The Dangers of Jealousy

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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.

Today's khutbah is about a dangerous feeling that can damage our hearts and relationships: **jealousy, or hasad.**

Sometimes we see a person with a better job, a beautiful home or a successful business, and instead of being happy for them, we become upset. We may even wish that Allah would take those blessings away.

Allah says in Surah An-Nisa, (verse 32):

"Do not covet what Allah has given to some of you more than others"

My dear brothers in Islam,

Allah has blessed people in different ways. Someone may have more wealth, while another has good health, righteous children or peace within their family. We should never allow someone else's blessings to make us ungrateful for our own.

The Prophet Muhammad, Sallahu Alayhi wa Salam, warned us in Sahih Muslim, (Hadith 2563a), not to envy or hate one another. Jealousy can cause family arguments, gossip and broken friendships.

We see this on social media, where people display expensive cars, holidays and beautiful homes. But we do not know their private struggles. Comparing our ordinary lives with someone's best photographs is an easy way to become unhappy.

Perhaps you have been blessed with health, children who love you, or a home where you feel safe. Do not let someone else's expensive possessions make those blessings seem unimportant. Some people would give anything for what Allah has already given you.

Allah teaches us in Surah Al-Falaq, (verse 5), to seek protection from:

"the harm in the envier when he envies"

My dear brothers in Islam,

There is a difference between harmful jealousy and wanting to improve ourselves. If someone has memorised the Quran, we can admire them and try to learn more ourselves, without wishing for their blessing to disappear.

The Prophet, Sallahu Alayhi wa Salam, taught in Sahih al-Bukhari, (Hadith 73), that we may admire someone who uses wealth righteously or benefits others through knowledge.

**Let another person's success encourage us to do good, not to feel bitter.

If envy enters your heart, recognise it rather than allowing it to grow. Stop repeating negative stories about the person. Ask Allah to forgive you and help you feel genuinely happy when others receive something good.**

May Allah remove jealousy from our hearts, help us appreciate our blessings and make us sincerely want good for others, 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.

How can we protect ourselves from jealousy?

First, practise gratitude. Remember your health, your family, your home and the countless blessings Allah has already given you.

Second, make dua for people you envy. Congratulate them sincerely and ask Allah to bless them further. If you want something good, ask Allah to grant you what is best.

Third, stop unnecessary comparisons. Reduce the social media accounts or conversations that constantly make you dissatisfied with your life.

And teach your children to celebrate the success of others without feeling less valuable themselves. When one child does well at school, encourage the others to congratulate them instead of making unfair comparisons. The example we set at home shapes the way our children treat others.

My dear brothers in Islam,

One day, our possessions will remain behind, and we will stand before Allah with our deeds. Our envy will not benefit us, and someone else's wealth will not change what we earned through our own choices. We should spend our time seeking Allah's pleasure instead of resenting the blessings He has given others.

True contentment comes from appreciating what Allah has given us, not wishing others had less.

May Allah purify our hearts, bring love into our families 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.