



WEIGHED DOWN

*How Sins Negatively Affect
our Pursuit for Consistency*

with Ustazah 'Alimatunnisa

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

Whenever we do bad deeds,
it deviates us from our goal,
it makes us regress and it
brings us behind.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Consistency (Istiqomah) is
something that we strive for
in this Dunia, *for* our Akhirah.

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AFFECT OUR PURSUIT FOR CONSISTENCY

In order for us to know
how to work with consistency,
we need to understand how
Allah creates us human being.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Human being is made up
of 5 components.

Jasad (physical body) is just one of the components.

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AFFECT OUR PURSUIT FOR CONSISTENCY

What is the purpose of
human being in this Dunia?

وَإِذْ قَالَ رَبُّكَ لِلْمَلَأِكَةِ إِنِّي جَاعِلٌ فِي الْأَرْضِ خَلِيفَةً ۖ

‘Remember’ when your Lord said to the angels, “I am going to place a successive ‘human’ authority on earth.”

[al-Baqarah 2:30]

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AFFECT OUR PURSUIT FOR CONSISTENCY

What is the meaning of “Khalifah”?

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What is the meaning of
“Khalifah”?

- to bring the teaching of
Allah SWT on earth.

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Rasulullah (ﷺ) and all of the
Prophets are created by Allah SWT,
sent on Earth as His “Khalifah”.

The one who represents or who carries
Allah SWT's words to be spread on earth.

قَالُوا أَتَجْعَلُ فِيهَا مَنْ يُفْسِدُ فِيهَا وَيَسْفِكُ الدِّمَاءَ
وَنَحْنُ نُسَبِّحُ بِحَمْدِكَ وَنُقَدِّسُ لَكَ

They asked 'Allah', "Will You place in it someone who will spread corruption there and shed blood while we glorify Your praises and proclaim Your holiness? "

[al-Baqarah 2:30]

قَالَ إِنِّي أَغْلَمُ مَا لَا تَعْلَمُونَ

Allah responded, "I Know what
you do not know."

[al-Baqarah 2:30]

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AFFECT OUR PURSUIT FOR CONSISTENCY

Our Jasad (physical body),
without the Ruh (soul),
is an empty vessel.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Oftentimes, we only see the main
problem as the obvious problem,
which is the physical problem.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Back to



What is the purpose of
human being in this Dunia?

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

The responsibility that
we carry as Muslims is to carry
the legacy of the Prophets,

who are the main representatives of
Allah's words on earth.

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AFFECT OUR PURSUIT FOR CONSISTENCY

What are the things that
Rasulullah (ﷺ) tells us to do?

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

[Sahih al-Bukhari 52]

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Component 1 : Jasad

The physical body (the container).

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Component 2 : Qalb

The heart (carry our emotions).

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The heart is
the number 1 motivator
for our Ibadah.

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Our hearts can bring
us to places!

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If the heart loves Ibadah,
Ibadah is going to be
something that you enjoy.

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There's a difference between doing the prayer



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The Qalb (heart)
is a strong motivator
in everything that we do.

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What happens to our Qalb
(hearts) when we sin?

Verily, when the servant commits a sin,
a black mark appears upon his heart. If he
abandons the sin, seeks forgiveness, and
repents, then his heart will be polished...

[Sunan al-Tirmidhi 3334]

...If he returns to the sin, the blackness will be increased until it overcomes his heart. It is the covering that Allah has mentioned: No, rather a covering is over their hearts from what they have earned.” (83:14)

[Sunan al-Tirmidhi 3334]

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If sins don't get purified on time
and we do not repent right away,

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and we do not repent right away,



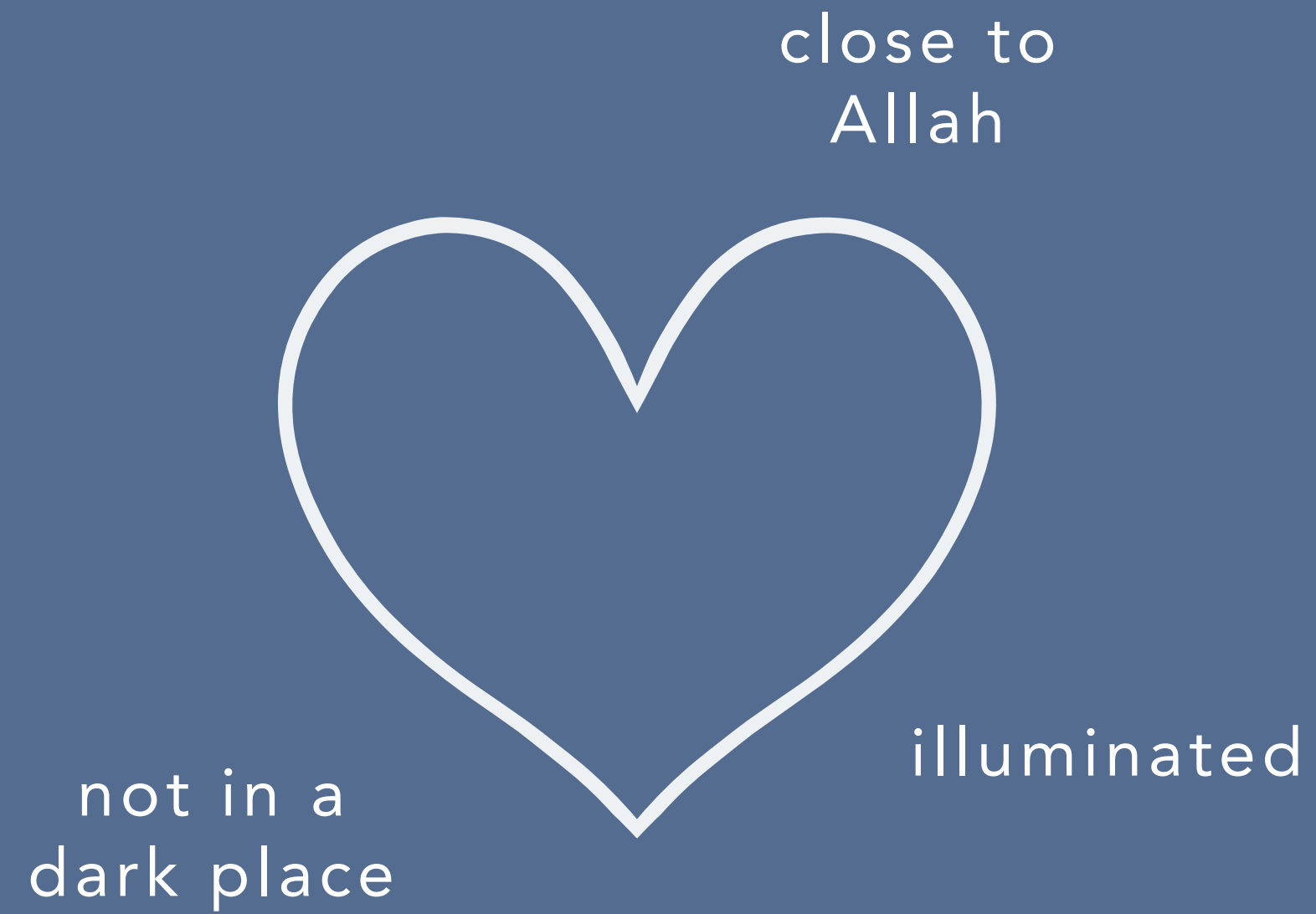
If sins don't get purified on time
and we do not repent right away,



and the heart will eventually
not feel regret after doing sins :(

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AFFECT OUR PURSUIT FOR CONSISTENCY



...will feel regret
when it sins.

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This is a huge responsibility that
we need to take care of.

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As much as we care for our Jasad,
we also need to care for our Qalb.

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To ponder:

How long have we ignored
the condition of our hearts?

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Tawbah is different than Istighfar

"وَاللّٰهُ اِنِّىْ لَاسْتَغْفِرُ اللّٰهَ وَاَتُوبُ اِلَيْهِ فِى
الْيَوْمِ اَكْثَرَ مِنْ سَبْعِيْنَ مَرَّةً."

"By Allah! I ask for forgiveness from
Allah and turn to Him in repentance
more than seventy times a day."

[Sahih al-Bukhari 6307]

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وَأَتُوبُ إِلَيْهِ

I turn to Him
in repentance

and

أَسْتَغْفِرُ اللَّهَ

I ask for
forgiveness

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Istighfar is a PROCESS of Tawbah.

While Tawbah is a STATE.

The condition of Real Tawbah

(guideline by scholars)

- The heart must reach the feelings of regret when we do Tawbah.

The condition of Real Tawbah

(guideline by scholars)

- Do a big number of Istighfar because we don't know how many Istighfar do we need.

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Istighfar is a PROCESS of Tawbah.

While Tawbah is a STATE.

The condition of Real Tawbah

(guideline by scholars)

- Beg Allah for forgiveness and cry out
of remorsefulness.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Tawbah is a STATE 

(where you are feeling regret
over it, you cry to Allah and you
are seeking His forgiveness.)

Tawbah is a STATE

(where you are feeling regret
over it, you cry to Allah and you
are seeking His forgiveness.)

Our Qalb
(heart)
needs this!

Tawbah is a STATE

(where you are feeling regret
over it, you cry to Allah and you
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Our Qalb
(heart)
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The Qalb (heart)

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*real Istighfar



The Qalb (heart)

The Sunday Sessions

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*real Istighfar

The Qalb (heart)

*real Istighfar

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*real Istighfar



*real Istighfar

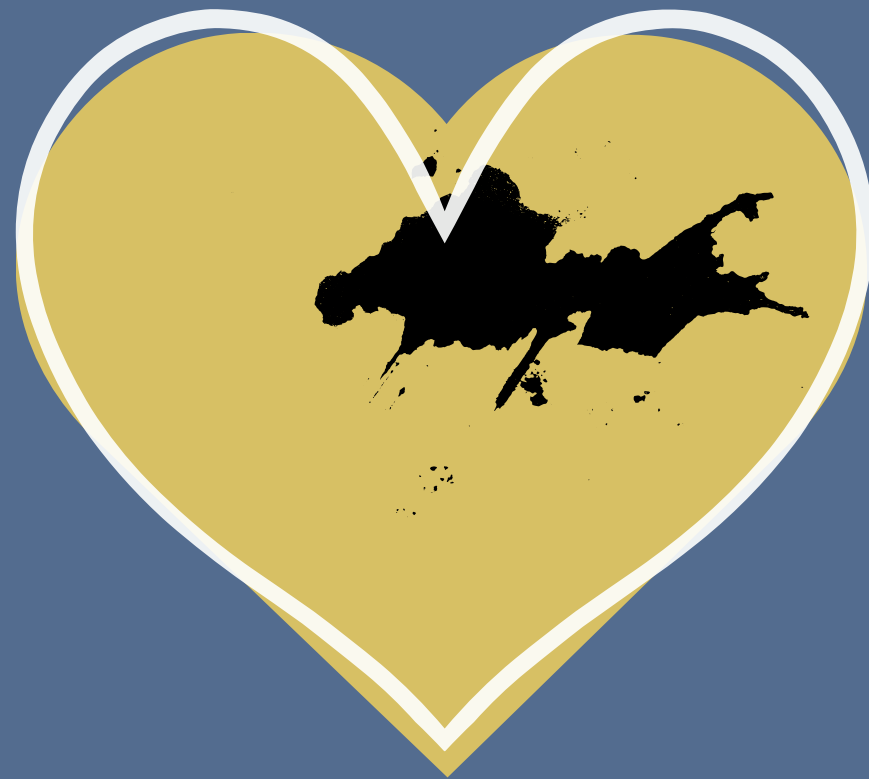
The Qalb (heart)

*real Istighfar

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*real Istighfar



*real Istighfar

The Qalb (heart)

*real Istighfar

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*real Istighfar



*real Istighfar

The Qalb (heart)

*real Istighfar

*real Istighfar

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The Light of Imam Shafi'i

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Imam Malik said to Imam Shafi'i:

“Do not extinguish
the light in your heart
with the darkness of sins.”

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There is no guarantee that
the light in us can stay on
all the time :(

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Once, Imam Shafi'i was
memorising and he felt stuck...

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Imam Waki' said to Imam Shafi'i:

Knowledge is 'light',
and the light of Allah doesn't go
to those who sins.

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

*How the components inter-connected:



For our Aql (mind)
to reach knowledge,

*How the components inter-connected:



For our Aql (mind)
to reach knowledge,



we need to have a
clean Qalb (heart) first.

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AFFECT OUR PURSUIT FOR CONSISTENCY

Component 3 : Aql

The mind / intellect (carry awareness, perception, and logic).

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Component 3 : Aql

The mind / intellect (carry awareness, perception, and logic).

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

*How the components inter-connected:



For our Qalb (heart)
to feel things
(i.e: regrets), it needs
to be in the know,

*How the components inter-connected:



For our Qalb (heart)
to feel things
(i.e: regrets), it needs
to be in the know,



so our Aql (mind)
needs to learn and
have knowledge first.

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

Perception

Awareness



Logic

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

Perception

Awareness



Logic

are the results from knowledge and contemplation

*How the components inter-connected:



When our Aql (mind)
learn about evil
knowledge,



then the Qalb (heart) is
going to feel evil
and love evil.

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

Most scholars says that:

Human being is made up
of 5 components.

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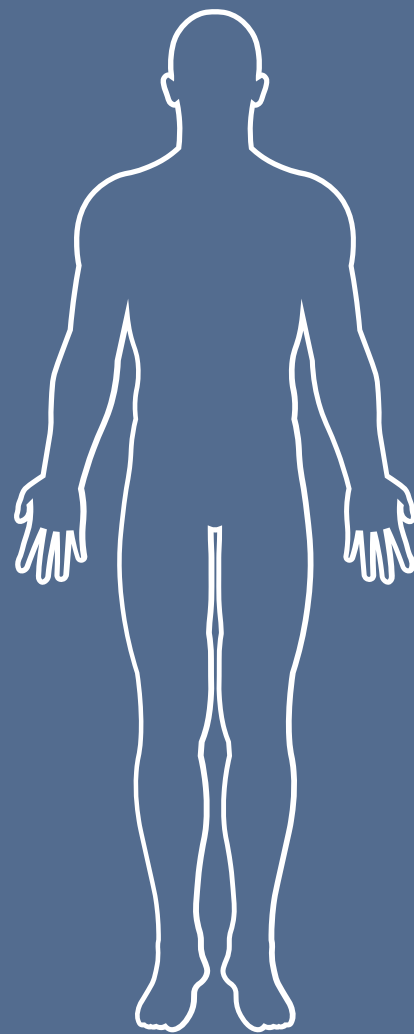
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Component 5 : Ruh

Our soul (our main being
and it never dies)

*How the components inter-connected:

The Jasad
(physical body)
will die,



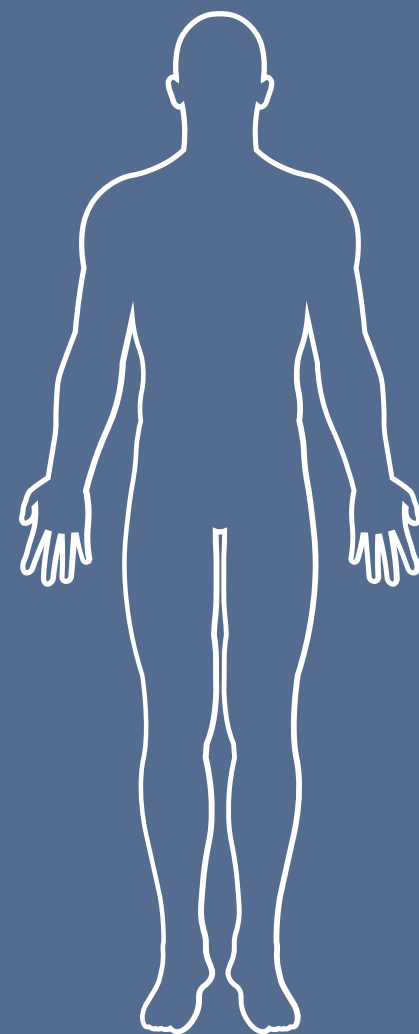
Ruh



*when the Ruh
(soul) leaves.

*How the components inter-connected:

The Jasad
(physical body)
will die,



Ruh



Ruh



Ruh



Ruh

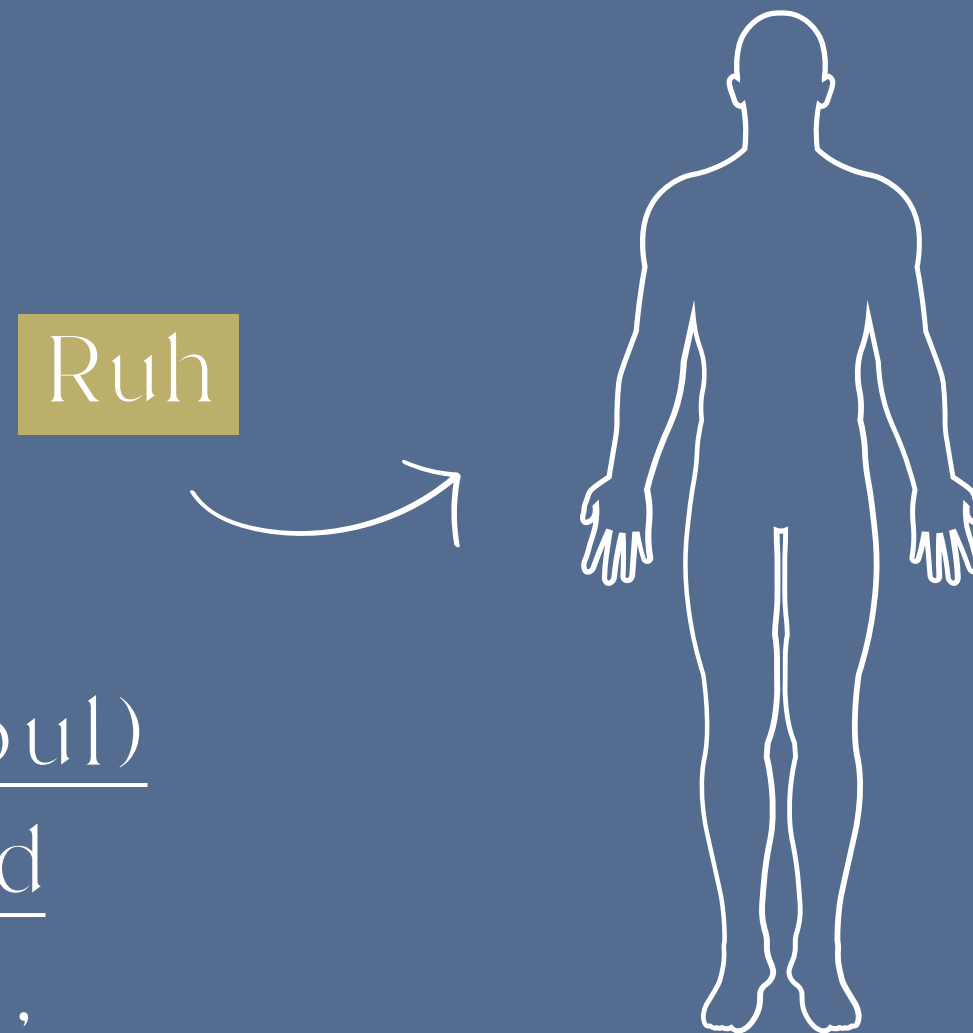
but the
Ruh (soul)
continues
its journey.

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AFFECT OUR PURSUIT FOR CONSISTENCY

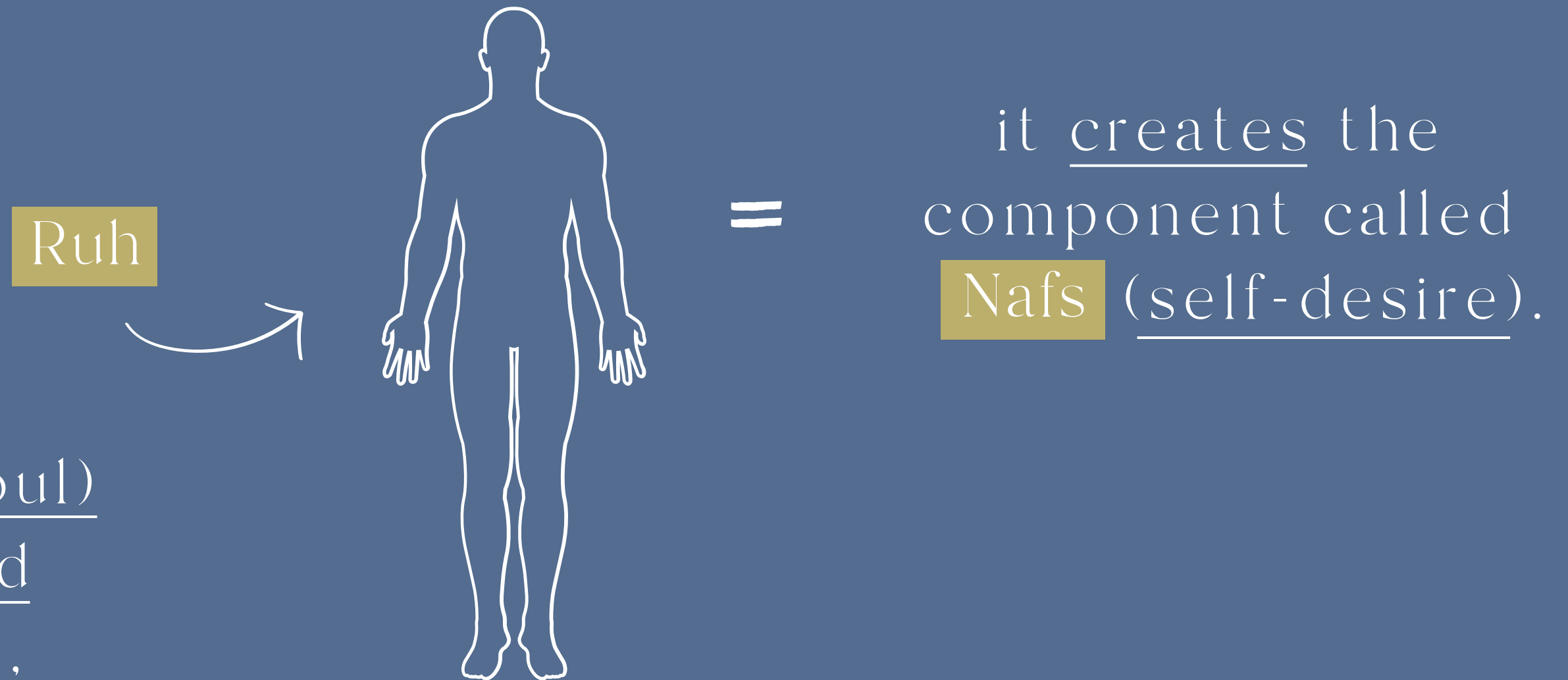
So our journey doesn't end
with our death, our Ruh (soul)
will continue.

*How the components inter-connected:



When the Ruh (soul)
enters the Jasad
(physical body),

*How the components inter-connected:



When the Ruh (soul)
enters the Jasad
(physical body),

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Component 4 : Nafs

The self (carry our self-desires).

Different levels of Nafs (self-desire)

Nafs al Mutmainnah

The purest level

Nafs al Lawwaamah

The middle level

Nafs al Ammarah

The lowest level

يَا أَيَّتُهَا النَّفْسُ الْمُطْمَئِنَّةُ . ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً .
فَادْخُلِي فِي عِبَادِي . وَادْخُلِي جَنَّتِي

‘Allah will say to the righteous,’ “O tranquil soul!
Return to your Lord, well pleased ‘with Him’ and well-pleasing
‘to Him’. So join My servants, and enter My Paradise.”

[al-Fajr:27-30]

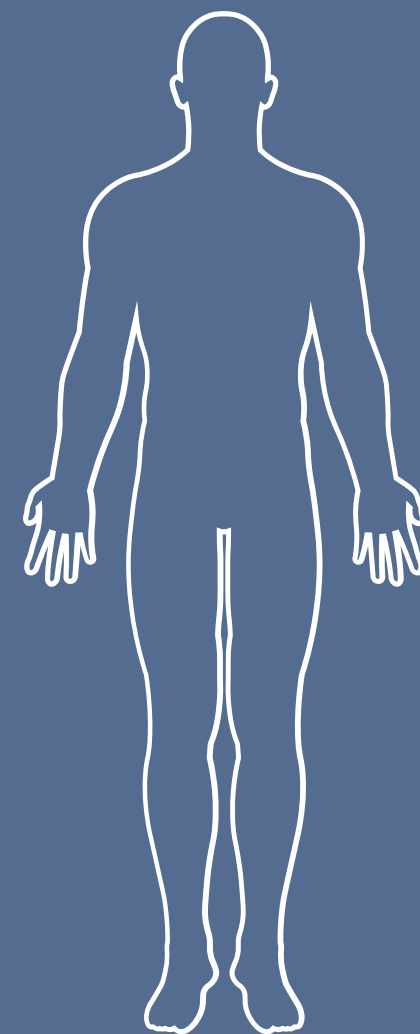
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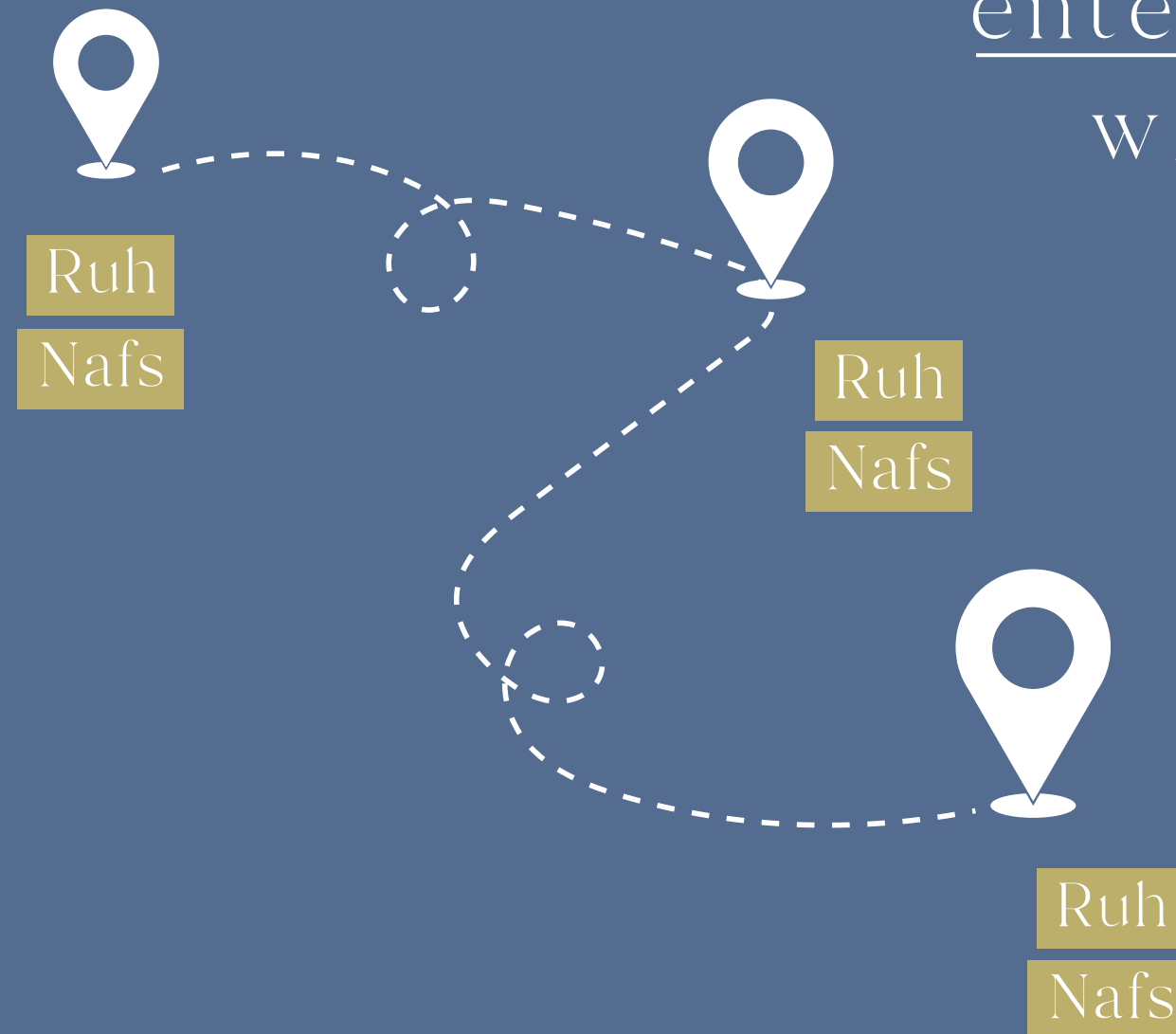
[al-Fajr:27-30]

*How the components inter-connected:

The Jasad
(physical body)
will die,



Ruh
Nafs



The Nafs can
enter Jannah
with us.

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

hunger

Nafs

(self-desire)

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

hunger

Nafs

(self-desire)

thirst

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

hunger

Nafs

(self-desire)

humiliation

thirst

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

hunger

Nafs

(self-desire)

humiliation

pride

thirst

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

success

humiliation

hunger

Nafs

(self-desire)

pride

thirst

The Sunday Sessions

WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

success

humiliation

hunger

Nafs

(self-desire)

pride

thirst

failure

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

The Nafs can be tamed
to desire Allah SWT.

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WEIGHED DOWN: HOW SINS NEGATIVELY
AFFECT OUR PURSUIT FOR CONSISTENCY

The Nafs can be tamed
to desire Allah SWT.

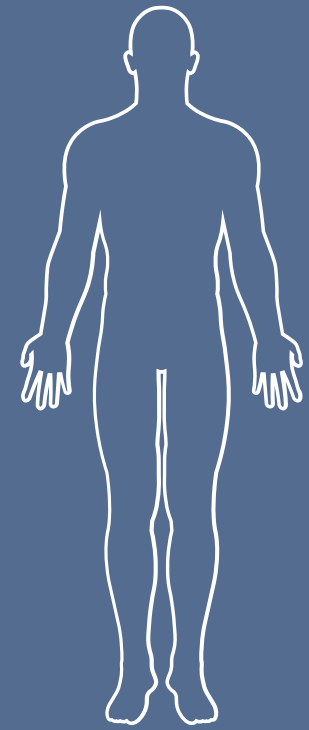


Nafs al Mutmainnah

The purest level

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AFFECT OUR PURSUIT FOR CONSISTENCY



Nafs

Ruh

The success of a human being needs to be
the success of all of these components.

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We have established earlier on that we
wish to be consistent for the sake of
our Akhirah

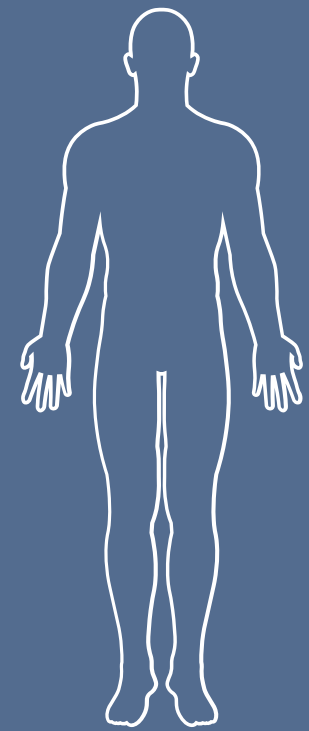
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Consistency (Istiqomah) is
something that we strive for
in this Dunia, *for* our Akhirah.

We have established this earlier on.

Sins will bring us away from Allah SWT
from every component of our being.



Nafs

Ruh

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It is crucial for us to have
Spiritual Showers often.

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The Fardh is our oxygen.
The Sunnah gives us more energy.