

# WAYS TO STRENGTHEN AND INCREASE OUR IMAN



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NIGERIAN CANADIAN MUSLIMS  
CONGREGATION, CALGARY**

“أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ”

‘A’oothu billaahi minash-Shaytaanir-rajeem.

(Say:) I seek refuge in Allah from Satan the outcast

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bissmillahi Rahmani Raheem

Innal-hamdulillaah, was-salaatu was-salaamu  
'alaarasoolillaah, wa ba'd,

# AN-NAWAWI HADITH NO 2



- Angel Jibril's question to the Prophet(PBUH) WHAT IS IMAN
- أَنْ تُؤْمِنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمِ الْآخِرِ وَتُؤْمِنَ بِالْقَدَرِ خَيْرِهِ وَشَرِّهِ
- **Faith is to believe in Allah, His angels, His books, His messengers, the Last Day, and to believe in providence both its good and its bad.**
- The man said, “You have spoken truthfully.

# STRENGTHEN OUR IMAN



THE HIGHEST BRANCH OF FAITH - LAA ILAAHA ILLALLAH - MUST BE FULLY DEVELOPED WITHIN ONE'S LIFE. THE UNDERSTANDING OF IT'S DEEP IMPLICATIONS WILL HAVE A TREMENDOUS EFFECT IN ONE'S LEVEL OF FAITH. AS WELL, THE ONE WHO SAYS IT SINCERELY IN HIS HEART WILL BE ADMITTED INTO PARADISE.

MU'ADTH BIN JABAL ASKED THE PROPHET (SAWS): O MESSENGER OF ALLAH, TELL ME OF AN ACT WHICH WILL TAKE ME INTO PARADISE AND WILL KEEP ME AWAY FROM HELLFIRE. HE SAID: YOU HAVE ASKED ME ABOUT A MAJOR MATTER, YET IT IS EASY FOR HIM WHOM ALLAH ALMIGHTY MAKES IT EASY FOR.



- You should worship Allah, associating nothing with Him; you should perform the prayers; you should pay the Zakah; you should fast Ramadan; and you should make the pilgrimage to the House. Then he said: Shall I not show you the gates of goodness? Fasting (which) is a shield; charity extinguishes sin as water extinguishes fire; and the praying of a man in the depths of the night. Then he recited:
- “Who forsake their beds to cry unto their Lord in fear and hope and spend out of what We have bestowed on them. No soul knoweth what is kept hid for them of joy, as a reward for what they used to do.”
- (Qur’an 16:32)
- Then he said: “Shall I not tell you of the peak of the matter, its pillar and its topmost part? I said: “Yes, O Messenger of Allah.” “The peak is Islam; the pillar is prayer; and its top most part is jihad.
- Al Tirmithi in An Nawawi’s 40 Hadeeth



It is not righteousness that ye turn your faces to the East and the West; but righteous is he who believeth in Allah and the Last Day and the angels and the Scripture and the prophets; and giveth wealth, for love of Him, to kinsfolk and to orphans and the needy and the wayfarer and to those who ask, and to set slaves free; and observeth proper worship and payeth the poor-due. And those who keep their treaty when they make one, and the patient in tribulation and adversity and time of stress. Such are they who are sincere. Such are the God-fearing. Quran 2:177



- **The Prophet Muhammad (Sallallahu Alaihi Wasallam) said:** "Faith wears out in the heart of any one of you just as clothes wear out, so ask Allah to renew the faith in your hearts" (**Mustadrak al-Haakim**).

# ACTIONS THAT AFFECT OUR IMAN



- Committing sins and not feeling any guilt.
  - Having a hard heart and no desire to read the Quran.
  - Feeling too lazy to do good deeds, e.g. being late for salat
  - Neglecting the Sunnah.
  - Having mood swings, for instance being upset about petty things and bothered and irritated most of the time.
  - Not feeling anything when hearing verses from the Quran, for example when Allah warns us of punishments and His promise of glad tidings.
  - Finding difficulty in remembering Allah and making dhikr.
  - Not feeling bad when things are done against the Shariah.
  - Desiring status and wealth.



- Being mean and miserly, i.e. not wanting to part with wealth.
- Ordering others to do good deeds when not practising them ourselves.
- Feeling pleased when things are not progressing for others.
- Being concerned with whether something is haram or halal only; and not avoiding makroo (not recommended) things.
- Making fun of people who do simple good deeds, like cleaning the mosque.
- Not feeling concerned about the situation of Muslims.
- Not feeling the responsibility to do something to promote Islam.
- Being unable to deal with calamities, for instance crying and yelling in funerals.
- Liking to argue just for the sake of arguing without any proof.
- Becoming engrossed and very involved with dunya, worldly things, i.e. feeling bad only when losing something in terms of material wealth.
- Becoming engrossed and obsessive about ourselves.



"Have you not considered that Allah knows what is in the heavens and what is on the earth? There is no private conversation of three but that He is the fourth of them, nor are there five but that He is the sixth of them - and no less than that and no more except that He is with them [in knowledge] wherever they are. Then He will inform them of what they did, on the Day of Resurrection. Indeed Allah is, of all things, Knowing." [Al-Mujadilah (58):7]

# DECREE OF ALLAH



- **Qadarullaahi wa maa shaa'afa'ala.**
- **It is the Decree of Allah and He does whatever He wills.**
- Reference:
- “The strong believer is better and more dear to Allah than the weak believer, and in each of them there is good. Be vigilant for what is to your benefit and seek the help of Allah and do not falter. But when you are stricken by some setback, do not say: ‘If only I had done such and such,’ rather say: ‘It is the Decree of Allah and He does whatever He wills.’ For verily the saying ‘if (i.e. if only I had) begins the work of the Devil.”  
Muslim 4/2052.



أَمْ حَسِبْتُمْ أَنْ تَدْخُلُوا الْجَنَّةَ وَلَمَّا يَأْتِكُمْ مَثَلُ الَّذِينَ خَلَوْا مِنْ قَبْلِكُمْ مَسَّتْهُمُ الْبَأْسَاءُ وَالضَّرَّاءُ وَزُلْزِلُوا  
حَتَّى يَقُولَ الرَّسُولُ وَالَّذِينَ آمَنُوا مَعَهُ مَتَى نَصْرُ اللَّهِ أَلاَ إِنَّ نَصْرَ اللَّهِ قَرِيبٌ

Am hasibtum an tadkhuloo aljannata walamma yatikum mathalu  
allatheena khalaw min qablikum massathumu albasao waalddarrao  
wazulziloo hatta yaqoola alrrasoolu waallatheena amanoo maAAahu  
mata nasru Allahi ala inna nasra Allahi qareebun

Or think ye that ye will enter Paradise while yet there hath not come unto you the like of (that which came to) those who passed away before you? Affliction and adversity befell them, they were shaken as with earthquake, till the messenger (of Allah) and those who believed along with him said: When cometh Allah's help? Now surely Allah's help is nigh.2:214



- And surely We shall try you with something of fear and hunger, and loss of wealth and lives and crops; but give glad tidings to the steadfast, Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return." 2:155-156

# HOW TO STRENGTHEN OUR IMAN



- Seeking forgiveness of Allah
- Perform salat Regularly
- Reciting the Qur'an
- Dhkir
- Voluntary fasting
- Increasing in doing good deeds
- Remembering death and day of judgement

# CONTINUE



- Seeking Knowledge
- Making dua
- Putting your trust in Allah

# FORGIVENESS



- "Seek forgiveness of your Lord and then turn to Him in repentance." (Qur'an, Hud: 3).
- "... and turn you all together in repentance to Allah O believers, that you may be successful" An-Noor (24)
- The Prophet Muhammad (Sallallahu Alaihi Wasallam) states: "Allah is more delighted with the repentance of His servant than one of you would be, who suddenly finds his camel laden with supplies after losing it in a barren land" (Bukhari, Muslim)
- Allah is most happy when his slave turns to him in meekness and in humility begging for forgiveness and mercy:
- "Surely Allah loves those who turn unto him in repentance..." (2:222):31)

# PERFORM SALAH



- The believers are only those who, when Allah is mentioned, feel a fear in their hearts and when His Verses -this Qur'an- are recited unto them, they (i.e. the Verses) increase their Faith; and they put their trust in their Lord (Alone); Who perform salah and spend out of that We have provided them. It is they who are the believers in truth. For them are grades of dignity with their Lord, and Forgiveness and a generous provision (Paradise)” (Qur'an, Al-Anfal: 2-4).

# SALAH



- The Prophet (sallallahu alaihe wa-sallam) said: “The closest the slave will draw to his Lord, is when he is performing Sujood (prostrating while praying)” [Saheeh Muslim]
- It is also a means of forgiveness of sins:
- Jabir ibn Abdullah (RA) narrates that the Prophet (Sallallahu Alaihi Wasallam) said: The similitude of five prayers is like an overflowing river passing by the gate of one of you in which he washes five times daily. Hasan said: No filthiness can remain on him. (Muslim 4: 1411)
- But for the people who don't pray:
- Informing us about the inhabitants of Hell, Almighty Allah says "(The people in Hell will be asked "What has caused you to enter Hell? They will say: "We were not of those who used to offer their Salât (prayers). Nor did we feed the poor. And we used to talk falsehood (all that which Allaah hated) with vain-talkers. And we used to belie thc Day of Recompense. Until there came to us that which is certain (i.e., death). So no Intercession of intercessors will benefit them. (Qur'an,Al-Muddaththir: 42-48)
- In an other Hadith, the Prophet (Sallallahu Alaihi Wasallam) said "What lies between a man and disbelief is the abandonment of prayer." (Muslim, Abu Dawood & Nasaa'ee)

# QURAN RECITATION



- Those to whom We gave the book (the Qur'an) recite it as it should be recited, they are the ones that believe therein. And who disbelieves in it (the Qur'an), those are the losers." (Qur'an, Baqarah: 121)
- Umar (Ra), said about reciting the Qur'an the way it should be recited: "They (the ones who really recite Qur'an) are the ones who, when they pass by a verse of mercy, asked it from Allah, and when they pass by a verse of punishment, they seek refuge from it, like the Prophet (Sallallahu Alaihi Wasallam) used to do.

# INCREASE IMAN WITH QUR'AN RECITATION



- Allah says: "And whenever there comes down a surah, some of them say: "Which of you has his iman increased by it ? As for those who believe, it has increased their iman, and they rejoice. But as for those in whose hearts is a disease, it will add suspicion and doubt to their suspicion, disbelief and doubt, and they die while they are disbelievers."  
(Qur'an;Tawbah: 124,25)

# DHIKR



- When the signs of the Gracious Allah are recited unto them, they fall down, prostrating themselves before Allah weeping.(19:59)
- "...Verily, in the remembrance of Allah do hearts find rest." (13:28)
- The Prophet (Sallallahu Alaihi Wasallam) used to make remembrance of Allah at all times and also encouraged us to do the same. When a man complained, "The laws of Islam are too heavy for me, so tell me something that I can easily follow," the Prophet (Sallallahu Alaihi Wasallam) told him, "Let your tongue be always busy with the remembrance of Allah." (Ahmad).

# DHIKR



- Mu`adh Ibn Jabal (RA) said that the Prophet (Sallallahu Alaihi Wasallam) said: "The People of Paradise will not regret anything except one thing alone: the hour that passed them by in which they made no remembrance of Allah." (Bayhaqi in Shu`ab al-iman (1:392 #512-513))



- Aa'ishah said: The Messenger of Allah, *salla Allahu alaihi wa salam*, used to fast Mondays and Thursdays". [An-Nasaa'i; Sahih]
- Abu Hurairah reported that the most the Prophet, *salla Allahu alaihi wa salam*, would fast would be Monday and Thursday. He was asked about that and he said: "The deeds of people are presented to Allah on every Monday and Thursday. Allah forgives every Muslim except for those who are deserting each other. He says: "leave them for later." [Ahmad; Hasan]

# VOLUNTARY FASTING



- Aa'ishah said: The Messenger of Allah, *salla Allahu alaihi wa salam*, used to fast Mondays and Thursdays". [An-Nasaa'i; Sahih]
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# FASTING



- Abu Tharr Al-Ghefari said: "The Messenger of Allah, *salla Allahu alaihi wa sallam*, said "O Abu Tharr! if you fast three days of every month, then fast the 13th, the 14th and the 15th [these are call the *al-ayaam al-beedh*, the white days]". [Ahmad, *an-Nasaa'i* and *at-Tirmithi*; *Sahih*]

# INCREASE IN GOOD DEEDS



- Our Iman (faith) is increased by doing good deeds and actions and is decreased by committing bad deeds.
- The Prophet (Sallallahu Alaihi Wasallam) said: “The best deeds are those we are consistent with, even if they are small deeds.” (Bukhari)
- Abu Dhar (Ra) narrates that the Prophet (Sallallahu Alaihi Wasallam) said, “Do not disdain any good deed, even your meeting with your Muslim brother with a cheerful face.” (Muslim)

# Good Deeds



- O you who believe! Obey Allah and obey the Messenger and do not make your deeds vain. (Surah Muhammad 47:33)
- Then, as for those who have faith and do good deeds, He will pay them fully their rewards and give them more out of His grace and as for those who disdain and are proud, He will punish them with a painful doom. And they shall not find for themselves besides Allah any guardian or helper. (Surat an-Nisaa 4:173)

# Good Deeds



- In the following verse, Allah emphasises the importance of iman and doing good deeds along with ones belief:
- There shall be no sin unto those who believe and do good deeds for what they may have eaten (in the past); so be mindful of your duty (to Allah) and do good deeds and again be mindful of your duty and believe and once again, be mindful of your duty and do good deeds. Allah loves the good! (Surat al-Maidah 5:93)

# Remembering death and the Hereafter



- "Every soul shall taste death, and We shall make a trial of you with evil and good, and to Us you will return." (Qur'an; 21:35)
- Abu Hurairah (Ra) narrated that the Prophet (Sallallahu Alaihi Wasallam) said, "Hasten to do good deeds before six things happen: the rising of the sun from the west, the smoke, the Dajjal, the beast and (the death) of one you or the general turmoil." (Muslim 7039)

# REMEMBERING DEATH



- Daqaq (Ra) says, 'Who ever remembers death frequently, will benefit in three ways: he will hasten to repent, he will become content, and he will be active in worship. Whoever forgets death will be punished in three ways: he will delay repentance, he will no longer be content with what is sufficient, and he will be lazy in worship.'

# GAINING KNOWLEDGE



- It is only those who have knowledge among His slaves that fear Allah. (Qur'an; al-Malaaikah; 35:28)
- Are those who know, equal to those who know not? (Qur'an; az-Zumar; 39:9)

# DUA (SUPPLICATION)



- Aisha (Ra) said, "No believer makes Dua and it is wasted. Either it is granted here in this world or deposited for him in the Hereafter as long as he does not get frustrated."
- When My servants question thee concerning Me, I am indeed close (to them): I listen to the prayer of every suppliant when he calleth on Me" (Quran 2:186), "Is not He (best) who listens to the (soul) distressed when it calls on Him, and who relieves its suffering." (Quran 27:6)

# TRUST IN ALLAH



- They only are the (true) believers whose hearts feel fear when Allah is mentioned, and when the revelations of Allah are recited unto them they increase their faith, and who trust in their Lord. (Qur'an; Al-Anfaal; 8:2)
- Almighty Allah says: "Say: 'Nothing will happen to us except what Allah has decreed for us: He is our protector': And on Allah let the Believers put their trust." (Qur'an; At-Tauba: 51)
- "And put thy trust on the exalted in Might, The Merciful." (Qur'an; Ash-Shu'araa: 217)

# TRUST IN ALLAH



- Umar Ibin Al Khattab (Ra) narrated that he heard the Prophet (Sallallahu Alaihi Wasallam) say, "If you were to trust in Allah genuinely, He would give you provision as He does for the birds which go out hungry in the morning and come back full in the evening. (Tirmidhi & Ibin Majah).

# QUR'AN 3:200



- يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا وَرَابِطُوا وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ
- Ya ayyuha allatheena amanoo isbiroo wasabiroo warabitoo waittaqoo Allaha laAAallakum tuflihoona
- ye who believe! persevere in patience and constancy: vie in such perseverance; strengthen each other; and fear Allah; that ye may prosper.