

Do not look with envy towards those who were favored over you, but look towards those who have less than you BS Foad, MD 2018

Prophet Muhammad (PBUH) said: **(If one of you looks at those who were favored over him, in money or character, let him also look at those below him)** Ahmad, Bokhari & Muslim

(1) It is human nature to look at what others have: “Fair in the eyes of men are the things they covet: women, children, and heaped-up hoard of gold and silver; branded horses and cattle and well-tilled land. This is the enjoyment of this worldly life, but with Allah is the best of final abode” Al-Imran (The Family of Imran) 3: 14; “Know that the life of this world is but play, amusement, pomp and rivalry among yourselves, and multiplication in wealth and sons, the parable of which is a growth, produced by rain, then it grows old and becomes yellow, then it crumbles” Al-Hadeed (The Iron) 57: 20. Very few people are happy and satisfied with what they have, and look with envy at what others are enjoying, while they are deprived. **(2) Allah favored some of you over others in their sustenance**” An-Nahl (The Bees) 16: 71; : ” Say: O Allah Lord of power, You give power to whom You please, and You strip off power whom You please; and You Endow with honor whom You please, and You bring low whom You please; in Your hand is all good; Indeed You have power over all things” Al-Imran (The Family of Imran) 3: 26. This does not mean that those who got more money or power are beloved to Allah, or that those who are poor are devoid of Allah’s mercy. It is what we do with our money that counts, and we have a responsibility to use Allah’s blessings properly. **If we do not give in charity we are threatened with severe punishment:** “Let not those who covetously withhold of the gifts which Allah has given them of His grace think that it is good for them; no it will be the worse for them; soon it will be tied to their necks like a twisted collar, on the Day of Judgment. To Allah belongs the heritage of the heavens and the earth, and Allah is well aware of all that you do” Al-Imran (The Family of Imran) 3: 180. **(3) We should not envy others whom Allah favored or gave them more than we have; rather we should pray for their guidance:** Prophet Muhammad (PBUH) used to say in the morning: (O Allah whatever blessings I find myself enjoying, or anyone else among Your servants, it comes from You alone. All praise and all thanks is due to You) Ahmad & Termidhi. (Avoid suspicion for suspicion leads to wrong conclusions; do not try to listen or know the private affairs of other people; and do not spy on each other; do not boast or envy one another; do not dislike each other, nor distance yourselves from each other; and be O servants of Allah brothers, one to another) Bokhari & Muslim; (The illness of other nations has come to you: envy and hatred. It will wipe out your religion. By the One holding my soul in His hand you will not enter paradise till you believe, and you will not believe until you love one another. Shall I tell you what will strengthen this among yourselves? Spread the greetings between yourselves) Termidhi. “O you who believe avoid suspicion as much as possible, for suspicion in some cases is a sin; and spy not on each other, nor speak ill of each other behind their backs” Al-Hujerat (The Apartments) 49: 12. Hasad (Envy) means that we wish that Allah’s blessings to be removed from a person. This is an evil character and is forbidden in Islam, because it implies that we question God’s judgment and will, and that we are not happy that another person is enjoying Allah’s blessings. What is allowed in Islam is wish for ourselves the same blessings that others are enjoying. Prophet Muhamad (PBUH) told us that we can wish for ourselves one of two blessings if we use them properly: (You can wish for yourself one of two blessings: a person whom Allah gave money, and he is spending it in the proper way; and a person whom Allah gave knowledge and wisdom, and he is behaving accordingly, and teaching it to others) Bokhari & Muslim

(4) How to cope with envy and avoid the evil of the person who wishes harm to us? We should put our trust in Allah and behave in a righteous way, and seek protection in Allah. Be patient and not return an injury with injury: “Goodness and evil are not equal. Repel evil with what is better. Then will he between whom and you was hatred become as it were your friend and intimate” Fusselat (Explained in detail) 41: 34

(5) Look at those below you. Prophet Muhammad (PBUH) said: (Look at those below you, and do not look at those above you; then it is more likely that you will not be ungrateful to Allah’s blessings) Bokhari & Muslim