

# Nurturing The Heart

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Al-Bayaan Academy - Friday 4th July 2025

## 6. Following your Desire اتباع الهوى

خطب علي بن أبي طالب -رضي الله عنه- بالكوفة فقال: "أيها الناس، إن أخوف ما أخاف عليكم طول الأمل واتباع الهوى

It is reported from 'Alî b. Abî Îâlib –Allah be pleased with him  
– that he said:

The thing I fear for you most is **following desires** and  
**having extensive hopes (about this worldly life).**

What is الهوى?

## 6. Following your Desire اتباع الهوى

Most often Al-Hawaa is used to describe the blameable inclination of the self (in its love and desires), as Allah said

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ - 79:40

But as for he who feared the position of his Lord  
and **prevented** the soul from **[unlawful]**  
**inclination**,

فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ - 79:41

Then indeed, Paradise will be [his] refuge.

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أَفَرَأَيْتَ مَنْ اتَّخَذَ إِلَٰهَهُ هَوَاهُ وَأَضَلَّهُ اللَّهُ عَلَىٰ عِلْمٍ وَخَتَمَ عَلَىٰ سَمْعِهِ وَقَلْبِهِ  
وَجَعَلَ عَلَىٰ بَصَرِهِ غِشَاوَةً فَمَنْ يَهْدِيهِ مِنْ بَعْدِ اللَّهِ أَفَلَا تَذَكَّرُونَ -

45:23

Have you seen he who has taken as his god **his [own] desire**, and Allah has sent him astray due to knowledge and has set a seal upon his hearing and his heart and put over his vision a veil? So who will guide him after Allah ? Then will you not be reminded?

The one who is (truly) imprisoned is the one whose heart is imprisoned from Allah and the captivated one is the one whose desires have enslaved him.

(Ibn al-Qayyim, al-Qaabil, p,69)

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عَنْ أَبِي بَرْزَةَ عَنْ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ إِنَّ مِمَّا أَخْشَى عَلَيْكُمْ  
شَهَوَاتِ الْغِيِّ فِي بُطُونِكُمْ وَفُرُوجِكُمْ وَمُضِلَّاتِ الْهَوَى

مسند أحمد أول مسند البصريين 19274

إسناده صحيح - ظلال الجنة في تخريج السنة - الألباني - الصفحة أو الرقم 14

Abu Barzah reported: The Prophet, peace and blessings be upon him, said, “Verily, among what I fear for you are the seductive temptations in your stomachs and private parts **and the misguidance of desires.**”

Source: Musnad Ahmad 19274



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أَفَمَنْ كَانَ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّهِ كَمَنْ زُيِّنَ لَهُ سُوءُ عَمَلِهِ وَاتَّبَعُوا أَهْوَاءَهُمْ - 47:14

So is he who is on clear evidence from his Lord like him to whom the evil of his work has been made attractive and they follow their **[own] desires**?

فَإِنْ لَّمْ يَسْتَجِيبُوا لَكَ فَاعْلَمْ أَنَّمَا يَتَّبِعُونَ أَهْوَاءَهُمْ وَمَنْ أَضَلُّ مِمَّنِ اتَّبَعَ هَوَاهُ بِغَيْرِ هُدًى مِّنَ اللَّهِ إِنَّ اللَّهَ لَا يَهْدِي الْقَوْمَ الظَّالِمِينَ - 28:50

But if they do not respond to you - then know that they only follow **their [own] desires**. And who is more astray than **one who follows his desire without guidance from Allah** ? Indeed, Allah does not guide the wrongdoing people.

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يَا دَاوُدُ إِنَّا جَعَلْنَاكَ خَلِيفَةً فِي الْأَرْضِ فَاحْكُم بَيْنَ النَّاسِ بِالْحَقِّ وَلَا تَتَّبِعِ الْهَوَىٰ فَيُضِلَّكَ عَنْ سَبِيلِ اللَّهِ إِنَّ الَّذِينَ يَخِلُون عَنْ سَبِيلِ اللَّهِ لَهُمْ عَذَابٌ شَدِيدٌ بِمَا نَسُوا يَوْمَ الْحِسَابِ - 38:26

[We said], "O David, indeed We have made you a successor upon the earth, so judge between the people in truth and do not follow [your own] desire, as it will lead you astray from the way of Allah ." Indeed, those who go astray from the way of Allah will have a severe punishment for having forgotten the Day of Account.

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Ibn al-Qayyim (rh) said: "The travellers to Allah, in all their different paths and diversity of their ways are agreed that the soul is a barrier between the heart and Allah and that it (the heart) will not come close to Him, the Sublime, or arrive to Him except after killing his soul , abandoning it by opposing it and being victorious over it"

Know that striving against the soul does not occur except by four ways. Whoever follows them and applies them to his soul will have fought against it and protected it with the help of Allah. Ibn al-Qayyim (rh) has mentioned these ways and they are as follows:

- Firstly:** By holding the soul to account
- Secondly:** By opposing it and not following its whims and desires
- Thirdly:** By making it patient in Allah's obedience
- Fourthly:** By making it patient in refraining Allah's disobedience



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### Du'a Part 2

وَإِذَا أَرَدْتَ فِتْنَةَ قَوْمٍ فَتَوَفَّنِي غَيْرَ مَفْتُونٍ، وَأَسْأَلُكَ حُبَّكَ، وَحُبَّ مَنْ  
يُحِبُّكَ، وَحُبَّ عَمَلٍ يُقَرِّبُنِي إِلَى حُبِّكَ

“and If you intend to put people to trial, then take me away unscathed. I ask you for your love, the love of those who love you, and the love of good deeds that bring me closer to your love.”

Ahmad 5/243, Al-Haakim 1/521 and At-Tirmidhi 5/369 (with similar wording); declared hasan by At-Tirmidhi who said, “I asked Muhammad bin Isma’il (Al-Bukhari) and he said, “This hadith is hasan sahih.” Additionally, at the end of the hadith, the Prophet ﷺ said, “Verily it is true so learn it and teach it.”“

## 5. Long Hope طول الأمل

### Du'a

#### Part 1

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ، وَتَرْكَ الْمُنْكَرَاتِ، وَحُبَّ الْمَسَاكِينِ  
وَأَنْ تَغْفِرَ لِي، وَتَرْحَمَنِي

“O Allah, I ask You to grant me the performance of good deeds, abandonment of bad ones, and love of the poor; and (I ask You) that You forgive me and have mercy upon me

Ahmad 5/243, Al-Haakim 1/521 and At-Tirmidhi 5/369 (with similar wording); declared hasan by At-Tirmidhi who said, “I asked Muhammad bin Isma’il (Al-Bukhari) and he said, “This hadith is hasan sahih.” Additionally, at the end of the hadith, the Prophet ﷺ said, “Verily it is true so learn it and teach it.”“