

## Cleanse Your Heart

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On Wednesday 15<sup>th</sup> of *Rabī al-Awwal* 1438 (14<sup>th</sup> December 2016), in our weekly class in the explanation of the book, “The Book of Major Sins” by *Shaykh ul Islām Muḥammad ibn ‘AbdilWahhāb*, our noble *Shaykh Bandar al-Khaybarī* cited the following benefit,

*Abū Hurayrah* narrated **Allāh’s** Messenger (*ṣal Allāhu ‘alayhi wa-sallam*) said, “**Allāh** does not look at your physical bodies and your wealth but He looks at your hearts and deeds.”<sup>1</sup>

We find in this *ḥadīth* that the heart is the place our Lord looks at. If **Allāh** looks at the hearts, it is befitting that we pay attention to our hearts, and place all good in our hearts such that when **Allāh** looks at them, He only finds what is pleasing to Him. We should purify and cleanse our hearts from everything which is evil and displeasing to Him. The amazing thing about humans is that they go to great extents cleaning and beautifying their faces daily. Why is this? It is because the face is what other people look at. However, if the human being was intelligent and looked to what the Prophet (*ṣal Allāhu ‘alayhi wa-sallam*) stated in this *ḥadīth*, (that **Allāh** does not look at the face, rather He looks at the heart) they would spend more time beautifying and cleansing their hearts. Whenever something dirty appears on a person’s face, he rushes to

<sup>1</sup> Ṣaḥīḥ Muslim





remove it immediately with some cloth or some water so that the people do not look at him.

**Allāh** does not look at the face, rather **Allāh** looks at the heart. And it is befitting for the *Muslim* who want his own salvation to rush to cleanse his heart. He should rush to cleanse it every time a little dirt enters upon it, every time a little pride and arrogance creeps into his heart, he should race to wash it off. Whenever a little malice enters upon his heart, he should race to cleanse it. A *Muslim* should cleanse his heart from *bid'ah*, *shirk* and having malice towards the *Muslims* and harbouring evil and hatred. It is befitting that a *Muslim* cleanses his heart. How does a *Muslim* do this? By repenting to **Allāh** and by performing righteous deeds which will wipe away those evil deeds. Just as a person cleans his face to avoid the embarrassment of the people, an intelligent person should clean his heart. A person who hopes for the reward of **Allāh** whilst fearing His punishment, should go to great lengths to purify this morsel of flesh.

On the authority of *Nu'man ibn Bashir*, **Allāh's** Messenger (*ṣal Allāhu 'alayhi wa-sallam*) said, "There lies within the body a piece of flesh. If it is correct, the whole body is correct and if it is corrupt, the whole body is corrupt. Verily this piece is the heart."<sup>2</sup>

The Prophet (*ṣal Allāhu 'alayhi wa-sallam*) informed us that this morsel of flesh is the most important body part. In fact, it is like the king of the body and it is from this king that all orders from the kingdom take place; anything that the limbs do is a direct order that comes from the heart.

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<sup>2</sup> Ṣaḥīḥ Bukhārī & Ṣaḥīḥ Muslim





The different body parts all lead to the heart; they are all entrances which enter the heart. For example, the ear receives messages and hears things which then enters upon the heart such that they remain there, be careful what you listen to. The same applies to the eyes, you look at things and they remain with you and you cannot forget them, so be careful what you look at. Likewise what you touch - you touch things and they remain with you, be careful what you touch. All of these limbs are gateways that all lead to the heart. So, just as the heart is the king that sends out the orders which command all of the body to do what they do, likewise these limbs give feedback to the heart; and whatever the limbs do affect the health of the heart.

