

Nurturing The Heart

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10 Heedlessness of the Heart - غفلة القلب

“There is no heart that does not have clouds like the clouds that cover the moon. When the cloud covers it, it is dark, and when the cloud moves away it shines.”

–Narrated by Al-Tabraani in A;-Awsat, and classed as saheeh by al-Baani

The root cause of all evil, heedlessness

Heedless of their duties towards Allah, intentionally turning away from His remembrance, the Hereafter and neglecting the account to come on Judgement Day.

Have we forgotten our purpose in this Life?

اِقْتَرَبَ لِلنَّاسِ حِسَابُهُمْ وَهُمْ فِي غَفْلَةٍ مُّعْرِضُونَ

The time of] their account has approached for the people,]
while they are in **heedlessness** turning away.

مَا يَأْتِيهِمْ مِّنْ ذِكْرٍ مِّن رَّبِّهِمْ مُّحَدَّثٍ إِلَّا اسْتَمَعُوهُ وَهُمْ يَلْعَبُونَ

No mention comes to them anew from their Lord except that
they listen to it while they are at play

لَا هِيَ قُلُوبُهُمْ^ق

With their **hearts distracted**.

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لَاهِيَةً قُلُوبُهُمْ

With their **hearts distracted**.

وَلَقَدْ ذَرَأْنَا لِجَهَنَّمَ كَثِيرًا مِّنَ الْجِنِّ وَالْإِنسِ ۖ لَهُمْ قُلُوبٌ لَا يَفْقَهُونَ بِهَا وَلَهُمْ
 أَعْيُنٌ لَا يُبْصِرُونَ بِهَا وَلَهُمْ آذَانٌ لَا يَسْمَعُونَ بِهَا ۚ أُولَٰئِكَ كَالْأَنْعَامِ بَلْ هُمْ
 أَضَلُّ ۚ أُولَٰئِكَ هُمُ الْغَافِلُونَ

And We have certainly created for Hell many of the jinn and mankind. They have hearts with which they do not understand, they have eyes with which they do not see, and they have ears with which they do not hear. Those are like livestock; rather, they are more astray. **It is they who are the heedless.**

Every intelligent person knows that Shaytān has no way to [attack] him except from three angles:

1. Heedlessness. One who remembers [Allāh] is in an impenetrable fortress. If he becomes forgetful and heedless, he opens the gates of the fortress, and the enemy enters, after which it is difficult to expel him.

Ibn Qayyim Al-Jawzīyah, Al-Fawā'id 1:277

Two: Increase and extravagance; to have more than one needs.

Three: caring for what is not his business in all matters of life.

حَتَّىٰ إِذَا جَاءَ أَحَدَهُمُ الْمَوْتُ قَالَ رَبِّ ارْجِعُونِ

[For such is the state of the disbelievers], until, when death comes to one of them, he says, "My Lord, send me back

لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ ۚ كَلَّا ۚ إِنَّهَا كَلِمَةٌ هُوَ قَائِلُهَا ۚ وَمِنْ وَرَائِهِمْ بَرْزَخٌ إِلَىٰ يَوْمِ يُبْعَثُونَ

That I might do righteousness in that which I left behind."
No! It is only a word he is saying; and behind them is a barrier until the Day they are resurrected.

إِنَّ الَّذِينَ لَا يَرْجُونَ لِقَاءَنَا وَرَضُوا بِالْحَيَاةِ الدُّنْيَا وَاطْمَأَنَّنُوا بِهَا وَالَّذِينَ هُمْ عَنْ
آيَاتِنَا غَافِلُونَ

Indeed, those who do not expect the meeting with Us and
are satisfied with the life of this world and feel secure
therein and those who are heedless of Our signs

أُولَئِكَ مَأْوَاهُمُ النَّارُ بِمَا كَانُوا يَكْسِبُونَ

For those their refuge will be the Fire because of what
they used to earn.

“If you see your time pass by and your life go, and you have not produced anything worthwhile or beneficial and you do not find any blessing in your time then be wary that the statement of Allah has overcome you:

“And obey not him whose heart We have made heedless of Our Remembrance, one who follows his own lusts and whose affair (deeds) has been lost.” Al-Kahf: 28 (1)

And in this ayah is an indication to the importance of (having) presence of heart when performing dhikr of Allah. And that the person who remembers Allah with (only) his tongue and not his heart, (then) the barakah (blessing) is removed from his actions and his time to the extent that his deeds become lost.”

Shaykh Uthaymeen 's Tafseer of Soorah Al-Kahf Page 62

وَمَنْ أَعْرَضَ عَنْ ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَىٰ

And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind."

قَالَ رَبِّ لِمَ حَشَرْتَنِي أَعْمَىٰ وَقَدْ كُنْتُ بَصِيرًا

He will say, "My Lord, why have you raised me blind while I was [once] seeing?"

قَالَ كَذَلِكَ أَتَتْكَ آيَاتُنَا فَنَسِيتَهَا ۖ وَكَذَلِكَ الْيَوْمَ تُنْسَىٰ

[Allah] will say, "Thus did Our signs come to you, and you forgot them; and thus will you this Day be forgotten."

أَلَمْ يَأْنِ لِلَّذِينَ آمَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا
يَكُونُوا كَالَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ
قُلُوبُهُمْ ۖ وَكَثِيرٌ مِّنْهُمْ فَاسِقُونَ

Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient.

“meaning: Has the time not come for them to reach Ihsaan through Imaan? And that they actualize that through their submissiveness to His Reminder (The Qur’aan) which He sent down upon them.”
Imaam Ibn Qayyim

Heedlessness creates love and attention only of the life of this world and removes the striving towards the Akhirah

Causes

Belief in the longevity of Life, being away from gatherings of remembrance/knowledge, not remembering death, following your desires, bad company, failure to account yourself

Cure

Engage in Dhikr, renew your intentions, abandon sinning, remember death(visit the graves), Du'a, account yourself....

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ^{عَلَى} أَلَّا يَذْكُرَ اللَّهُ تَطْمَئِنُّ الْقُلُوبُ

Those who have believed and whose hearts are assured by the remembrance of Allah . Unquestionably, by the remembrance of Allah hearts are assured."

Qur'an 13:28

Du'a

Part 1

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

O Allah, I seek Your forgiveness and Your protection in this world and the next.

Sahih Ibn Majah 2/332 and Abu Dawud.