The Dangers of Jealousy

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 what we allowed into our hearts.

Today's khutbah is about something that can quietly destroy our happiness, damage our relationships and lead us towards serious sins.

The dangers of jealousy.

My dear brothers in Islam,

Every one of us has seen someone who appears to have more than we do.

Perhaps they have a better job.

A bigger house.

A successful business.

Or children who are doing well in their lives.

And sometimes, when we see these blessings, we begin feeling unhappy.

Instead of being pleased for that person, we begin asking why Allah has given them something that we do not have.

And sometimes, we even begin wishing they would lose their blessings.

My dear brothers in Islam,

This is the danger of jealousy, or what is known in Islam as hasad.

Hasad is not simply wanting something good for ourselves.

It is envying the blessings Allah has given another person, especially when we wish those blessings would be taken away from them.

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

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

Think about this command.

Allah has not given every person the same things.

Some have more wealth.

Some have better health.

And some have opportunities that others do not.

But every blessing comes from Allah.

We should not allow someone else's blessings to become a reason for unhappiness in our own lives.

My dear brothers in Islam,

Imagine two brothers who grow up together.

Eventually, one becomes financially successful.

He purchases a beautiful home and builds a successful business.

The other brother is still struggling financially.

Instead of being happy for his brother, he begins feeling jealous.

He stops visiting him.

He makes negative comments about his success.

And whenever something goes wrong in his brother's life, he secretly feels pleased.

My dear brothers in Islam,

Think about how sad this is.

Two brothers who should love and support one another become divided because of jealousy.

Jealousy can turn someone else's happiness into a source of bitterness within our own hearts.

The Prophet Muhammad, Sallahu Alayhi wa Salam, warned us against this behaviour.

In Sahih Muslim, (Hadith 2563a), the Prophet, Sallahu Alayhi wa Salam, instructed Muslims not to envy one another, hate one another or turn away from one another.

He reminded us to live as brothers and servants of Allah.

This teaches us that jealousy can lead to hatred, damage friendships and destroy the brotherhood Islam teaches us to protect.

My dear brothers in Islam,

Sometimes, jealousy appears within our own families.

A parent may compare one child with another.

A brother may become jealous of his sister's achievements.

Or relatives may stop speaking because one family has become more successful than another.

Sometimes, people even spread negative stories about someone because they are jealous of that person's achievements.

We should never allow jealousy to lead us into gossip, dishonesty or deliberately harming another person.

Remember that Allah sees what is inside our hearts, even when we hide those feelings from everyone else.

My dear brothers in Islam,

Social media has made jealousy even more common.

Every day, we see people displaying their possessions, achievements and holidays.

A new car.

A beautiful home.

Or an expensive wedding.

And we begin comparing our ordinary lives with the best moments other people choose to share.

But we do not know their entire situation.

The person with the beautiful home may be struggling with debt.

And the person who appears happy may be facing serious family problems.

We should never measure our own happiness by comparing it with what other people display.

My dear brothers in Islam,

Jealousy can also make us forget the blessings Allah has already given us.

A person may have good health, a loving family and a comfortable home.

But because someone else has a more expensive car, he becomes dissatisfied.

Someone may have children who love and respect him.

But because another person's children have achieved more academically, he becomes unhappy with his own.

My dear brothers in Islam,

Allah may have given us blessings that others would desperately wish to have.

Yet we overlook them because we are focused on something we do not possess.

A jealous heart can become so focused on what is missing that it stops appreciating what is already there.

My dear brothers in Islam,

Jealousy can become so harmful that Allah teaches us to seek protection from its evil.

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

"the harm in the envier when he envies"

This is a serious reminder.

But we should also avoid becoming suspicious of everyone around us.

We cannot accuse another person of envy simply because something bad happened to us.

Allah knows people's hearts.

Our responsibility is to seek His protection while avoiding unfair accusations.

My dear brothers in Islam,

There is an important difference between jealousy and wanting to improve ourselves.

Imagine seeing someone who has memorised the Quran.

You admire their achievement and wish you could also memorise it.

But you do not wish for them to lose their knowledge.

In fact, you are happy for them.

This is not harmful jealousy.

The Prophet Muhammad, Sallahu Alayhi wa Salam, explained this in Sahih al-Bukhari, (Hadith 73).

He taught us about admiring two types of people.

A person whom Allah has given wealth and who spends it in a righteous way.

And a person whom Allah has given knowledge and who acts upon it and teaches others.

My dear brothers in Islam,

We can admire the good Allah has given others and work towards doing similar good ourselves.

But we should not wish for their blessings to disappear.

My dear brothers in Islam,

Another danger of jealousy is that it can prevent us from having peace within ourselves.

Imagine constantly worrying about what other people own.

What they earn.

And what they have achieved.

Even when something good happens in your own life, you may struggle to enjoy it because someone else appears to have more.

What a difficult way to live.

My dear brothers in Islam,

We should want good for our fellow Muslims.

If someone has achieved something beneficial, congratulate them.

If they have been blessed with children, make dua for their family.

And if their business is successful, ask Allah to place barakah in it.

Another person's success does not mean that Allah has forgotten us.

Allah can provide for others and provide for us.

So instead of allowing jealousy to grow, let us ask Allah for what is good for us.

My dear brothers in Islam,

Let us examine ourselves today.

Do we become unhappy when someone else succeeds?

Do we compare our children with other people's children?

And do we secretly feel pleased when someone we envy faces difficulties?

If we recognise these feelings, we should ask Allah to purify our hearts and make a sincere effort to change.

May Allah protect us from jealousy and hatred.

May Allah make us thankful for the blessings He has given us.

May Allah help us sincerely want good for others.

And may Allah purify our hearts and make us among His grateful servants, 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 dangers of jealousy and how it can damage our hearts and relationships.

But now we need to ask ourselves:

How can we protect ourselves from jealousy?

My dear brothers in Islam,

The first thing we can do is practise gratitude.

Instead of constantly thinking about what other people have, appreciate what Allah has given you.

Your health.

Your family.

Your home.

Your ability to earn a living.

And the many blessings we often take for granted.

Remember that others may be wishing for some of the things we hardly notice.

My dear brothers in Islam,

The second thing we can do is make dua for those we feel jealous of.

If someone has been blessed with something good, ask Allah to bless them further.

If someone has achieved success, congratulate them sincerely.

And if you want something similar, ask Allah to grant you what is good for you.

We should want Allah's blessings for ourselves without wishing harm upon others.

My dear brothers in Islam,

The third thing we should do is stop unnecessary comparisons.

If social media constantly makes you unhappy with your life, reduce the time you spend looking at those things.

And do not constantly compare your children, your spouse or your family with others.

Every family has its own blessings and difficulties.

My dear brothers in Islam,

We should also teach our children to appreciate what they have.

Teach them to congratulate others when they succeed.

Teach them that another child's achievement does not make them less valuable.

And encourage them to work hard without becoming jealous of their friends.

Most importantly, let them see these qualities in us.

My dear brothers in Islam,

There is another important step we can take.

Turn jealousy into motivation to do something good.

If you admire someone who regularly attends the masjid, make an effort to attend more often.

If someone is generous with charity, begin giving according to your ability.

And if someone has gained beneficial knowledge, use that as encouragement to seek knowledge yourself.

Let the good qualities of others inspire you rather than upset you.

My dear brothers in Islam,

One day, we will leave this world.

The houses, cars, money and possessions we once compared will remain behind.

And we will stand before Allah with our deeds.

So let us not waste our lives being unhappy about the blessings given to other people.

Let us become Muslims who are thankful for what we have, pleased when others receive good, and sincere in asking Allah for His blessings.

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

May Allah remove jealousy and hatred from our hearts.

May Allah bring love and unity into our families.

May Allah place barakah in the blessings of our fellow Muslims.

May Allah make our children thankful and content.

And may Allah grant us pure hearts 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.