Protecting Our Eyes and Our Hearts

15-minute standard · Free English Friday sermon

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First Khutbah — Arabic Opening

Innal hamda lillah,
nahmaduhu wa nasta‘eenuhu wa nastaghfiruhu,
wa na‘oodhu billahi min shuroori anfusina
wa min sayyi’aati a‘maalina. ▶ Audio

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ، وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا.

Man yah-dihi-llahu falaa mudilla lah,
wa man yud-lil falaa haadiya lah. ▶ Audio

مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يُضْلِلْ فَلَا هَادِيَ لَهُ.

Wa ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah,
wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh. ▶ Audio

وَأَشْهَدُ أَنْ لَا إِلٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

Yaa ay-yuhal-ladheena aamanut-taqul-laha haqqa tu-qaa-tihi
wa laa tamootunna illaa wa antum muslimoon. ▶ Audio

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Yaa ayyuhan-naasu-ttaqu rabbakumul-ladhee khalaqakum min nafsin waahidah,
▶ Audio

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ،

wa khalaqa minhaa zawjahaa,
wa baththa minhumaa rijaalan katheeran wa nisaa’aa. ▶ Audio

وَخَلَقَ مِنْهَا زَوْجَهَا، وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً.

Wattaqullahal-ladhee tasaa’aloona bihi wal-arhaam.
Innallaha kaana ‘alaykum raqeebaa. ▶ Audio

وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ، إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا.

Yaa ayyuhalladheena aamanu-ttaqullaha wa qooloo qawlan sadeedaa. ▶ Audio

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا.

Yuslih lakum a‘maalakum wa yaghfir lakum dhunoobakum. ▶ Audio

يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ.

Wa man yuti‘illaha wa rasoolahu faqad faaza fawzan ‘azeemaa. ▶ Audio

وَمَنْ يُطِعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا.

Ammaa ba‘d. ▶ Audio

أَمَّا بَعْدُ.

Fa inna asdaqal hadeethi kitaabullah, ▶ Audio

فَإِنَّ أَصْدَقَ الْحَدِيثِ كِتَابُ اللَّهِ،

wa khayral hadyi hadyu Muhammadin sallallahu ‘alayhi wa sallam, ▶ Audio

وَخَيْرَ الْهَدْيِ هَدْيُ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ،

wa sharral umoori muh-dathaa-tuhaa,
wa kulla muh-dathatin bid‘ah,
wa kulla bid‘atin dalaalah,
wa kulla dalaalatin fin-naar. ▶ Audio

وَشَرَّ الْأُمُورِ مُحْدَثَاتُهَا، وَكُلَّ مُحْدَثَةٍ بِدْعَةٌ، وَكُلَّ بِدْعَةٍ ضَلَالَةٌ، وَكُلَّ ضَلَالَةٍ فِي النَّارِ.

First Khutbah — English

My dear brothers in Islam,

I advise myself first, and then all of you, to have taqwa of Allah.

Fear Allah, be aware of Allah, and remember that one day we will stand before Him and answer for how we lived our lives.

Today's khutbah is about something that has become increasingly difficult to control in today's world.

Something that can affect our faith, our families, our marriages, and the condition of our hearts.

Protecting our eyes and our hearts.

My dear brothers in Islam,

We live in a time when almost anything can be seen through a mobile phone.

Things that were once difficult to access are now available within seconds.

We can be sitting in our homes, travelling to work, or even lying in bed, and with a few movements of our fingers, we can expose ourselves to things that Allah has forbidden.

And sometimes, these things appear even when we are not looking for them.

An inappropriate image.

A video.

An advertisement.

Or something shared on social media.

My dear brothers in Islam,

The danger is not simply that we may see something wrong.

The danger is what happens when we continue looking.

What begins as a glance can become a habit.

And what becomes a habit can slowly affect our hearts.

Allah says in Surah An-Nur, (verse 30):

"tell believing men to lower their glances and guard their private parts"

Think about this command.

Allah is telling believing men to control what they look at.

Not because looking is always wrong.

But because our eyes can lead us towards things that harm our faith.

And in the following verse, Surah An-Nur, (verse 31), Allah also commands believing women to lower their glances.

This responsibility is not only for men.

Both men and women are commanded to protect their eyes and their modesty.

My dear brothers in Islam,

We must understand that Islam does not expect us to walk around with our eyes closed.

We have to work.

We have to shop.

We have to speak with people.

And we have to live our everyday lives.

But there is a difference between seeing something accidentally and deliberately continuing to look at something we know is forbidden.

The Prophet Muhammad, Sallahu Alayhi wa Salam, explained this in Sahih Muslim, (Hadith 2159a).

When he was asked about an unexpected glance, he instructed the person to turn his eyes away.

What a simple lesson.

If you accidentally see something inappropriate, look away.

Do not continue staring.

Do not return for another look.

And do not use the excuse that you were only curious.

My dear brothers in Islam,

Today, this advice is especially important because many of the things we see are designed to make us keep looking.

Social media platforms constantly show us new photographs and videos.

We may open an application intending to watch something harmless.

But within minutes, we find ourselves looking at things that we should have avoided.

And the more often we do this, the easier it becomes to justify.

We tell ourselves, "Everyone watches these things."

Or, "It's not that serious."

Or, "I'm not doing anything wrong. I'm only looking."

But my dear brothers in Islam,

Something does not become halal simply because it is common.

And just because something is easily available does not mean Allah has permitted it.

The Prophet Muhammad, Sallahu Alayhi wa Salam, warned us in Sahih al-Bukhari, (Hadith 6243), about the sins that can begin through our eyes.

He explained that the eyes can commit their own share of zina through looking at what is forbidden.

This does not mean that looking carries the same ruling or punishment as actually committing zina.

But it shows us that deliberately looking at forbidden things is not harmless.

Our actions often begin with what we allow into our hearts.

My dear brothers in Islam,

Think about how this can affect a marriage.

A husband may have a loving wife who cares for him and his family.

But if he spends his time looking at inappropriate images of other women, he may begin comparing his wife to things that are not even real.

He may become dissatisfied with the person Allah has blessed him with.

He may begin expecting things that are unreasonable.

And slowly, this can damage the love and respect within his marriage.

The same danger applies to a wife who constantly compares her husband or marriage to the unrealistic lives and relationships shown online.

My dear brothers in Islam,

Constant comparison can make us ungrateful for the blessings we already have.

A photograph cannot tell us what a person's life is really like.

A carefully edited video cannot show us the difficulties behind a relationship.

And the people we see online may be presenting an image that is very different from reality.

We should not allow these things to damage our marriages or make us unhappy with our families.

My dear brothers in Islam,

There is another matter we need to speak about.

Pornography.

It has become one of the easiest forms of haram content to access.

A person can view it privately, without anyone else knowing.

And because nobody is watching, he may convince himself that it is not hurting anyone.

But my dear brothers in Islam, Allah is always aware of what we do.

Pornography can become a repeated habit that is difficult to leave.

It can fill the mind with inappropriate images.

It can encourage unrealistic expectations.

And it can harm trust and intimacy within a marriage.

For some people, it becomes something they struggle to control.

They may feel ashamed afterwards.

They may promise themselves that they will stop.

But then return to it again.

My dear brothers in Islam,

If someone is struggling with this sin, the answer is not to give up hope.

The answer is to take the matter seriously and begin making changes.

Repent sincerely.

Remove easy access to the material.

Avoid the situations that usually lead you back to it.

And if you are struggling to stop, seek appropriate help from someone trustworthy and qualified.

There is no shame in seeking help to leave a harmful habit.

But we should never become comfortable with something Allah has forbidden.

My dear brothers in Islam,

We also need to protect our children.

Many parents give their children phones and tablets without fully understanding what they can access.

A child may begin watching innocent videos.

But before long, inappropriate material may appear.

And sometimes, children are exposed to things they are not old enough to understand.

We cannot simply assume that because our children are sitting safely inside the house, they are protected from every danger.

Parents need to know what younger children are watching.

Use suitable parental controls.

Set reasonable boundaries.

And most importantly, speak to your children.

Explain why some things are harmful.

Teach them about modesty and respect.

And make sure they feel comfortable coming to you if they see something inappropriate or upsetting.

My dear brothers in Islam,

We must also remember that controlling our eyes is not only about avoiding sexual images.

It is also about avoiding things that fill our hearts with jealousy, greed and dissatisfaction.

A person may spend hours looking at expensive cars, houses and possessions.

Slowly, he becomes unhappy with what Allah has already given him.

Another person may constantly look at the lives of others and begin feeling that he has been treated unfairly.

There is nothing wrong with admiring something halal or working towards a better life.

But when looking at other people's blessings makes us ungrateful for our own, we need to examine our hearts.

My dear brothers in Islam,

Allah reminds us in Surah Al-Isra, (verse 36), that our hearing, our sight and our hearts will all be questioned.

Think about that.

Our eyes are a blessing from Allah.

But they are also something we are responsible for.

What did we choose to watch?

What did we spend our time looking at?

And did we use our eyes for things that pleased Allah, or for things He had forbidden?

My dear brothers in Islam,

The same eyes that can lead us towards sin can also be used for good.

We can use them to read the Quran.

To seek knowledge.

To appreciate the beautiful creation of Allah.

To look after our families.

And to help those who are struggling.

Our eyes are a gift from Allah. Let us use them in ways that please Him.

May Allah forgive us for the things we have looked at unlawfully.

May Allah protect our eyes and purify our hearts.

May Allah protect our marriages and families from the harmful influences around us.

And may Allah guide us to use our time and our abilities in ways that bring us closer to Him, Ameen.

End of First Khutbah — Asking for Forgiveness

Aqoolu qawlee haadhaa,
wa astaghfirullaha lee wa lakum,
wa li saa'i-ril muslimeena min kulli dhanb.
Fastaghfirooh, innahu huwal ghafoorur raheem. ▶ Audio

أَقُولُ قَوْلِي هَذَا، وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ، وَلِسَائِرِ الْمُسْلِمِينَ مِنْ كُلِّ ذَنْبٍ،
فَاسْتَغْفِرُوهُ، إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ.

Sit briefly between the two khutbahs.

Second Khutbah — Arabic Opening

Alhamdulillahi rabbil ‘aalameen, was-salaatu was-salaamu ‘alaa ashrafil anbiyaa’i wal mursaleen, nabiyyinaa Muhammadin, wa ‘alaa aalihi wa sahbihi ajma‘een.

▶ Audio

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى أَشْرَفِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ، نَبِيِّنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ.

Ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah, wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh. Ammaa ba‘d. ▶ Audio

أَشْهَدُ أَنْ لَا إِلٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. أَمَّا بَعْدُ.

Second Khutbah — English

My dear brothers in Islam,

Again, I advise myself and all of you to have taqwa of Allah.

We have spoken about the importance of protecting our eyes and our hearts.

But now we need to ask ourselves:

What can we do to protect ourselves in our everyday lives?

My dear brothers in Islam,

The first thing we can do is become more careful about what we watch.

Look at the applications on your phone.

Look at the accounts you follow.

And look at the type of videos that regularly appear on your screen.

If certain accounts constantly show inappropriate material, stop following them.

If an application repeatedly leads you towards haram, consider removing it.

And if you know that using your phone late at night leads you into sin, change that habit.

My dear brothers in Islam,

Sometimes protecting ourselves means removing the things that make sin easy.

The second thing we should do is fill our time with something better.

Read some Quran.

Spend time with your family.

Exercise.

Learn something useful.

Or help someone who needs assistance.

A person who has meaningful things to do may find it easier to avoid wasting hours looking at inappropriate material.

My dear brothers in Islam,

The third thing we should do is protect our homes.

Parents should take an active interest in what their children watch.

Do not simply hand a child a phone and leave them alone with unlimited internet access.

Talk to them.

Help them understand what is appropriate.

And when they make mistakes, guide them with patience rather than humiliating them.

We want our children to come to us when they have questions or problems.

Not hide everything because they are frightened of our reaction.

My dear brothers in Islam,

We must also protect our marriages.

Appreciate your spouse.

Treat them with kindness and respect.

Do not allow inappropriate material or constant comparison with others to weaken the relationship Allah has blessed you with.

And if there are problems in your marriage, work towards resolving them honestly rather than escaping into harmful habits.

My dear brothers in Islam,

For anyone struggling to leave a sin involving their eyes, remember that repentance is always possible while we are alive.

Do not believe that because you have fallen into the same sin many times, you can never change.

Make sincere tawbah.

Ask Allah for help.

Take practical steps.

And if you fall again, return to Allah and continue making the effort.

Never allow one mistake to become an excuse for a lifetime of disobedience.

My dear brothers in Islam,

One day, we will stand before Allah and answer for how we used the blessings He gave us.

Including our eyes.

Let us make sure we used them to seek knowledge, appreciate His creation and do good.

Rather than allowing them to become a means of disobedience.

May Allah protect our eyes from haram.

May Allah purify our hearts and strengthen our iman.

May Allah protect our sons and daughters from harmful influences.

May Allah bring love and contentment into our marriages.

And may Allah forgive our shortcomings and admit us into Jannah, Ameen.

Closing Dua — Arabic Transliteration

In-nal-laaha wa ma-laaa-e-ka-ta-hoo yu-sal-loo-na 'alan-na-bee,
yaaa ay-yu-hal-la-thee-na aa-ma-noo sal-loo 'a-lay-hi wa sal-li-moo tas-lee-maa.

▶ Audio

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ، يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا.

Allah humma Sali wa salam wa barik ala Muhammadin wa ala alley Muhammad

▶ Audio

اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

Allahummaghfir lil-muslimeena wal-muslimaat, wal-mu'mineena wal-mu'minaat, al-ahyaa'i minhum wal-amwaat. **▶ Audio**

اللَّهُمَّ اغْفِرْ لِلْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ.

Rabbanaa zalamnaa anfusanaa, wa illam taghfir lanaa wa tarhamnaa, lanakoonanna minal-khaasireen. ▶ Audio

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ.

Rabbanaa aatinaa fid-dunyaa hasanah, wa fil-aakhirati hasanah, wa qinaa 'adhaaban-naar. ▶ Audio

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ.

Final Khutbah Closing — Arabic Transliteration

Ibaadallah,
innallaha ya’muru bil-‘adli
wal-ihsaani
wa eetaa’i dhil-qurbaa,
wa yanhaa ‘anil fahshaa’i wal-munkari wal-baghy.
Ya‘izukum la‘allakum tadhakkaroon. ▶ Audio

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ، وَيَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ.

Wa akhiroo da3wanal humdoolilahi rubul Alameen.
Wa Aqimis-salaah. ▶ Audio

وَآخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. وَأَقِمِ الصَّلَاةَ.