

WEEK 3

Sin I will avoid this week: *SINS OF THE EAR*

Examples of sins of the ear: Listening to people's private conversation, listening to backbiters, listening to songs, listening to a non mahram on mobile with lust, etc.

Tips for guarding against sins of the ear: Remind yourself of the molten lead that will be put in the ear of some people in hellfire for certain sins committed by the ear. Also remember the hadeeth that songs generate hypocrisy in the heart just as water causes farm-produce to grow.

DAYS	MAKE A TALLY FOR THE NUMBER OF SINS COMMITTED BY EAR EACH DAY
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

WEEK 4

Sin I will avoid this week: *SINS OF THE HEART & MIND*

Examples of sins of the heart & mind: Belittling someone, pride, anger, assumptions, negative thoughts, thoughts about earning haram, gambling, etc.

Tips for guarding against sins of the heart & mind: Recite Ta'awwuz each time you have evil thoughts. Also recite Surah Naas. Think good about the person. Offer them some gift or at least say salaam. Talk to them nicely. When greed tries to get the better of you, simply turn away and avoid any haram income.

DAYS	MAKE A TALLY FOR THE NUMBER OF SINS COMMITTED BY HEART & MIND EACH DAY
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Muhāsabah (SELF-ASSESSMENT)



Sayyiduna 'Umar ibn al-Khaṭṭāb (Radhiyallahu Alaihi) in his inaugural address upon becoming Khaleefah said:

"Take account of yourself before you are taken to account, and weigh yourself before you are weighed, for it would be easier on your accounting tomorrow if you do so today. Adorn yourself for the great exposure, the day you shall be exposed and not a secret of yours will remain hidden." (Muṣannaf Ibn Abī Shaybah, Kanz al-'Ummāl)

What is Muhāsabah?

"In reality, to take account of ourselves on an annual basis is not adequate. This is why the Mashā'ikh have advised that a person should do muhāsabah (self-assessment) daily. The method of making muhāsabah is to allocate time to ponder upon the actions carried out throughout the day. If good was done then thank Allāh and resolve to continue; and if sin was committed then repent and resolve to abstain from repeating the same in the future." (Shaykh Muhammad Saleem Dhorat D.B)

Did you know?

To stop yourself from sins is also an act of Ibaadah (worship). This means you get reward just by staying away from sins!

Which sins should I always avoid?

"Avoid all forms of sins, major and minor, clear and hidden. Don't take sins lightly. Every sin is grave. In fact, when one belittles a sin, it becomes all the more dangerous." (Shaykh Abdul Raheem Limbada D.B)

Ok, I really want to stop sinning now. How do I do Muhāsabah of sins?

Ramadhan is usually the best month to begin to self-assess, but why wait until then when our death is not far away?

Below are some tips to help us get into the habit of doing daily muhāsabah. We have made a tally chart for a 4-week muhāsabah. We will do muhāsabah by concentrating on sins committed by eye, tongue, ear and heart & mind.

WEEK 1

Sin I will avoid this week: *SINS OF THE EYE*

Examples of sins of the eye: Looking at girls with lust or vice versa, watching movies & dramas, giving others the evil eye, spying, etc.

Tips for guarding against sins of the eye: Look down immediately and say ASTAGHFIRULLAH. Remember the hadeeth which states that Allah curses the person who exposes his awrah (private parts) and the one who looks at it. How can we invite Allah's curse in the Month of Mercy! Be chaste and think this is somebody's mother, daughter or wife.

DAYS	MAKE A TALLY FOR THE NUMBER OF SINS COMMITTED BY EYE EACH DAY
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

WEEK 2

Sin I will avoid this week: *SINS OF THE TONGUE*

Examples of sins of the tongue: Backbiting, swearing, lying, carrying tales, spreading rumours, offending neighbours, etc.

Tips for guarding against sins of the tongue: Remain silent and think before you speak. If there is good in it, say it. Otherwise withhold your tongue. Make a habit of moistening the tongue with Qur'an, Zikr, Durood, etc.

DAYS	MAKE A TALLY FOR THE NUMBER OF SINS COMMITTED BY TONGUE EACH DAY
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

These are the four main parts of our body where sins are committed, so let's try and work on these first in our 4-week plan. Once we get into this habit of muhāsabah then we can concentrate on other sins committed by other parts of the body.

How does this tally chart work?

It's simple! For example, for sins of the eye, all you need to do is keep track of the number of sins of the eye you have committed throughout the day and make a tally chart by writing them down before going to bed at night. Then try and reduce these sins one by one every day until the week is finished. At the end of the week you will see that you have now cut down on the sins of the eye. Do not commit any more sins of the eye now, and if accidentally you have committed a sin, then do Taubah (repent) immediately. Once the week is over, concentrate on the sins of the tongue in the same way, and then the ear and then the heart & mind. At the end of the month you will realise how many sins you have now eliminated. Insha'Allah if you continue making a habit of muhāsabah, then one day you will become Sin-Free Insha'Allah. All the best!

Below are some examples of doing muhāsabah of sins committed by other parts of the body.

Examples of sins of the stomach: Eating haram or doubtful food, taking drugs and smoking cigarettes, etc.

Examples of sins of the hand: Hitting or slapping a human being, using a mobile for the wrong reasons, chatting with the wrong people on WhatsApp, Facebook, Twitter, etc.

Examples of sins of the feet: Walking towards places of sin, cinemas, bars and shisha cafes, etc.

Examples of sins of the private parts: committing zina (fornication), masturbation, etc.

*Checked and approved by
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