

The Noble Heart

As described in the SUNNAH

Presented by:

Ahmed Jalal (Who is not)

The Prophet of Mercy, *Sayyiduna* Muhammad al-Mustafa *salla'llahu 'alayhi wa sallam* said :

‘Surely there is in the body a small piece of flesh; if it is good, the whole body is good, and if it is corrupted, the whole body is corrupted, and that is surely the heart’.

Related by *Imam* Bukhārī in his *sahih*

and that is surely the heart

Al-agra Story

**"Whosoever is not merciful will not
receive mercy."**

Abu Hurairah (*radhiAllahu anhu*)
narrated: Messenger of Allāh
(*sallaAllahu alayhe wasallam*) said,
***“Allāh does not look at your figures,
nor at your attire but He looks at
your hearts [and deeds].”***

[Muslim]

He looks at your hearts

"Beware! There is a piece of flesh in the body, if it becomes good (i.e., reformed), the whole body becomes good, but if it gets spoilt, the whole body gets spoilt, and that is the heart."

The Four Poisons of the Heart

- Tongue: The faith of a servant is not put right until his heart is put right, and his heart is not put right until his tongue is put right.“
- At-Tirmidhi relates in a hadith on the authority of Ibn Umar: Do not talk excessively without remembering Allah, because such excessive talk without the mention of Allah causes the heart to harden, and the person furthest from Allah is a person with a hard heart.[2](#)

The Four Poisons of the Heart

- **Unrestrained Glances:** The prophet (PBUH) Said: The glance is a poisoned arrow of Satan. Whoever lowers his gaze for Allah, He will bestow upon him a refreshing sweetness which he will find in his heart on the day that he meets Him. [14](#)
- Allah, Mighty and Glorious is He, says: *"And do not obey anyone whose heart We have made forgetful in remembering Us- who follows his own desires, and whose affair has exceeded all bounds. (18:28)"*

The Four Poisons of the Heart

- **Too Much Food:** Al-Miqdam ibn Ma'd Yakrib said:
- I heard the Messenger of Allah (s) say: "The son of Adam fills no vessel more displeasing to Allah than his stomach. A few morsels should be enough for him to preserve his strength. If he must fill it, then he should allow a third for his food, a third for his drink and leave a third empty for easy breathing."[15](#)

The Four Poisons of the Heart

- **Keeping Bad Company: >>>**
- **Abdullah Ibn Omer Story**

**"I seek refuge in You, O Allah, from
a heart that does not fear (You)."**

supplications

Those are they for whom Allāh does not desire that He should purify their hearts.
[*al-Ma'idah* 5:41] Therefore, purification of the heart is a crucial matter. I ask Allāh to purify my heart and yours and to make us sincere to Him and followers of His Messenger.

أُولَئِكَ الَّذِينَ لَمْ يُرِدِ اللَّهُ أَنْ يُطَهِّرَ قُلُوبَهُمْ