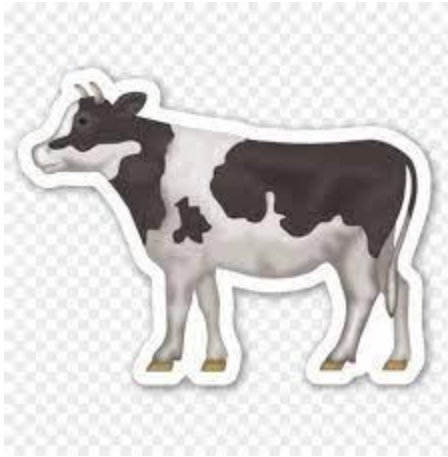
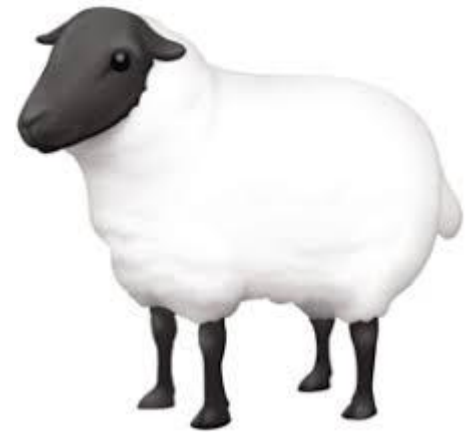


Pictionary: Can You Guess The Word?



+ HASA +



المحاسبة

أعمال القلوب

Muhasabah



Life With Allah

الحياة مع الله

Session Objectives

1

To assess the importance of muhasabah

2

To identify how to treat one's nafs

3

To design a personal muhasabah plan

Believers!



[A] Write Q59:18

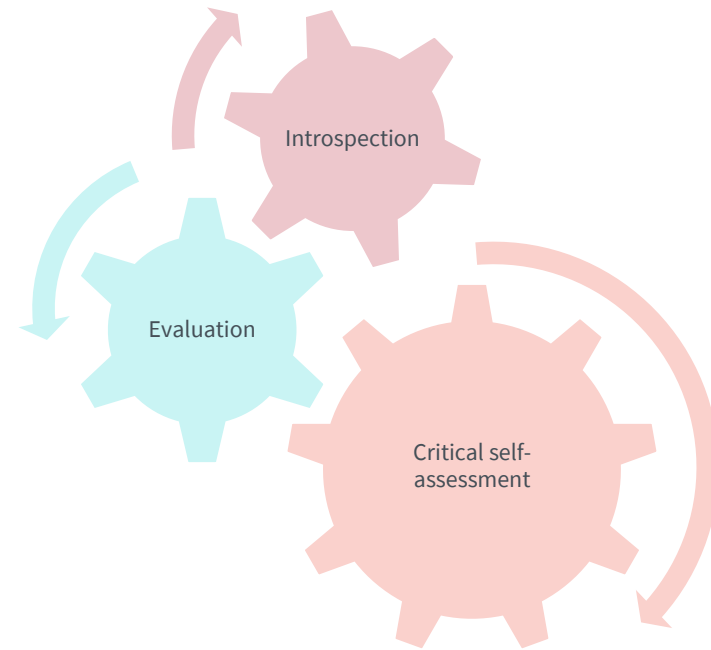
يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ
نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ ، وَاتَّقُوا اللَّهَ ،
إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

“Believers! Be mindful of Allah and let every soul carefully consider what it has sent forth for tomorrow. And fear Allah: certainly, Allah is All-Aware of what you do” (59:18).

- [A] Write down 3 key messages of this ayah.
- Iman – taqwa
- Accountability. Do you know the Arabic of this?
- Focus is ‘tomorrow’.

حاسب

What is Muhasabah?



Muḥasābah, an action of the heart, is to evaluate one's actions and behaviour of the nafs (inner self); and then rectifying the mistakes, and continuing the good deeds.



“Hold yourselves to account (in the world) before you are held to account (in the hereafter).

Evaluate your actions (today) before you are evaluated (tomorrow), for the Reckoning will be easier upon you tomorrow if you hold yourselves accountable today.”

- ‘Umar b. al-Khaṭṭāb (raḍiy Allāhu ‘anhu)

How To Treat Your Nafs

- Tazkiyat al-_____?
- The nafs is like a treacherous business partner.
- We should treat our nafs as though it is another person and remain very strict with it. When it slips and errs, we should tell it off.
- When we find it leaning itself to the obedience of Allah, we should push it in that direction.
- You control your nafs; don't let it control you.
- Talk to your nafs. Ibn al-Jawzī.

“

“I saw a number of the companions of the Prophet ﷺ and I accompanied them. They informed us that those who were the most stringent in taking their inner selves to account in the world, will be the ones with the purest īmān on the Day of Judgement.”

- ‘Āmir b. ‘Abd Qays (raḥimahullāh)

How To Do Muhasabah

- Fix a time
- Every night/after Fajr/other
- Watch Video: 30:48-38:00



[A] Check Yourself

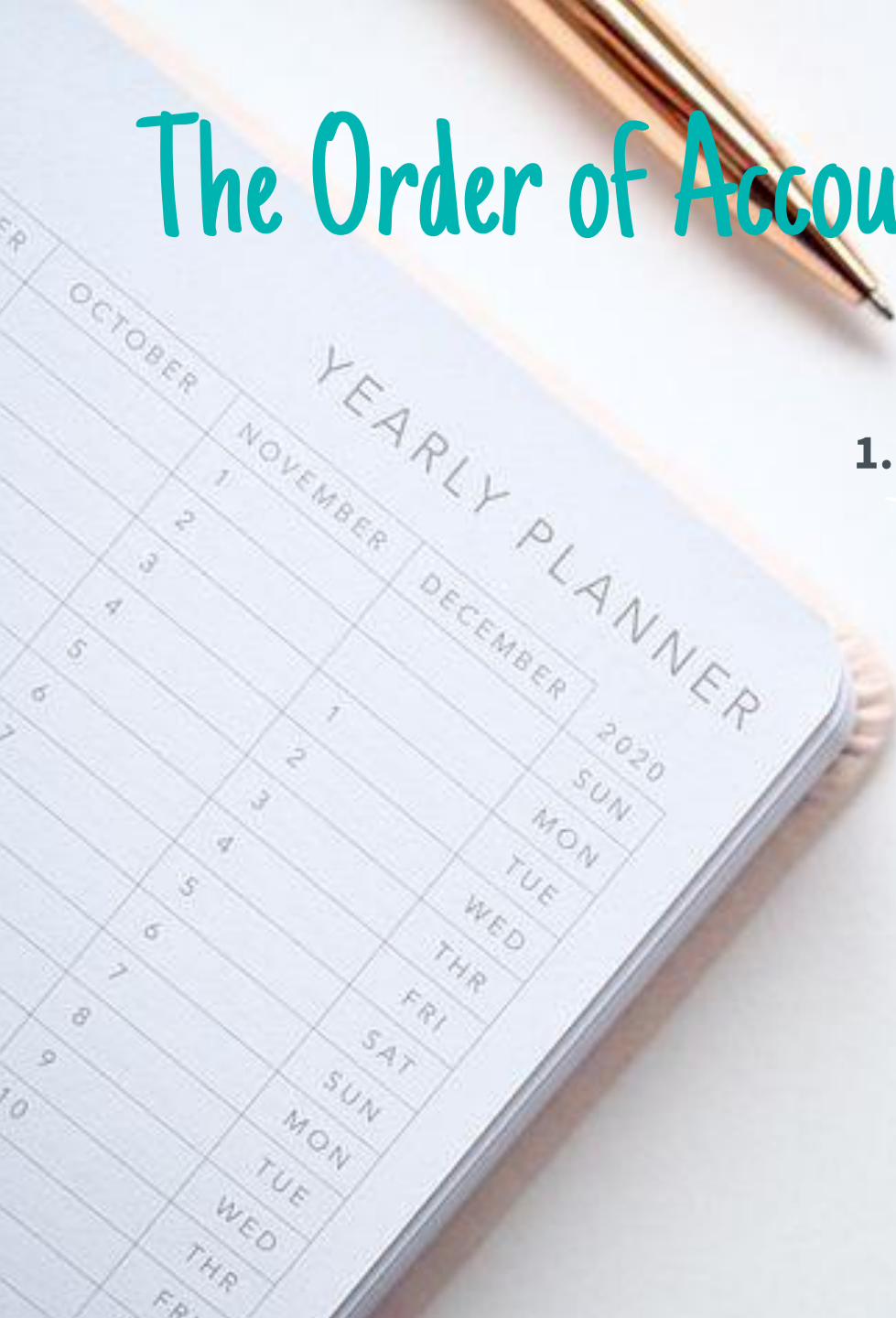
- Specify the time(s). Write it on the top of your page.
- [A] Prepare a Muhasabah checklist for yourself.

What are some of the questions we can ask ourselves?

- Rate your own deeds



The Order of Accountability



1. Fard deeds

2. Forbidden acts

3. Heedlessness

4. Intentions



Other Self-Reflection Questions

Did I do it sincerely for the sake of Allah alone?

What were my deficiencies in the act of worship I did (e.g. Did I miss out on khushū' in ṣalāh? Did I ruin my fast by backbiting?)

Did I perform a good deed which was of lesser importance, and justified it to myself by thinking that I was 'still doing something good'?

Did I use my intention to transform an ordinary deed into an act of worship?

How much of my 'screen time' is spent on what spiritually and mentally nourishes me?

Which ones are you going to add to your list?

Lack of Muhasabah



[A] What does lack of muhasabah lead to?

وَلَا تَكُونُوا كَالَّذِينَ نَسُوا اللَّهَ فَأَنْسَاهُمْ أَنْفُسَهُمْ أُولَٰئِكَ هُمُ الْفٰسِقُونَ

“And do not be like those who forgot Allah, so **He made them forget themselves**. It is they who are defiantly disobedient” (59:19).

If we are heedless of Allah, and we fail to remember Him and uphold His rights, Allah will cause us to forget that which is actually beneficial for our souls. So who loses out?

Muhasabah For All



Why do you think muhasabah is more important for tullab al-`ilm and people active in da'wah?

يا ابن الخطاب، كنت وضعيا
فرفعك الله، وضالا فهداك الله،
وضعيفا فأعزك الله، وجعلك
خليفة فأتي رجل يستعين بك على
دفع الظلم فظلمته؟! ما تقول
لربك غدا إذا أتيته؟

Du'a

How many times do we pray this du'a throughout the day ?

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ ، فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ رَبِّ كُلِّ شَيْءٍ وَمَلِيكُهُ ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ ، **أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي** ، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ ، <وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا ، أَوْ أَجْرَهُ إِلَى مُسْلِمٍ >

Journal & Reflect



Plenary



- 1) What is muhasabah?
- 2) What does lack of muhasabah lead to?
- 3) How should we treat our nafs?
- 4) What are some of the self-critical questions we should always ask ourselves?
- 5) Why is muhasabah more important for tullab al-ilm and people active in da'wah?
- 6) Why is muhasabah closely linked to tawbah?