

What Are Faith Practices to Cultivate a Sound and Devout Heart

In the name of Allah Most Gracious and Most Merciful

All praise is due to Allah Who sent down the Qur'an with which He guided us to the straight path. I bear witness that there is none worthy of worship except Allah, having no partners, and Muhammad is His servant and Messenger.

O Servants of Allah! We live in a transient world where we should prepare for a day. On the Day of Judgment, only a pure heart that is sound in faith and free from disobedience and sin, will save man and not wealth and children. Allah says in the Qur'an in Surah Al-Shuaraa:

“The Day when there will not benefit [anyone] wealth or children,” “but only one who comes to Allah with a sound heart.” (S.26 V.88--89)

What is the sound heart? The Prophet SAW was asked, “Which of the people is best?” He SAW said, “Everyone who is pure of heart and sincere in speech.” Then he SAW was asked, “Sincere in speech, we know what this is, but what is pure of heart?” He SAW said: “It is (the heart) that is pious and pure, with no sin, injustice, rancour or envy in it.” Truly, soundness of the heart is a great divine blessing and a generous favour that Allah the Almighty bestows on those who do whatever it takes to attain it. So, what are the means of attaining a sound heart? Amongst the means of attaining a sound heart and cherishing its comfort is the love for Allah, the Most Exalted. With the love of Allah the Almighty, the believer's heart tastes the sweetness of faith and increasingly feels tranquillity and reassurance.

Allah says in the Qur'an on Surah Al-Anfal:

“O you who have believed, respond to Allah and to the Messenger when he calls you to that which gives you life. And know that Allah intervenes between a man and his heart and that to Him you will be gathered.” (S.8 V.24)

O Servants of Allah! Acts of worship are another source for imparting peace and assurance to the heart. Amongst the greatest of such acts is prayer. Truly, when the worshiper stands in the hands of their Lord during prayer, exalting His Supreme status and glorifying Him, they will feel the serenity engulfing their heart, and become tranquil and fully devoted to their prayers, pondering on its meanings. I

Another act of worship that is conducive to cleanse the heart and purify the soul is paying the prescribed Zakat. Allah the Almighty has accentuated the importance of Zakat in purifying the heart.

Allah says in the Qur'an in Surah At-Tawba:

“Take, [O, Muhammad], from their wealth a charity by which you purify them and cause them increase. ...” (S.9 V.103)



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In like manner, the Messenger of Allah SAW emphasized this as he said, “Stinginess and faith can never be combined in the heart of a servant (of Allah).” Fasting the month of Ramadan and three days in each other month of the year is yet one other means of preserving the soundness of the heart. Doing so is also a cause for protection from every evil. In this regard, the Messenger of Allah SAW said “Fasting the month of patience and three days of each month, clean all evils in the heart.” One other act of worship that helps maintaining the purity and righteousness of the heart is learning and recitation of the holy Qur’an and adhering to its teachings. By so doing, hearts will be reassured, softened and purified. Allah the Almighty illustrated the key role of the holy Qur’an in healing the hearts. Such status of the holy Qur’an as a source of wisdom, purification and guidance was also accentuated in the Surah Qaf:

“Verily in this Is a Message For whoever has a heart or who listens while he is present [in mind].”
(S.50 V.37)

Indeed, Dhikr (remembrance of Allah the Almighty) is one of the greatest causes of the soundness and tranquillity of the hearts. Allah the Most Exalted says in the Qur’an in Surah Ar-Raad:

“...Unquestionably, by the remembrance of Allah hearts are assured.” (S.13 V.28)

This means, the heart will soften and find peace and comfort. It was narrated in this regard that Ibn Abbas, may Allah be pleased with him, said, “Satan perches in the heart of the son of Adam. If he is forgetful or neglectful, Satan whispers (evil) to him. If he remembers Allah, Satan retreats.” O Seekers of Maintaining Sound Hearts! Please know that turning to Allah the Most High with supplication is one of the greatest causes of making the heart firm on righteousness and piety as well as cleansing it from hatred and error.

May the peace and the blessings of Allah be upon prophet Muhammad SAW, his family and all of his Companions. May Allah be pleased with the Rightly Guided Caliphs: Abu Bakr, Umar, Uthman and Ali, and all those who will follow them in righteousness until the Day of Judgment.

O Allah! Guide us to the right path and accept all our worships

O Allah! Accept all our good deeds and forgive our sins.

O Allah! Give rizq in abundance to all Muslims in Japan

O Allah! Grant safety and security in Japan and all over the world **Aamin ya Rabbil Aalamin**

