

# Jihad (striving)

Bs Foad, MD

2013

# Types of Jihad

- 1-Jihad An-Nafs (Striving with our own souls)
- 2-Jihad Ash-Shaytan (Striving against the temptations of Satan)
- 3-Jihad to defend Islam and correct misconceptions
- 4-Fighting to defend one's country against aggression

# Jihad with our souls so we are not slaves to our vain desires

- 1-This type of Jihad occurs every day
- 2-It entails sacrifice, patience, commitment and setting our priorities correctly
- 3-Controlling our vain desires and denying ourselves immediate pleasure and gratification is not easy, and requires resolve and determination
- 4-It is human nature to love and value worldly possessions, and few people look further to pleasing Allah

# If we purify our souls we succeed

“By the soul and proportion and order given to it; and its inspiration as to its wrong and its right. Truly he succeeds that purifies it, and he fails that corrupt it”

As-Shams (The Sun) 91: 7-10

# We need to control our desires and purify our soul

**Prophet Muhammad (PBUH) said:**

(The person striving in Jihad is he who strives to  
control his own soul)

Ahmad & Termedhi

# We need to control our tongues

**Prophet Muhammad (PBUH)** said when he talked to Moa'dh bin Jabal and explained to him the importance of pure and devoted worship to Allah, and establishing rituals of worship, and striving in the way of Allah, then said: (Shall I tell you what controls all of this?) then he said: (Hold your tongue). Moa'dh asked: Are we accountable with what we say? The Prophet (PBUH) said: (What else cause people to be thrown in Hell Fire except what their tongues said?)

Termedhi & Ahmad

# Three types of souls

1-The soul that is prone to evil (An-Nafs Al-Amarrat Be-lsou')

2-The Soul that reproaches (An-Nafs Al-Lawwama)

3-The soul that is at peace and content (An-Nafs Al-Mut-Ma'enna)

# Alluring and valued are the pleasures in this world

“Fair in the eyes of people is the love of things they covet: women and sons; heaped up hoards of gold and silver; horses branded; wealth in cattle and well-tilled land. Such are the possessions of this world’s life, but with Allah (God) is the best of goals (to return to)”

Al-Imran (The Family of Imran 3: 14



# The Qur'an gives us an example of Jihad An-Nafs in Prophet Yuseff

“But she in whose house he was sought to seduce him, and she closed the doors and said: “Now come”; He said: “Allah forbid! Truly your husband is my Lord, he treated me well, to no good come those who do wrong”

Yuseff (Joseph) 12: 23

# Material possessions in this life are transient and short-lived

“Know that the life of this world is but play and pastime, adornment and mutual boasting, and multiplying in rivalry among yourselves, riches and children. Here is a similitude how rain and the growth it produces delights the heart of the tillers. Soon it withers, you will see it grow yellow and it becomes dry and crumbles away. However in the Hereafter is a chastisement (for the wicked) and forgiveness from Allah and His good pleasure (for those who do good); and what is the life of this world but goods and chattel of deception?”

Al-Hadeed (The Iron) 57: 20

**Material things are temporary but  
what God has for His servants is  
better and ever-lasting**

**“The material things which you are given are  
but the conveniences of this life and the  
glitter thereof, but that which is with Allah is  
better and more enduring. Will you not then  
be wise?”**

**Al-Qasas (The Stories) 28: 60**

# Enjoy the good things in life that are lawful in moderation

“Say: “Who has forbidden the beautiful gifts  
which Allah has produced for His servants,  
and the things clean and pure which He has  
provided for sustenance?””

**Al-Araf 7: 32**

# The righteous servants of Allah spend in moderation

“And who when they spend are not  
extravagant, nor misers, but hold a just  
balance between these two extremes”

*Al-Furqan (The Criterion) 25: 67*

**If we do not control our vain desires,  
we are likely to sin**

Because the human soul is prone to evil:

**“Yet I do not absolve myself of blame, the  
human soul certainly incites evil unless my  
Lord do bestow His mercy; and surely my  
Lord is often-forgiving, most merciful”**

**Yousseff (Joseph) 12: 53**

**If we do not control our desires we  
become slaves to these desires**

**“Do you see such a one who has taken for his  
God his own passion and impulse? Could  
you be a disposer of affairs for him?**

**Al-Furqan (The Criterion) 25: 43**

# **Balance your enjoyment with your accountability in the Hereafter**

- Control your vain desires
- Do good and discharge your responsibility
- Enjoy the lawful things in life in moderation
- Keep company with the righteous who remind you of your accountability



# Keep company with the righteous who remind you of your accountability

“And keep yourself content with those who call on their Lord morning and evening, seeking His face; and let not your eyes pass beyond them seeking the pomp and glitter of this life; nor obey any whose heart We permitted to neglect Our remembrance, one who follows his own desires, and his affair has become all excess”

Al-Kahf (The Cave) 18: 28

# Hold your soul accountable

The Qur'an refers to the self-reproaching soul:

“I do swear by the Day of resurrection; and I do swear by the self-reproaching soul”

Al-Qiama (The resurrection) 75: 1 & 2

# Our tests and trials should remind us of our accountability

“We will make them taste of the lighter chastisement before the greater chastisement in order that they may repent and return”

As-Sajda (The Prostration) 32: 21

**If we control our vain desires and do  
good then our abode is heaven**

**“As for such as has transgressed all bounds,  
and had preferred the life of this world, the  
abode will Be Hell Fire. And for such as had  
entertained the fear of standing before their  
Lord’s and had restrained their soul from  
lower desires, their abode will be the  
Garden”**

**An-Naze’at (Those who tear out) 79: 37-41**

**When we do good and feel close to  
Allah we are happy & content**

**“Those who believe and their hearts find  
peace and contentment in the remembrance  
of Allah; for surely in the remembrance of  
Allah do hearts find peace and contentment.  
For those who believe and do good is every  
blessedness and a beautiful place of final  
return”**

**Ar-Ra'd (The Thunder) 13: 28 & 29**

# The soul in inner peace and contentment

“O you soul in peace and contentment, join  
My servants and enter My paradise”

Al-Fajr (The Dawn)

# When we obey God and submit to Him we are content

“Indeed the friends of Allah have no fear, nor are they sad. Those who believe and were righteous”

Yunus (Jonah) 10: 62 & 63

“O My servants this Day you have no fear, nor will you be sad. Those who believed in Our signs and submitted in Islam”

Az-Zukhruff (Gold Adornments) 43: 68 & 69

# Jihad against the temptation of Satan

Satan is an avowed enemy of man:

**“Indeed Satan is an avowed enemy to you, therefore treat him as an enemy. He only calls his cohort so that they become companions of the Fire”**

**Fatir (Originator) 35: 6**



# Jihad against the temptation of Satan

Satan vowed to misguide mankind:

“He said: “With Your might I will tempt them and misguide them all; except for those who are your true and devout servants”

Sa D 38: 82 & 83

# Jihad against the temptation of Satan

Satan vowed to misguide mankind:

“He said: “My Lord because You put me in the wrong, I will make wrong seem fair in their eyes, and I will put them all in the wrong”

**Al-Hijr (Rocky Tracts) 15: 39**

# Jihad against the temptation of Satan

Satan knew he could misguide mankind:

“He said: “ Do You see this one whom You have honored above me! If You only give me time till the Day of Judgment I will surely bring his descendants under my control, all but a few!”. Allah said: “Go your way, if any of them follow you Hell will be their recompense, an ample recompense; and arouse those whom you can among them with your voice, and assault them with your cavalry and your infantry, and share with them wealth and children, and make promises to them; but Satan promises them nothing but deceit”

Al-Isra'a (Night Journey) 17: 62-64

# Jihad against the temptation of Satan

Satan promises are only lies and deception:

**“Whoever takes Satan for a friend, has suffered a manifest loss. Satan makes them promises, and creates in them false hopes, but Satan’s promises are nothing but deception. Who follow him will have their dwelling in Hell, and from it they will find no way of escape”**

**An-Nesa’a (The Women) 4: 119-121**

# Jihad against the temptation of Satan

How can we fight an enemy that we do not see?

**“For he and his tribe can see you from a position where you cannot see them. We made the Satans friends to those without faith”**

***Al-Araf 7: 27***

# How can we protect ourselves from the evil influence of Satan?

- 1-Being righteous and faithful servants of God
- 2-Seeking God's protection against Satan and his influence
- 3-Seeking help in prayers and fasting

# God's righteous servants are protected from the influence of Satan

“If a suggestion from Satan assail (your mind) seek refuge with Allah, for He hears and knows all things. Those who are righteous when a thought of evil from Satan assaults them, bring Allah to remembrance, when lo! They can see (clearly)”

Al-Araf 7: 200 & 201

# God's righteous servants are protected by Allah from Satan

“As for My servants no authority shall you  
have over them. Enough is your Lord for a  
disposer of affairs”

Al-Isra'a 17: 65



# Satan has no control over God's righteous servants

“When you read the Qur’an seek protection in Allah from Satan, the rejected one. He has no authority over those who believe and put their trust in their Lord”

An-Nahl (The Bees) 16: 98 & 99

# Seeking help in prayer protects us from Satan

Prayers connect us to Allah:

- We are close to Him during prostration
- We recite the Qur'an, his own words
- We are guided by Him
- We are protected by Him

# **Faith & Patient perseverance brings us closer to Allah who guides us**

This way we do not give up or lose hope of His mercy when we are going through difficult times. Satan, then, cannot get to us if we are close to God and guided by Him:

**“No calamity can occur without the leave of God; whoever believes in God, God will guide his heart; for Allah has full knowledge of all things”**

**At-Taghabun (Mutual loss & gain) 64: 11**