

الخوف

أعمال القلوب

Fearing Allah



Life With Allah

الحياة مع الله

Starter: Match

- 1) Claustrophobia
- 2) Islamophobia
- 3) Agoraphobia
- 4) Necrophobia
- 5) Aquaphobia
- 6) Xenophobia

- a) fear of open places
- b) fear of water
- c) fear of strangers, foreigners, or aliens
- d) fear of having no escape and being closed in
- e) fear of death or the dead
- f) fear of Muslims

Session Objectives

- To differentiate between worldly fears and the fear of Allah
- To describe how to acquire the fear of Allah
- To analyse the positive effects of fearing Allah

Khawf: An Integral Component of Iman

فَلَا تَخَافُوهُمْ وَخَافُوا إِن كُنْتُمْ مُؤْمِنِينَ

[A] What should a believer fear?

A Believer Fears...



- Punishment in the world. E.g?
- A bad ending
- Punishment of the grave
- Standing in front of Allah
- Horrors of the Day of Judgement
- Torment of Hell-fire
- Deeds not being accepted
- Allah Himself ﷻ

Khashyah

- Khawf and Khashyah
- The fear of Allah is unique to other types of fears:
 - It makes you run to Him, and not away from Him.
 - the fear of Allah is coupled with love and respect for Him, since you are in awe of Him.

[A] Write 35:28

إِنَّمَا يَخْشَى اللَّهَ مِنْ عِبَادِهِ الْعُلَمَاءُ

What can we learn from this ayah?

Knowing Allah → Awe of Him

- The more we know Allah, the greater our awe of Him will be.
- When we realise how GREAT and POWERFUL Allah is, we will truly feel scared and humbled.
- The beauty, harmony and vastness of the earth, solar system and the heavens
- On the Day of Judgement, the whole earth will be in a single grip of Allah's Hand, and the heavens will be rolled up in His Right Hand.
- Ibn 'Abbās (radiy Allāhu 'anhumā) said, "The seven skies and earths are not in the Hand of The Most Merciful, except like a mustard seed in one of your hands."
- Have you ever seen a video of an earthquake? How did you feel?
- If Allah wished, He could destroy the heavens and the earth in an instant.

[Watch Video: The Awe and Majesty of Allah](#)

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“The origin of all goodness in the world and the hereafter is the fear of Allah, Exalted and Majestic is He. Every heart that does not contain the fear of Allah is a heart which is ruined.”

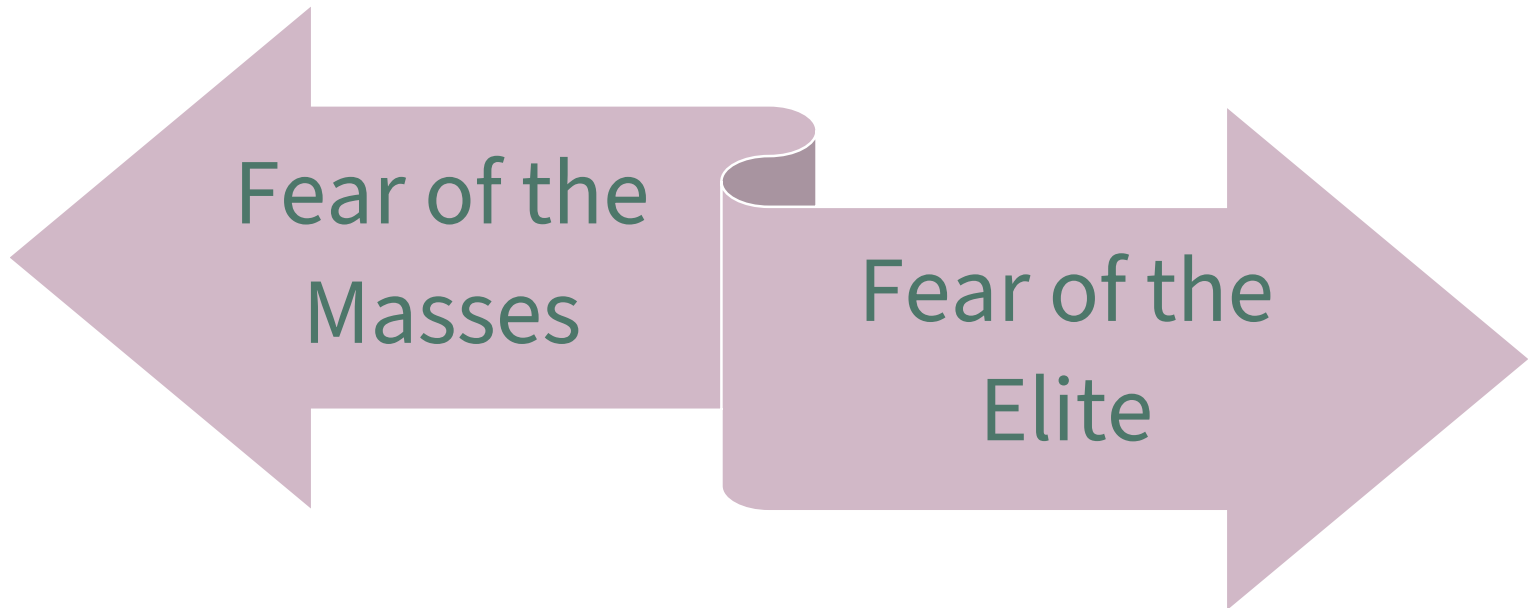
– Abū Sulaymān al-Dārānī (rahimahullāh)

Story

“What made you do that?”



The Fear of the Elite



[Watch Video: True fear of Allah](#)

How to Cultivate the Fear of Allah in Your Heart

[A] How can we cultivate the fear of Allah in our hearts?

1. Reflect on Allah's greatness and might
2. Reflect on the Qur'ān (tadabbur)
3. Reflect on the hereafter and its various stages
4. Reflect on your sins and their consequences
5. Ask Allah to grant you awe of Him



Fear: A Deterrent

وَلِمَنُ خَافَ مَقَامَ رَبِّهِ جَنَّاتٍ

“But for he who fears the standing before his Lord, there will be two gardens (i.e. in paradise).” (55:46)

“It refers to a person who, when he intends to sin, remembers the standing before his Lord and stops himself from committing the sin.”

- Mujāhid (rahimahullāh)

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*“When fear resides in the hearts,
it burns away the sources of lust
and eradicates worldly
attachments.”*

– Abū Sulaymān al-Dārānī (rahimahullāh)

The Positive Outcomes of Fear

[A] What are the positive outcomes of fear?

The Positive Outcomes of Fearing Allah

Fill in the table by writing a suitable heading in the 1st column. Once you have finished, open the [worksheet](#) and fill in the 3rd column.

Outcome	Proof	Arabic of the Ayah
1. Fear makes you do good deeds	"(Are they better) or those who worship devoutly in the hours of the night, prostrating and standing, fearing the Hereafter and hoping for the mercy of their Lord?" (39:9).	
2.	"But you [O Prophet] can only warn those who fear their Lord, though they cannot see Him..." (35:18).	
3.	In a hadith , Allah says, "By My glory, I will not combine two fears nor two assurances for My slave: if he feared Me in the world, I will grant him safety on the Day of Judgement. And if he felt safe from Me in the world, I will make him fear Me on the Day of Judgement" (Ibn Hibban).	-
4.	Amongst the seven categories of people who will be granted shade on the Day of Judgement, one will be "a man who was invited to (commit zina) by a noble, wealthy woman, but he said, I fear Allah " and another will be "a man who remembered Allah whilst he was alone and he cried" (Bukhari).	-
5.	The Messenger of Allah ﷺ said, "A man who wept out of the fear of Allah shall not enter the Fire until the milk returns to the udder [i.e. an impossibility]" (Tirmidhi).	-
6.	"And as for those who feared standing before their Lord and restrained themselves from (evil) desires, Paradise will certainly be (their) home" (79:40-1).	
7.	"Allah is pleased with them and they are pleased with Him. This is (only) for those in awe of their Lord" (98:8).	

The Positive Outcomes of Fear



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“By My glory, I will not combine two fears nor two assurances for My slave: if he feared Me in the world, I will grant him safety on the Day of Judgement. And if he felt safe from Me in the world, I will make him fear Me on the Day of Judgement”

(Ḥadīth Qudsī, Ibn Ḥibbān)

Du'a

Our beloved Prophet ﷺ would ask Allah:

اللَّهُمَّ وَأَسْأَلُكَ خَشْيَتَكَ فِي الْغَيْبِ وَالشَّهَادَةِ...

“O Allah, I ask You for Your fear in private and in public...” (Nasā'ī).

Can you remember when we pray this du'a?

Journal & Reflect



Plenary

List 5...

ways in which we
can increase our
fear of Allah

benefits of fearing
Allah

Homework

Go through the list of the Names of Allah.

Write down the Names which should invoke in you the fear and awe of Allah.

Next Lesson inshallah

Balancing Fear and Hope

