمأنينة بالله و استبداله بالطرد و البعد عن الله



الحسرات الدائمة

■ الحسرات الدائمة

He will always be in a state of regret, even if he is in a good condition.

■ فقره بعد غناه

He will be poor and destitute, not on wealth, but in faith. Your capital is your faith, and sins affect the faith, making you poor. The faith increases with



فقره بعد غناه

good deeds, and decreases with sins. When you have knowledge, you knows what is happening to you, so you make istighfar.

■ نقصان رزقه

His provision will decrease. He will not get what he always had.



نقصان رزقه



ضعف بدنه

■ ضعف بدنه

His body will weaken, he will be tired all the time.

■ زوال المهابة والحلاوة التي لبسها بالطاعة

There will be a removal of dignity and sweetness for him in the eyes of the people.



زوال المهابة و الحلاوة التي لبسها بالطاعة

■ حصول البغضة والنفرة

The people around him will hate him, and will not want to be with him. Sins can repel people.



حصول البغضة و النفرة

■ ضياع الوقت



His time will be wasted. He will lose this most precious provision, which can never be replaced.

■ طمع عدوه به

He will be cracked by his enemy like an egg cracked open by a mallet.



■ الطبع والرنة على قلبه

His heart will be locked and barred.

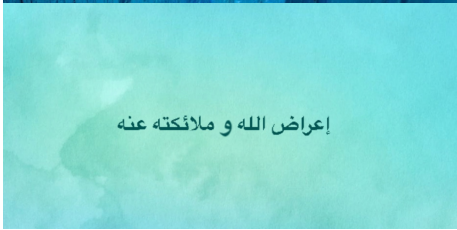
■ القلب مشتت في الدنيا

His heart will be distracted with dunya. He will forget about Allah and the hereafter.



■ إعراض الله وملائكته عنه

The worst that will happen to him is that Allah will turn away from him. The angels and the believers will also leave him. When someone returns to Allah, He will also come to you, and all the creation will love him. The evil consequences of the sins will really burn the heart.



② To be shy of Allah. You

must remember that Allah is watching you, and knows everything that you do. So you should feel ashamed that He is watching you when you sin.



③ Guard your blessings. Sins remove the blessings. If the sinner repents and returns to Allah, he will get beta he lost, or something similar. The best blessing is the faith. The sinner will be deprived of some form of worship, such as qiyam, or understanding the Qura'an.



④ Fear of Allah. This fear will be strong and confirmed when you believe in the promises of Allah, and heed the warnings.

Fear is a means for abstaining from sins.



⑤ The love of Allah is one of the greatest means to be patient and stop yourself from sinning. When you love someone, you don't want to do anything to displease them.

⑥ The ability to avoid sins and bring honour to yourself. Avoid putting yourself down by sinning. Don't choose something harmful.



العلم بعاقبة المعصية

⑦ Knowledge of the consequences of sins, in the dunya and akhirah. The sins always have an evil impact.

⑧ Short term goals. Remember that you are in transit, and can leave life at any moment. This is very beneficial. To think you have plenty of time is very harmful.



عدم الإكثار من المباحات

⑨ Don't increase in the excess of anything, even if it is allowed, such as food, drink and clothes, and socializing. If you indulge in more than your capacity, the extra will be sins. Any excess in food and drink etc. will seek an outlet in haram. So be moderate in everything.

⑩ Increase and strengthen your belief, by reciting and understanding the Qura'an and good deeds. To be patient on sins depends on how strong your faith is. Repentance is also very important.



المروءة



قصر الأمل



تقوية الإيمان