

09

Unplugged

Fighting Gadget Addiction

with Ustazah Farhana Munshi
28th July '24



The Sunday Sessions:
Unplugged – Fighting Gadget Addiction

**All of us are struggling
with this addiction.**

Names of generations based on the year we were born.

1946–1964	Baby Boomers
1965–1980	Generation X
1981–1996	Millennials or Generation Y
1997–2009	Generation Z
2010–2024	Generation Alpha

4 AREAS OF STUDY:

Hadith 1 ☐

Hadith 2 ☐

Hadith 3 ☐

Hadith 4 ☐

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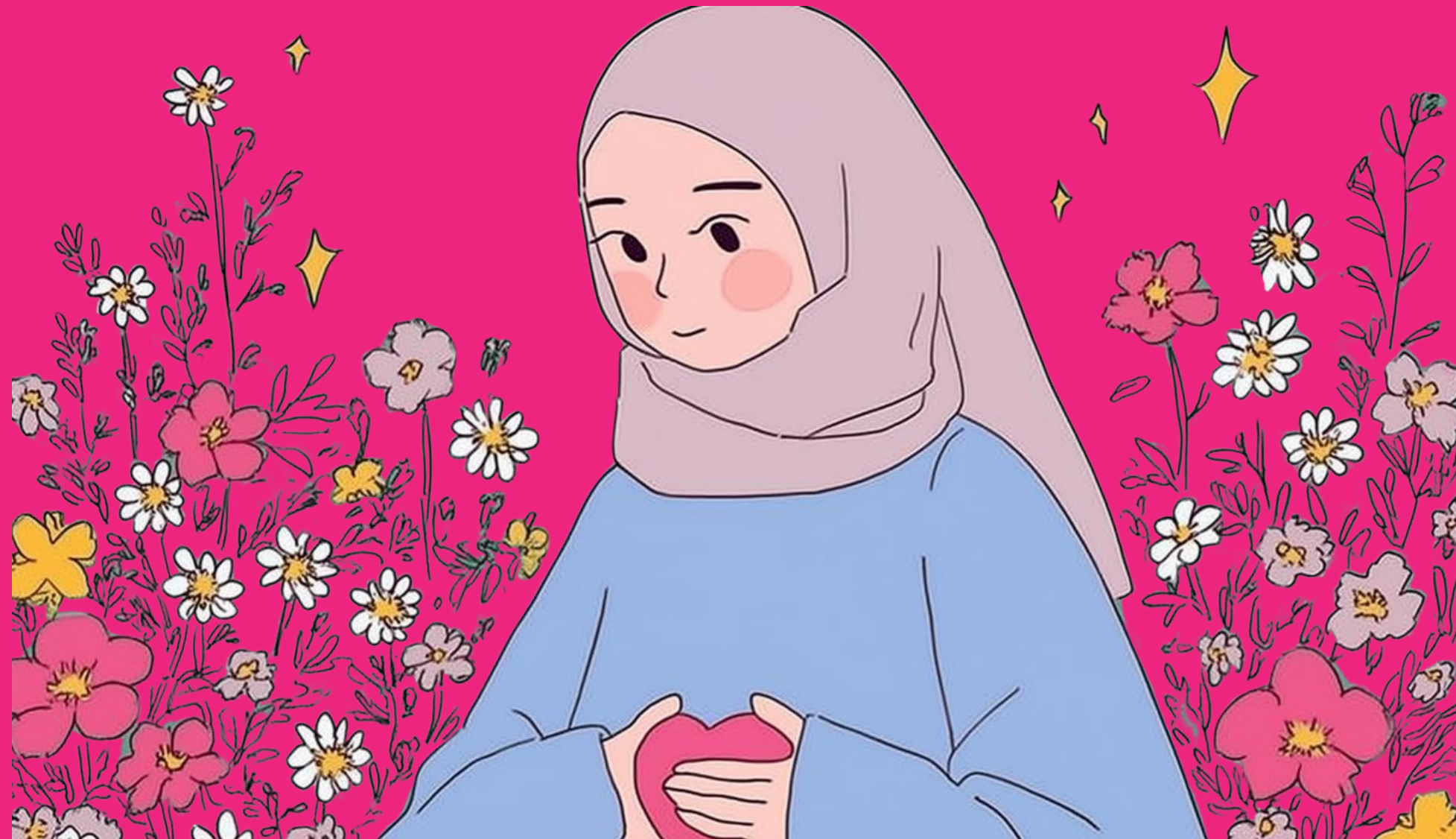
4 AREAS OF STUDY

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The human being
is his inward.

We process things by what we carry inside us.

If we really
engross
ourselves
with what's
inside of us...



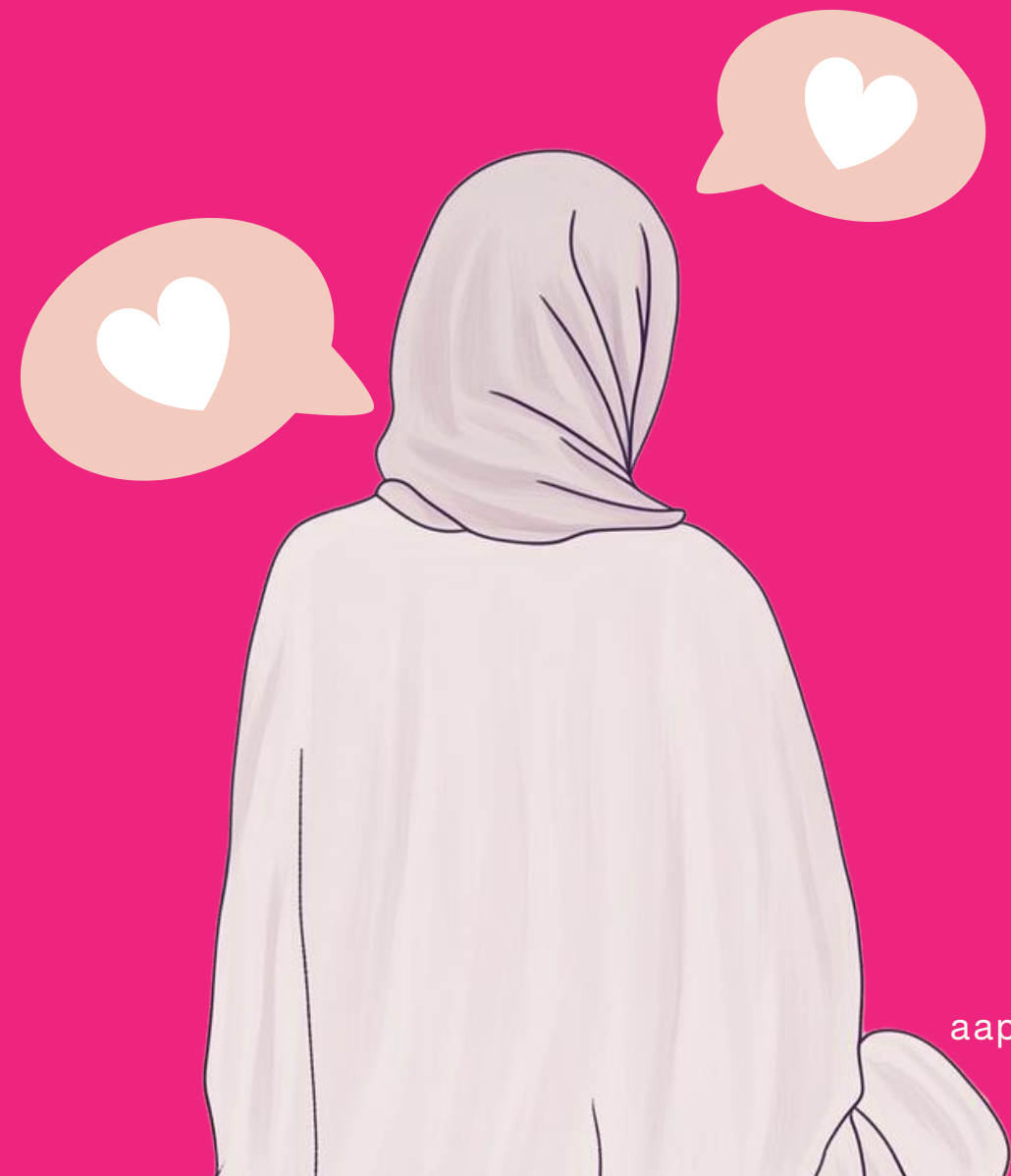
we will then
become
oblivious
to what's
happening
around us.

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If we really engross ourselves
with Allah SWT & Rasulallah ﷺ

Allah SWT &
Rasulallah ﷺ

Allah SWT &
Rasulallah ﷺ



aaplus

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Allah SWT &
Rasulullah ﷺ

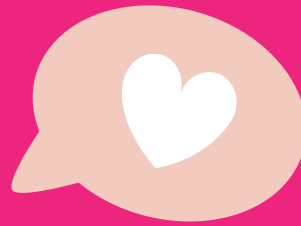
Allah SWT &
Rasulullah ﷺ

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Allah SWT & Rasulullah ﷺ

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Allah SWT &
Rasulullah ﷺ

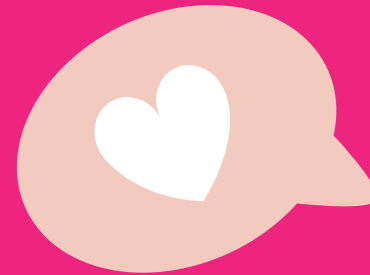


Allah SWT &
Rasulullah ﷺ

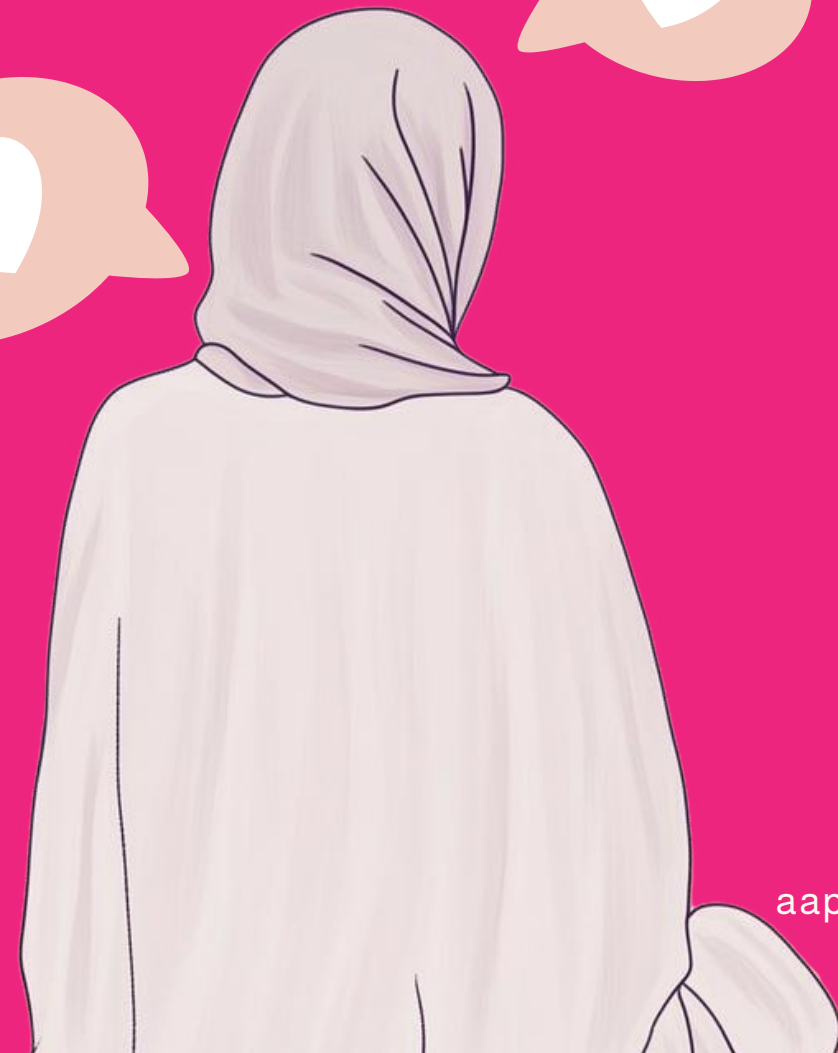
Allah SWT &
Rasulullah ﷺ



Allah SWT &
Rasulullah ﷺ



Allah SWT &
Rasulullah ﷺ

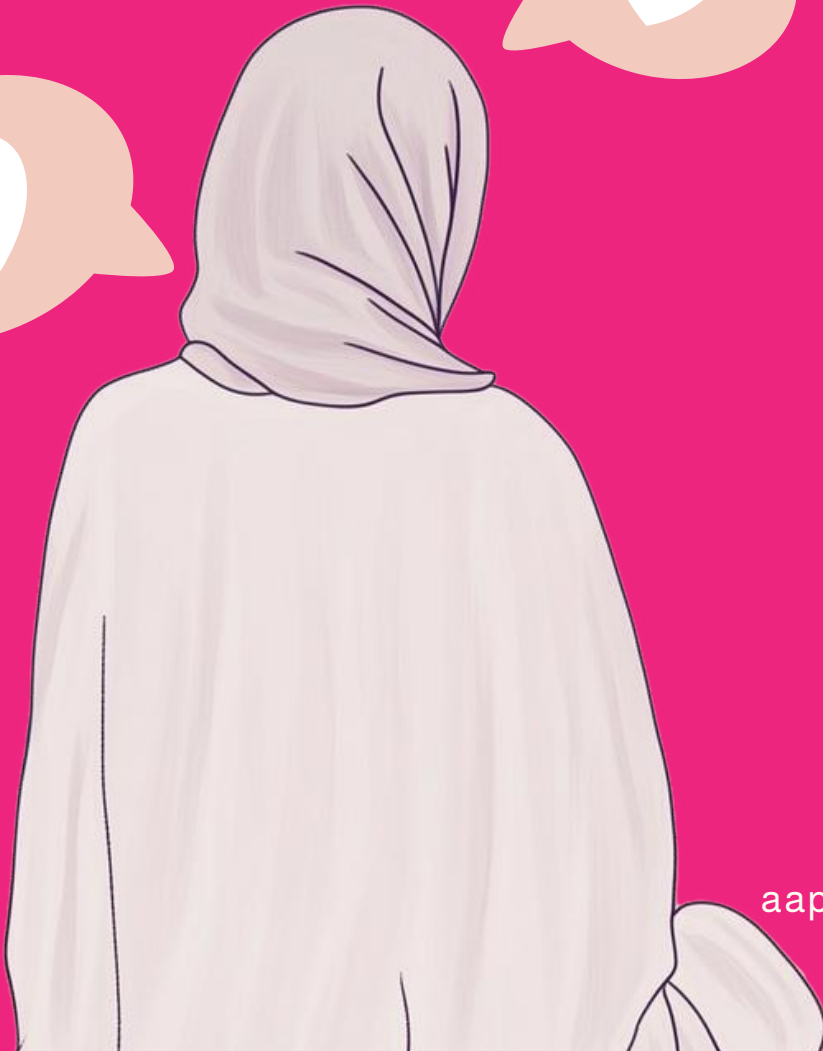
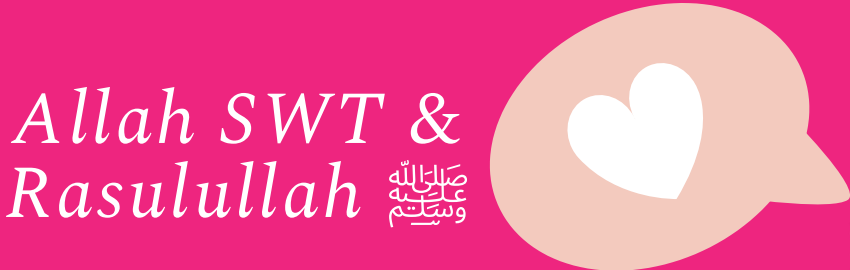
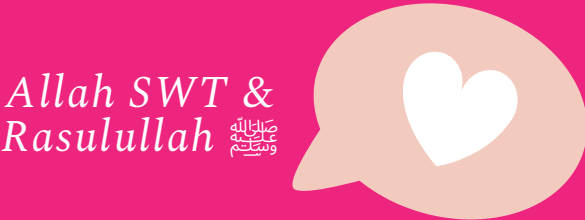


We will be in the
world of Allah
SWT &
Rasulullah ﷺ

aaplus

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*This trait can
be used to our
advantage!*



We will be in the
world of Allah
SWT &
Rasulullah ﷺ

The Sunday Sessions:
Unplugged – Fighting Gadget Addiction

*This trait can
be used to our
advantage!*



*Allah SWT &
Rasulallah ﷺ*

*Allah SWT &
Rasulallah ﷺ*

*Allah SWT &
Rasulallah ﷺ*

This is how we can
create **protection**
around us from
whatever that is
going on out there.

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What is the exact problem?

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What is the exact problem?

It's NOT the gadget but it's the Internet.

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From Ida Ali:

"We have not opened
that window to them"
SO TRUE <3

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What is the exact problem in our Zaman?

Addiction to **Social Media.**

What is the exact problem in our Zaman?

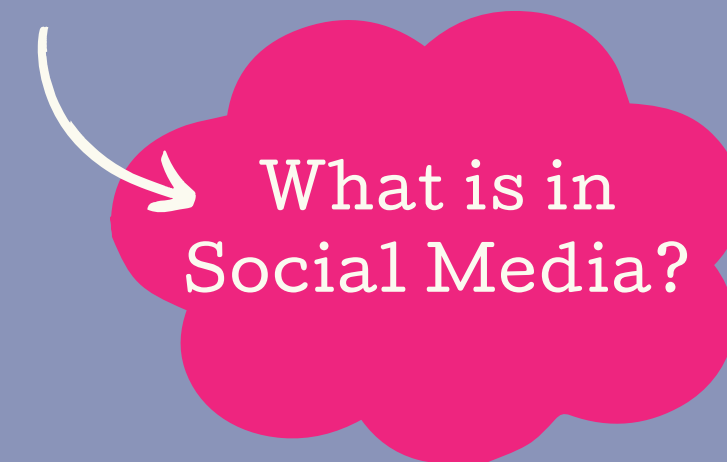
Addiction to Social Media.



What is in
Social Media?

The core human nature or human flaw:

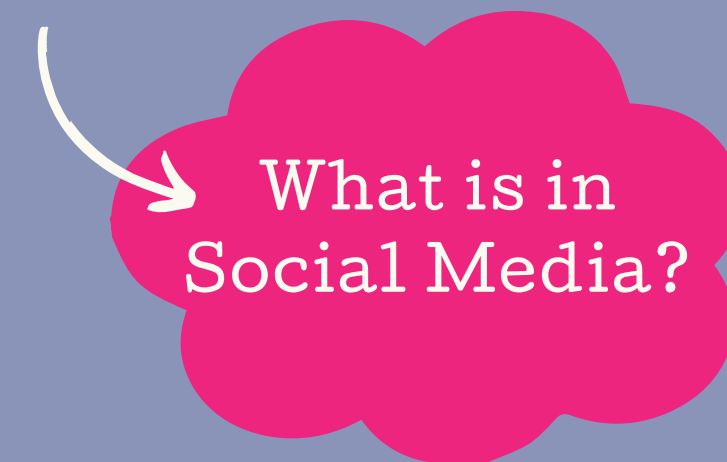
The desire to know
about other people's
business.



The core human nature or human flaw:

The desire to know
about other people's
business.

*This is one of the
reasons as to why
it is addictive.*



The core human nature or human flaw:

The desire to know
about other people's
business.

We want to
know quickly



We want to
know more!



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Don't we have
better things to do?

Different groups of people
will have **different**
addictions to the internet.

Children

Different groups of **people**
will have different
addictions to the internet.

Teenager

Children

Different groups of **people**
will have different
addictions to the internet.

Teenager

Children

Different groups of **people**
will have different
addictions to the internet.

Boys

Teenager

Children

Different groups of **people**
will have different
addictions to the internet.

Boys

Girls

Different groups of **people**
will have different
addictions to the internet.



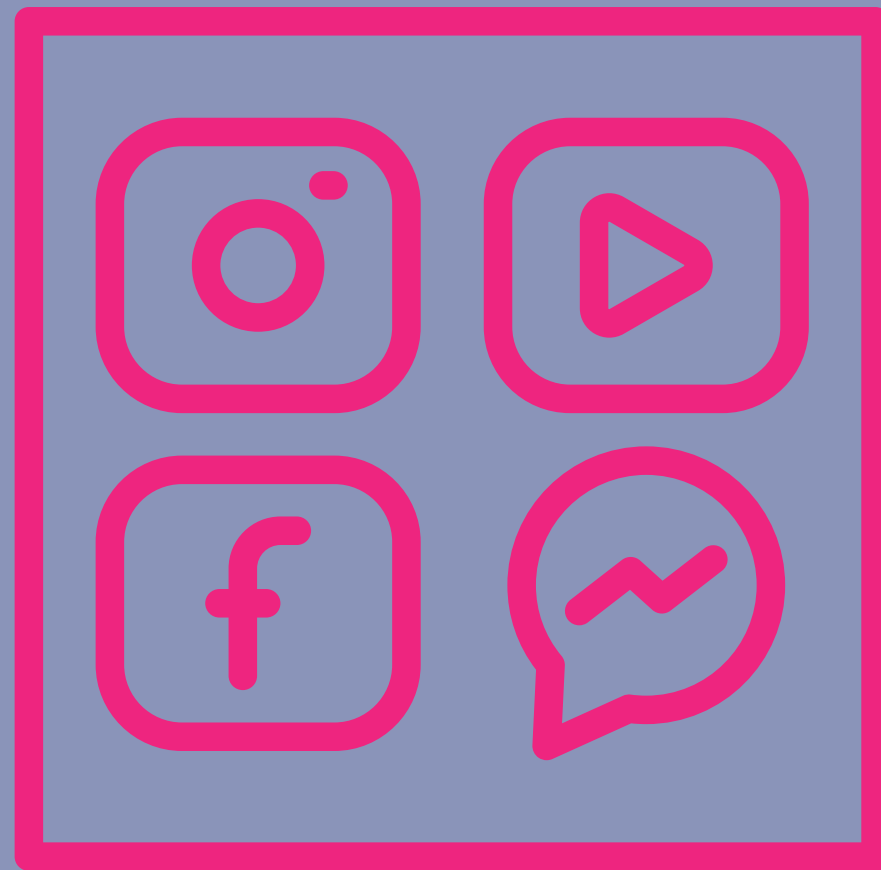
We need to
figure this out

So we can cure ourselves
by finding **the solution** to
stop the addiction.

There's no **blanket**
solution to cure this
addiction for
all groups of people.

For example, in the case of young children:

Their addiction to gadgets
stem from not having enough
attention from their parents.



These addictions
of different groups
stem from different
problems.

Let's analyze us women.



The entire solution
come from the **Quran** and
the Hadiths of **Rasulullah ﷺ**.

The Problem:

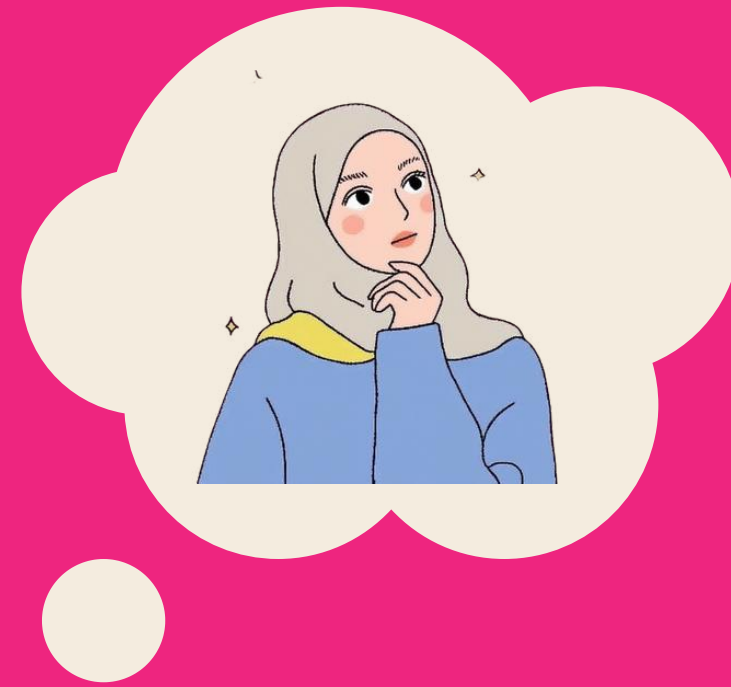
Our addiction to
the internet stems from
our bad curiosity (فضول).

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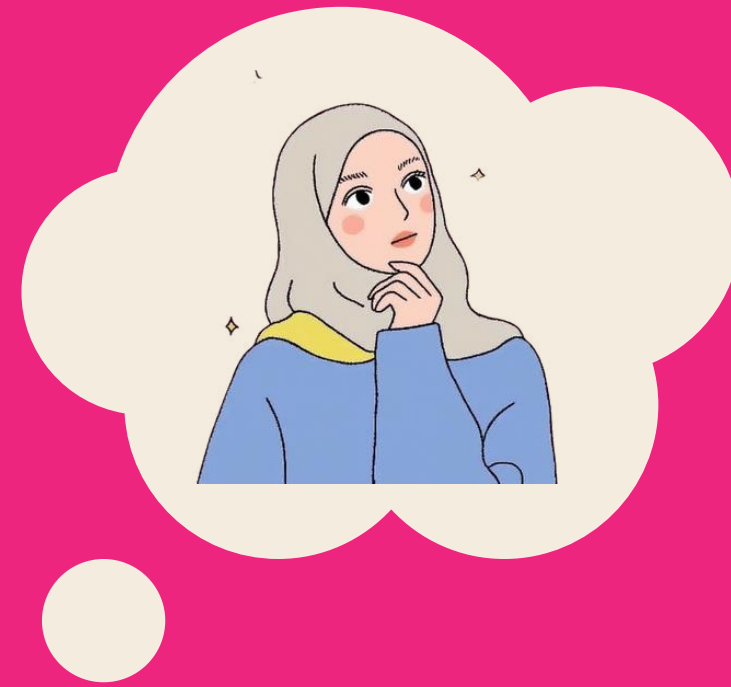


Human beings gravitate
towards juicy gossip.

We feed other people's
unhealthy curiosity by
posting our lives on
social media.



Before the era of social
media, the internet was
not this addictive.



Before the era of social
media, the internet was
not this addictive.

From Ismaizzah Aliah Mohd Ismail:

I think before 2004,
I live my life 😊

We have now entered
into things that **should**
not concern us.

"مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ"

"Indeed among the excellence of a person's Islam is that he leaves what does not concern him."

(Jami` at-Tirmidhi 2317)

We know it's not a good
thing, but **it feels so**
good for the Nafs
(our desire).

It's not the gadget or the internet.

We are addicted
to social media from
different platforms.

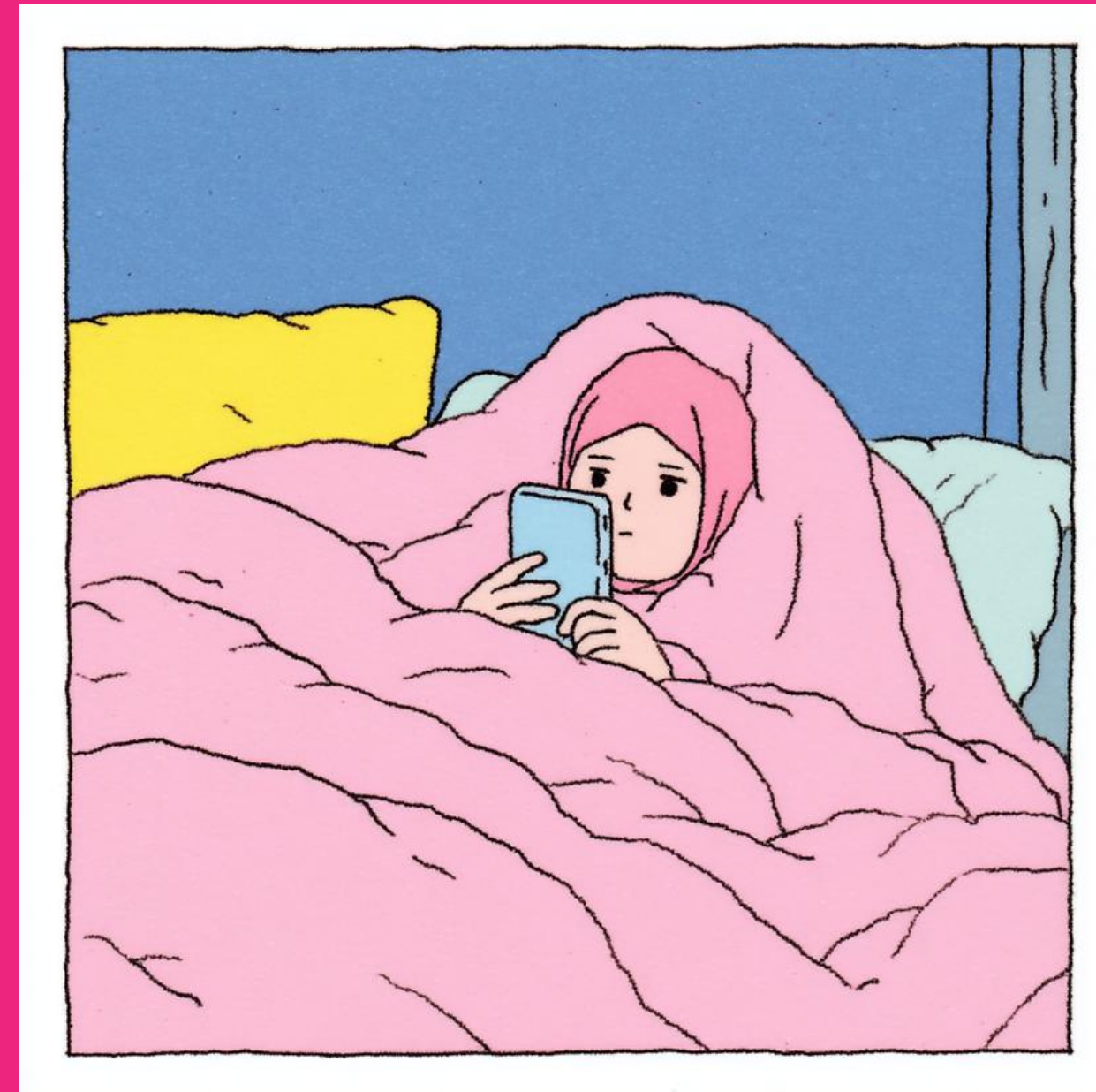
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From Dania Shahkhan:

I have tried deleting the apps but
it's hard to not reinstall them again 😅

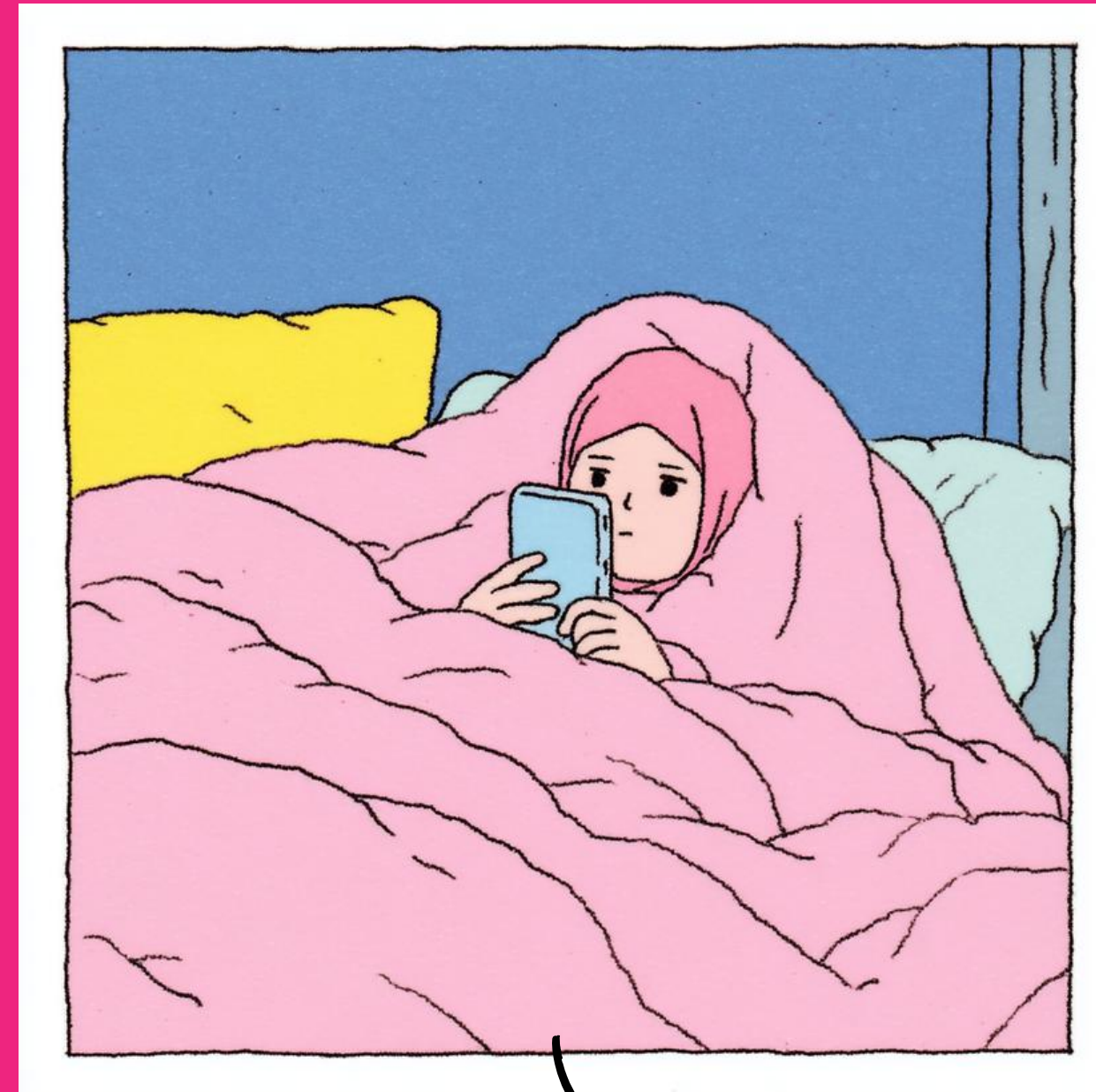
Once we enter into these social
media platforms

we are basically
at war, as the
algorithms
are designed to
hook us.



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media platforms

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Based on human
nature/flaw.

The Problem:

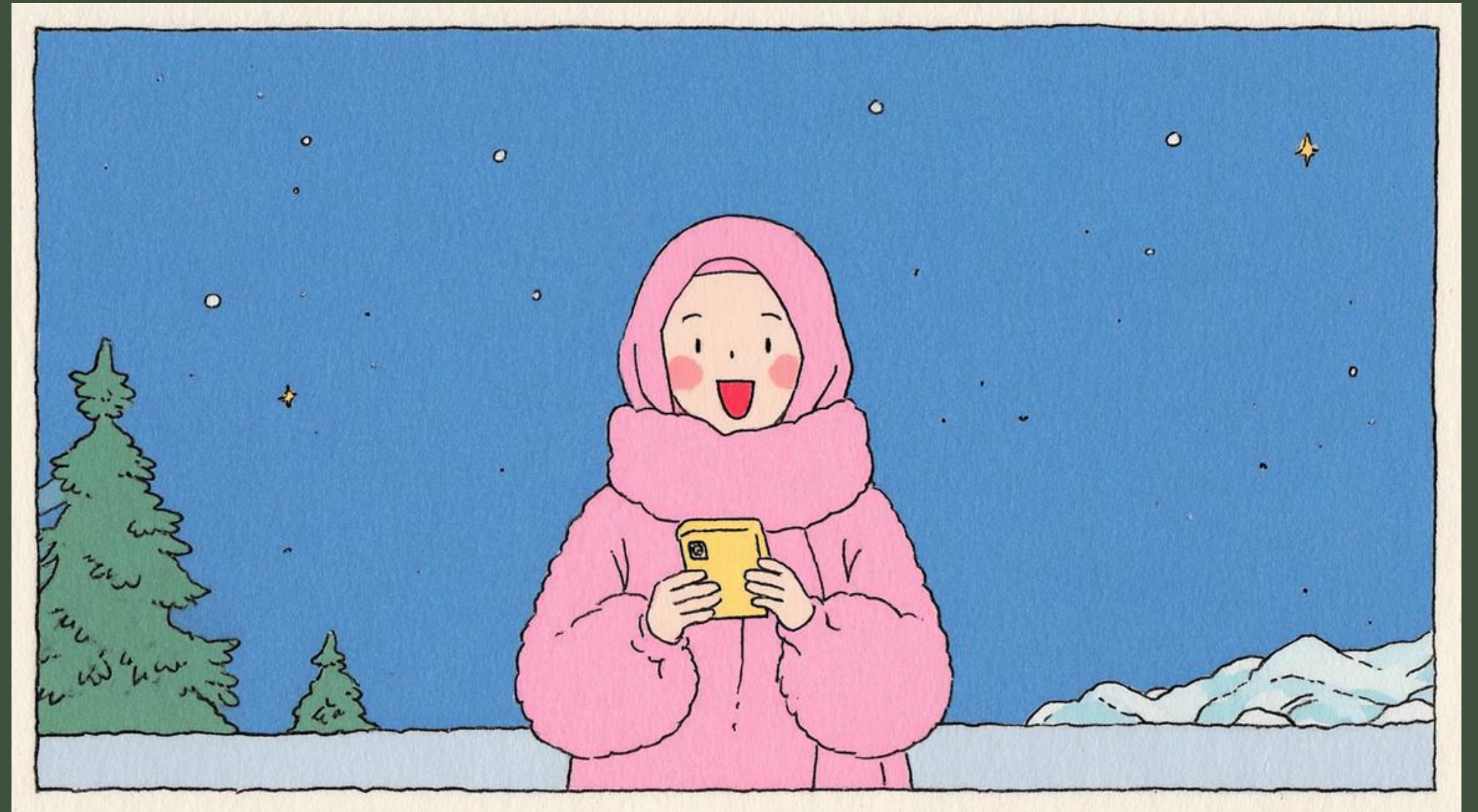
Our addiction to
the internet stems from
our **bad curiosity** (فضول).



The Problem:

Our addiction to social media stems from our nature that is drawn to empty speech (لغو).

Sadly, we
tend to like
watching the
most
idiotic things.



لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ .
ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ .

"We have certainly created man in the best of stature;
Then We return him to the lowest of the low"

(Surah at-Tin 95: 4-5)

وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ وَرَزَقْنَاهُمْ مِّنَ
الطَّيِّبَاتِ وَفَضَّلْنَاهُمْ عَلَى كَثِيرٍ مِّمَّنْ خَلَقْنَا تَفْضِيلًا

"And We have certainly honored the children of Adam and carried them on the land and sea and provided for them of the good things and preferred them over much of what We have created, with [definite] preference."

(Surah al-Isra 17 : 70)

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From Shanza Mahmood:

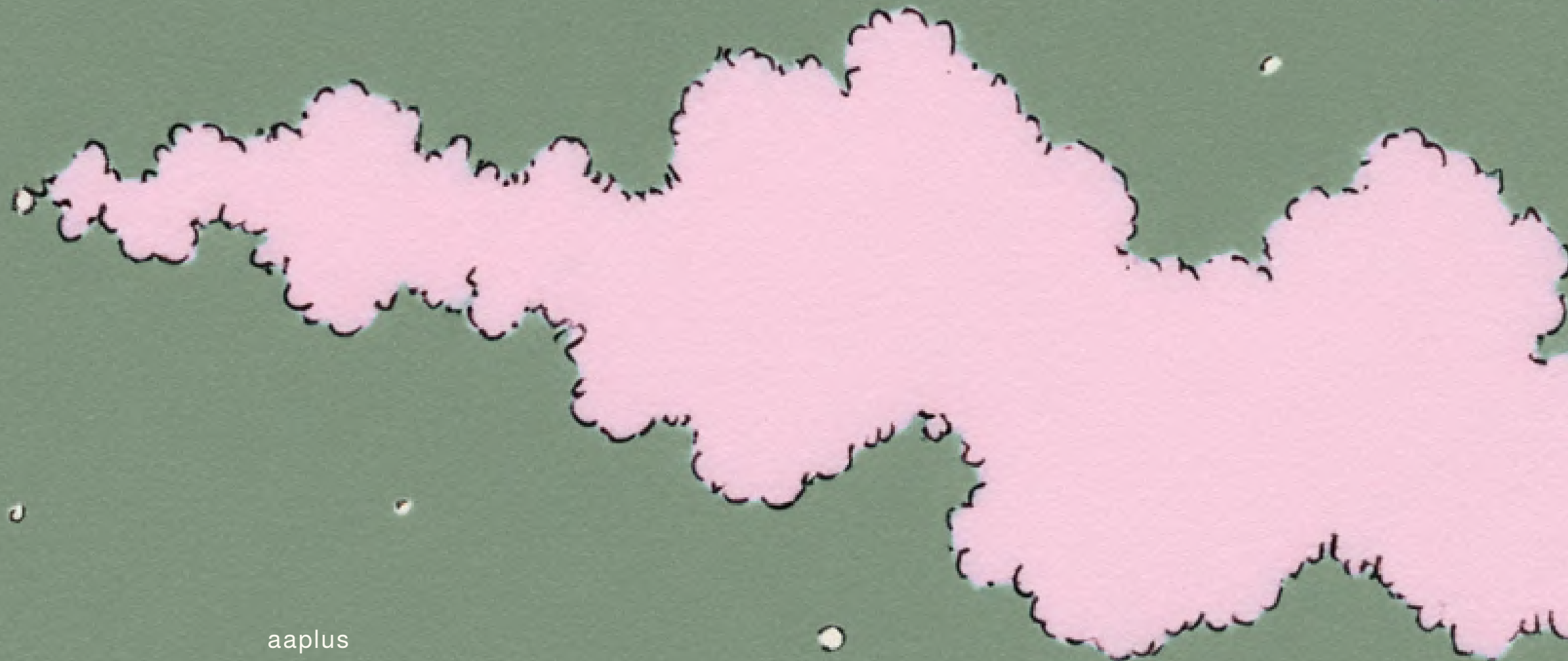
Just a thought but I think we also need to ask ourselves when we are using social media apps, what is it that we are distracting ourselves from in our lives? And the way tech/algorithms are made is that they constantly give us a dopamine kick when we need it and 'light up' the reward pathways in our brain.

Allah SWT has
honored us by giving
us the intellect,
but **we chose** to
dumb ourselves
down.



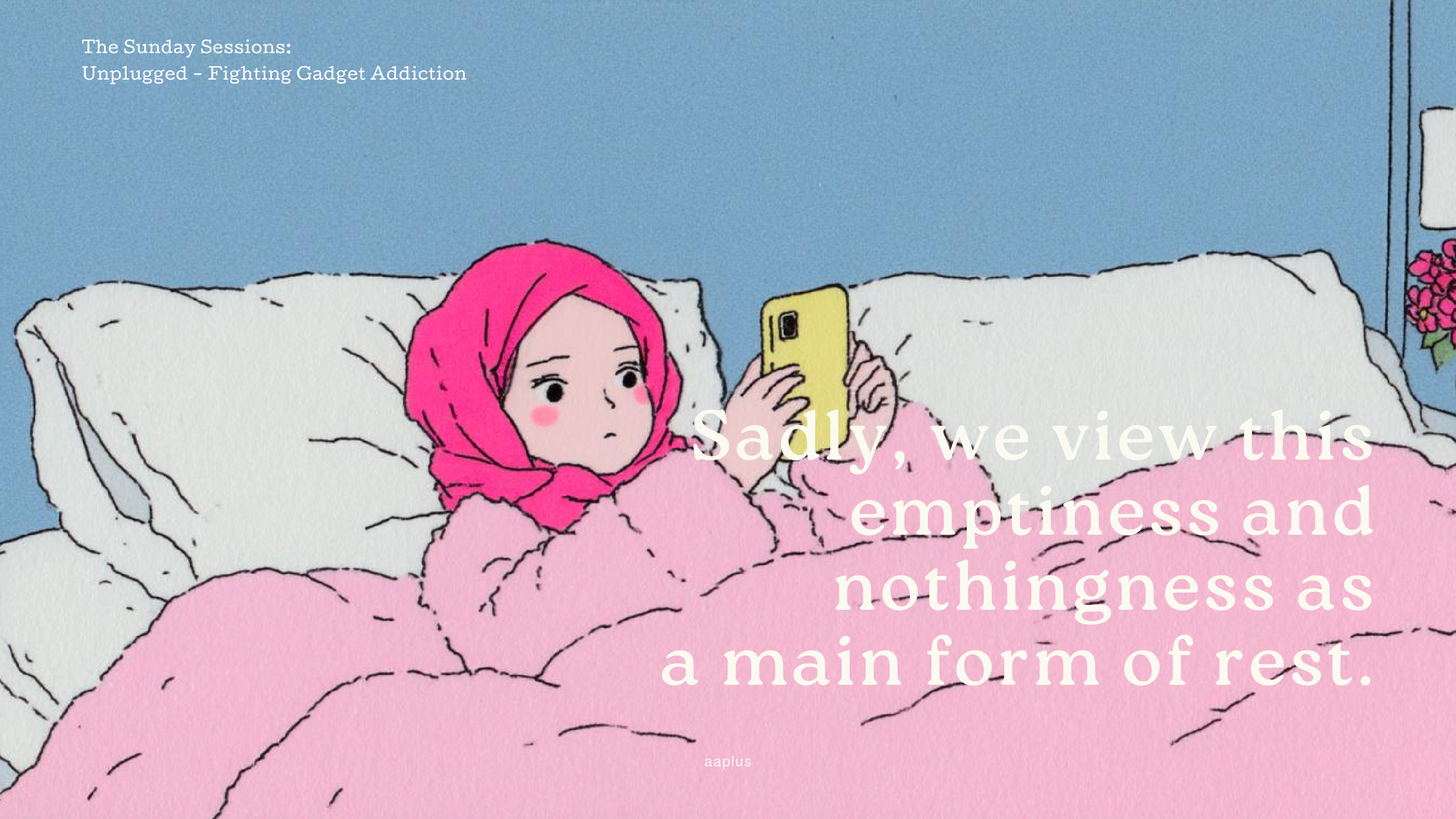
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We like emptiness
and nothingness
because it feeds
the laziness in us.



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An illustration of a woman wearing a bright pink hijab and a pink long-sleeved shirt, lying in bed. She is holding a yellow smartphone in her hands and looking at the screen with a slightly concerned or bored expression. The bed has white pillows and a pink blanket. The background is a solid blue color. On the right side, there is a small white rectangular object and a bouquet of pink flowers.

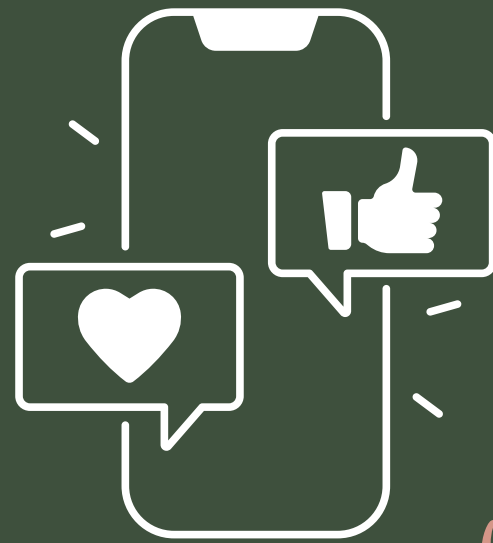
Sadly, we view this
emptiness and
nothingness as
a main form of rest.

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Of course,
this is okay,
but NOT
excessively.

The Problem:

Our Addiction Stems From:



فضول

our bad curiosity.



لغو

being drawn to
empty speech.



When we have time,
what is the first thing
that we do?

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The Zionists are
controlling us using
these platforms.

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From Nina Zulkifli:

They reduce our attention span
by all the shorts.

The problem 

The solution 

Hadith 1 ☐

Hadith 2 ☐

Hadith 3 ☐

Hadith 4 ☐

Rasulullah ﷺ's
solutions are always
timeless.



This whole battle with
Social Media, is **the battle**
of the Nafs (our desires).

We can have all the knowledge and solutions.

But eventually,
we will be convinced
otherwise **by the Nafs**
(our desires).

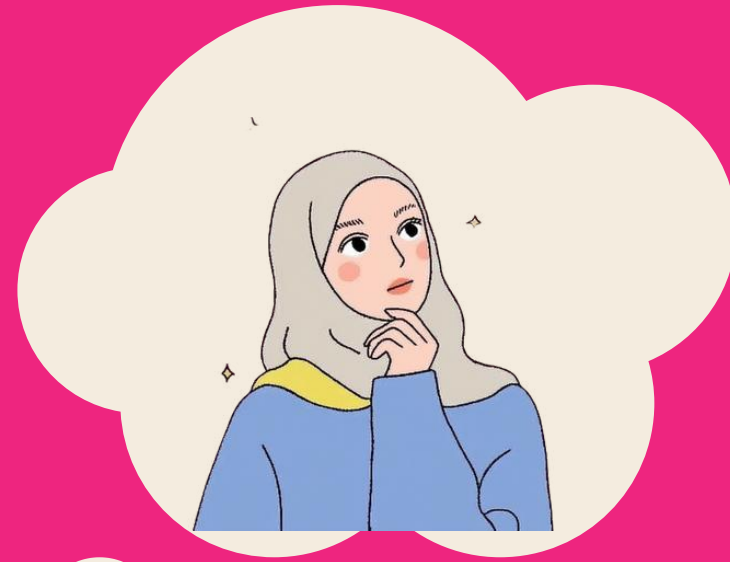
The core solution
to this addiction is
to **fight the Nafs**
(our desires).

"إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ، وَإِنَّمَا لِامْرِئٍ مَّا نَوَىٰ"

"The (reward of) deeds, depends upon the intentions and every person will get the reward according to what he has intended."

(Sahih al-Bukhari 6689)





“Why are we here
in this Dunia?”

إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ، وَإِنَّمَا لِامْرِئٍ مَّا نَوَى، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى اللَّهِ
وَرَسُولِهِ فَهِجْرَتُهُ إِلَى اللَّهِ وَرَسُولِهِ، وَمَنْ كَانَتْ هِجْرَتُهُ إِلَى دُنْيَا يُصِيبُهَا
أَوْ امْرَأَةٍ يَتَرَوُّجُهَا، فَهِجْرَتُهُ إِلَى مَا هَاجَرَ إِلَيْهِ

"The (reward of) deeds, depends upon the intentions and every person will get the reward according to what he has intended. So whoever emigrated for the sake of Allah and His Apostle, then his emigration will be considered to be for Allah and His Apostle, and whoever emigrated for the sake of worldly gain or for a woman to marry, then his emigration will be considered to be for what he emigrated for"

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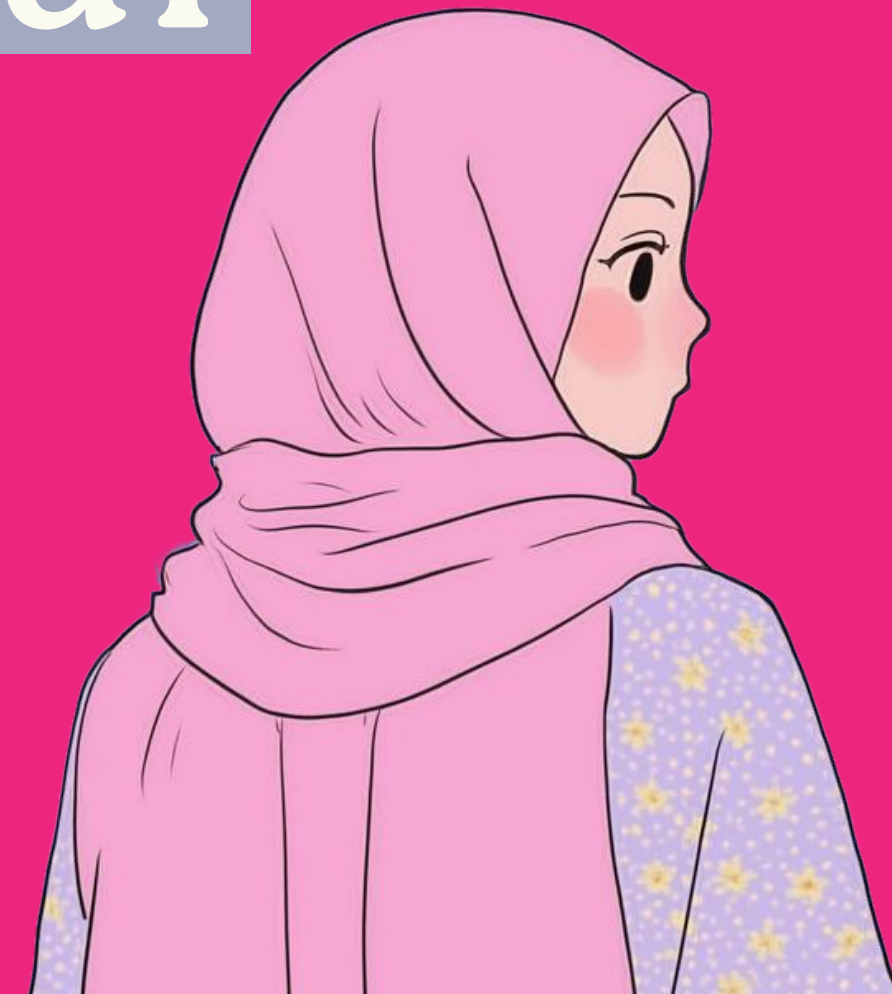
Our Hijrah (our good
deeds) should bring
us to Allah and on
the path of Allah.



The world of Social
Media is the world of
mindlessness.

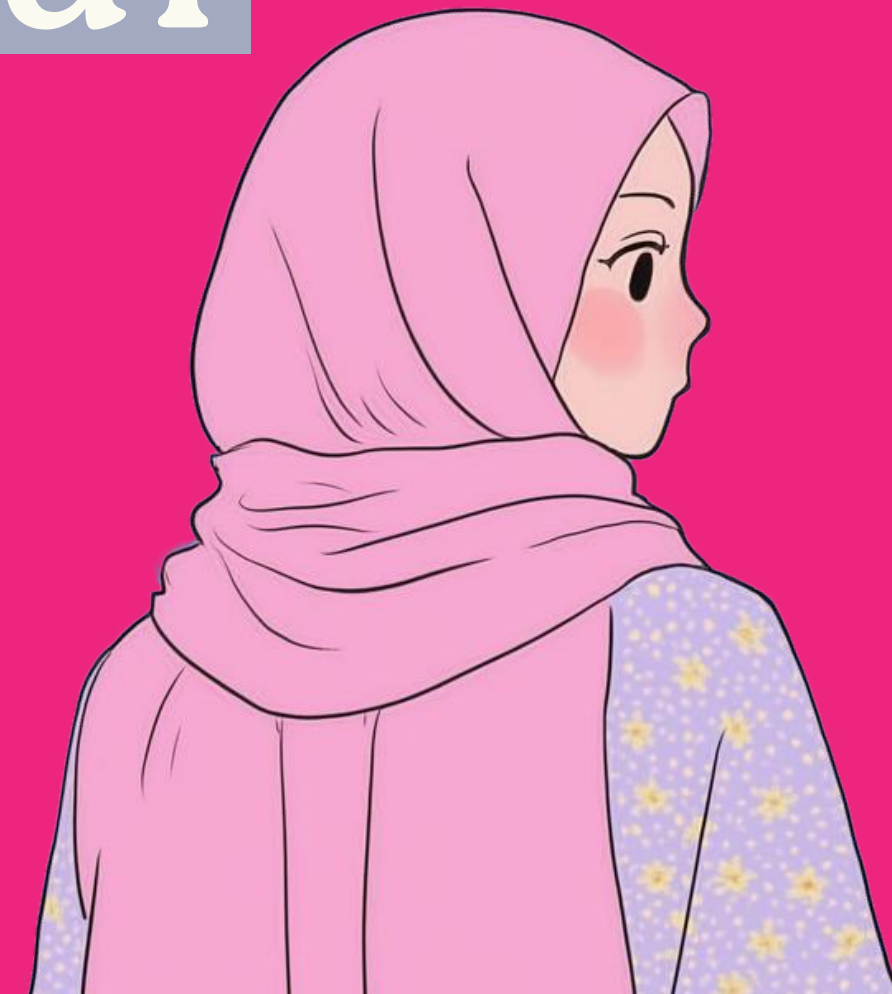
If only we could
stop and **be mindful**
to ask ourselves...

Where
am I going?



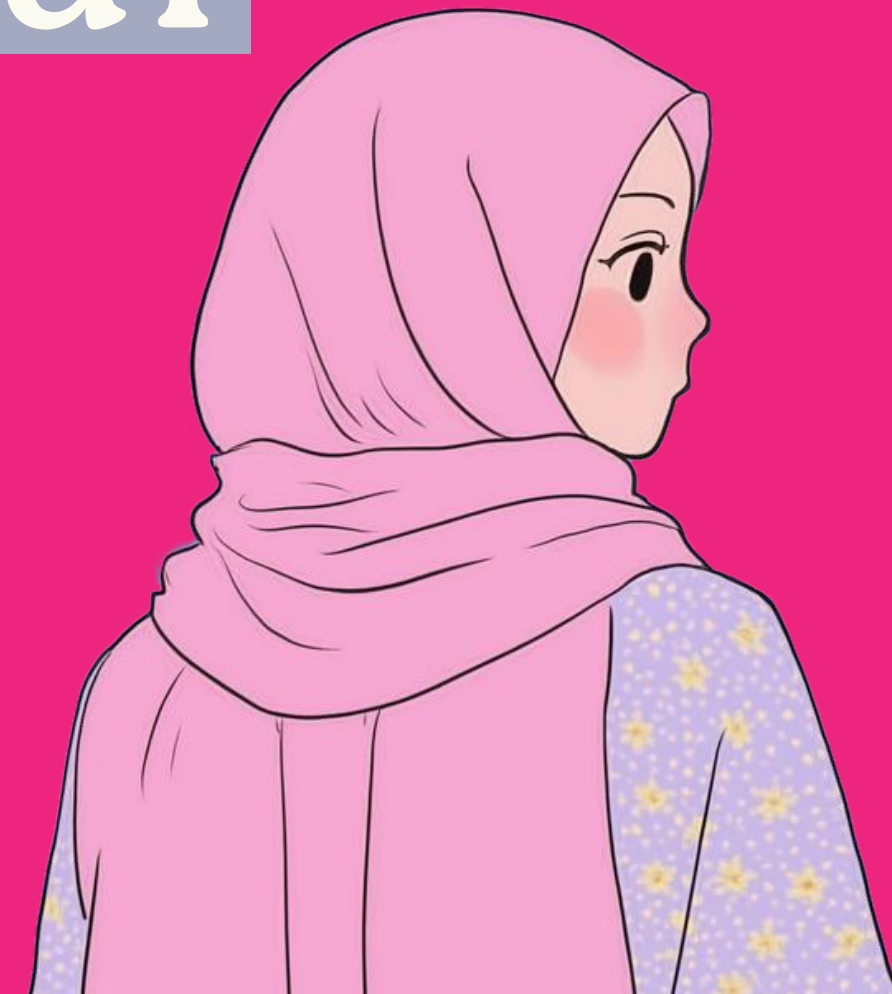
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What am
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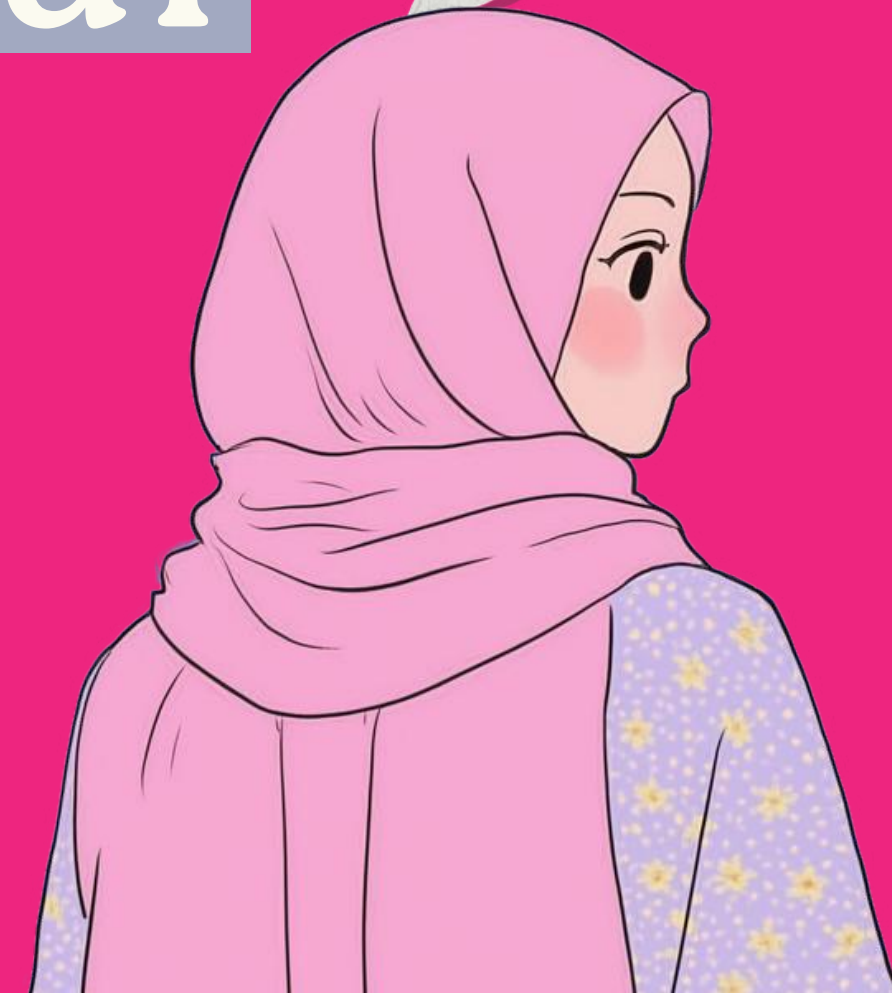
If only we could
stop and be mindful
to ask ourselves...

Stop
scrolling!



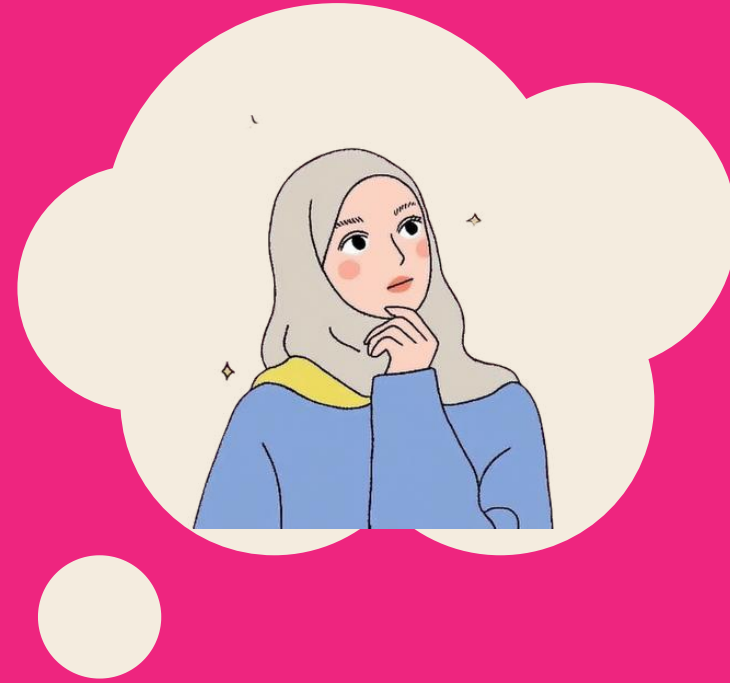
If only we could
stop and **be mindful**
to ask ourselves...

What are
you doing?
You are
wasting
your time.

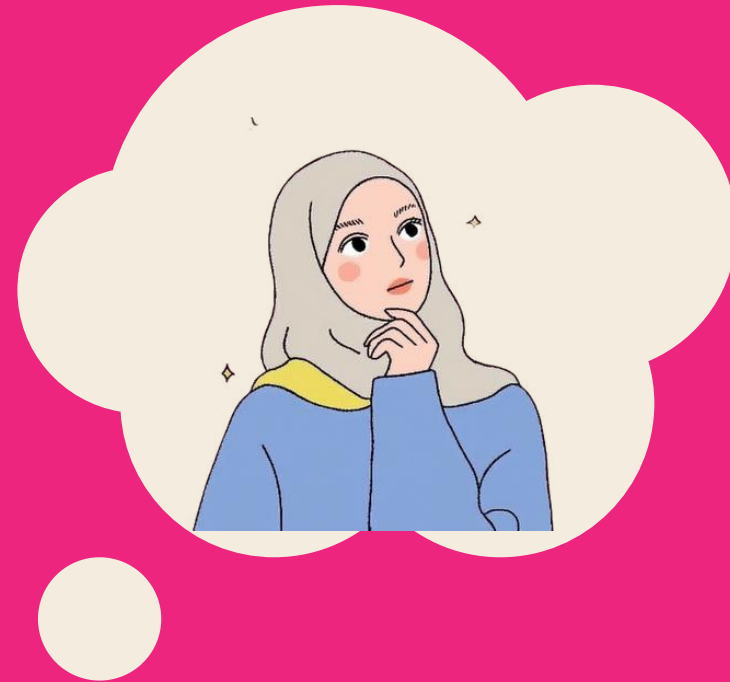


It will affect our Iman,
Ibadah, and everything
precious to us.

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What is our intention?



What is our intention?



Will it bring us
to Allah and on the
path of Allah?

If we intend to use Social Media as a Da'wah tool



we have to be
**very clear with
our intention**



we have to be
**very strong to fight
against the addiction to it.**

إِنَّمَا الْأَعْمَالُ بِالنِّيَّةِ، وَإِنَّمَا لِامْرِئٍ مَّا نَوَى، فَمَنْ كَانَتْ هِجْرَتُهُ إِلَى اللَّهِ
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"وَمَنْ كَانَتْ هِجْرَتُهُ إِلَى
دُنْيَا يُصِيبُهَا أَوْ امْرَأَةٍ يَتَزَوَّجُهَا..."

"and whoever emigrated for the sake of
worldly gain or for a woman to marry..."

Rasulullah ﷺ wants to show how human attraction
is also a great deal, other than material stuff.

4 AREAS OF STUDY:

Hadith 1 ☒

Hadith 2 ☐

Hadith 3 ☐

Hadith 4 ☐

Recap:

"مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَغْنِيهِ"

"Indeed among the excellence of a person's Islam is that he leaves what does not concern him."

(Jami` at-Tirmidhi 2317)

الْحَلَالُ بَيِّنٌ وَالْحَرَامُ بَيِّنٌ، وَبَيْنَهُمَا مُشَبَّهَاتٌ لَا يَعْلَمُهَا كَثِيرٌ مِنَ النَّاسِ، فَمَنْ اتَّقَى
الْمُشَبَّهَاتِ اسْتَبْرَأَ لِدِينِهِ وَعَرْضِهِ، وَمَنْ وَقَعَ فِي الشُّبُهَاتِ كَرَاعٍ يَرْغَى حَوْلَ الْحِمَى، يُوشِكُ
أَنْ يُوَاقِعَهُ. أَلَا وَإِنَّ لِكُلِّ مَلِكٍ حِمًى، أَلَا إِنَّ حِمَى اللَّهِ فِي أَرْضِهِ مَحَارِمُهُ، أَلَا وَإِنَّ فِي الْجَسَدِ
مُضْغَةً إِذَا صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَ الْجَسَدُ كُلُّهُ. أَلَا وَهِيَ الْقَلْبُ."

"Both legal and illegal things are evident but in between them there are doubtful (suspicious) things and most of the people have no knowledge about them. So whoever saves himself from these suspicious things saves his religion and his honor. And whoever indulges in these suspicious things is like a shepherd who grazes (his animals) near the Hima (private pasture) of someone else and at any moment he is liable to get in it. (O people!) Beware! Every king has a Hima and the Hima of Allah on the earth is His illegal (forbidden) things. Beware! 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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We are consuming
Social Media through
our eyes, ears & hearts..

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ

إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَئِكَ كَانَ عَنْهُ مَسْئُولًا

"And do not pursue that of which you have no knowledge. Indeed,
the hearing, the sight and the heart - about all
those [one] will be questioned."

(Surah al-Isra 17 : 36)

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Our religion has every
concept to stop us from
doing the things that we
do on the internet.

إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ
كُلُّ أُولَئِكَ كَانَ عَنْهُ مَسْئُولٌ

"Indeed, the hearing, the sight and the heart –
about all those [one] will be questioned."

(Surah al-Isra 17 : 36)

"الْحَلَالُ بَيِّنٌ وَالْحَرَامُ بَيِّنٌ، وَبَيْنَهُمَا مُشَبَّهَاتٌ
لَا يَعْلَمُهَا كَثِيرٌ مِنَ النَّاسِ..."

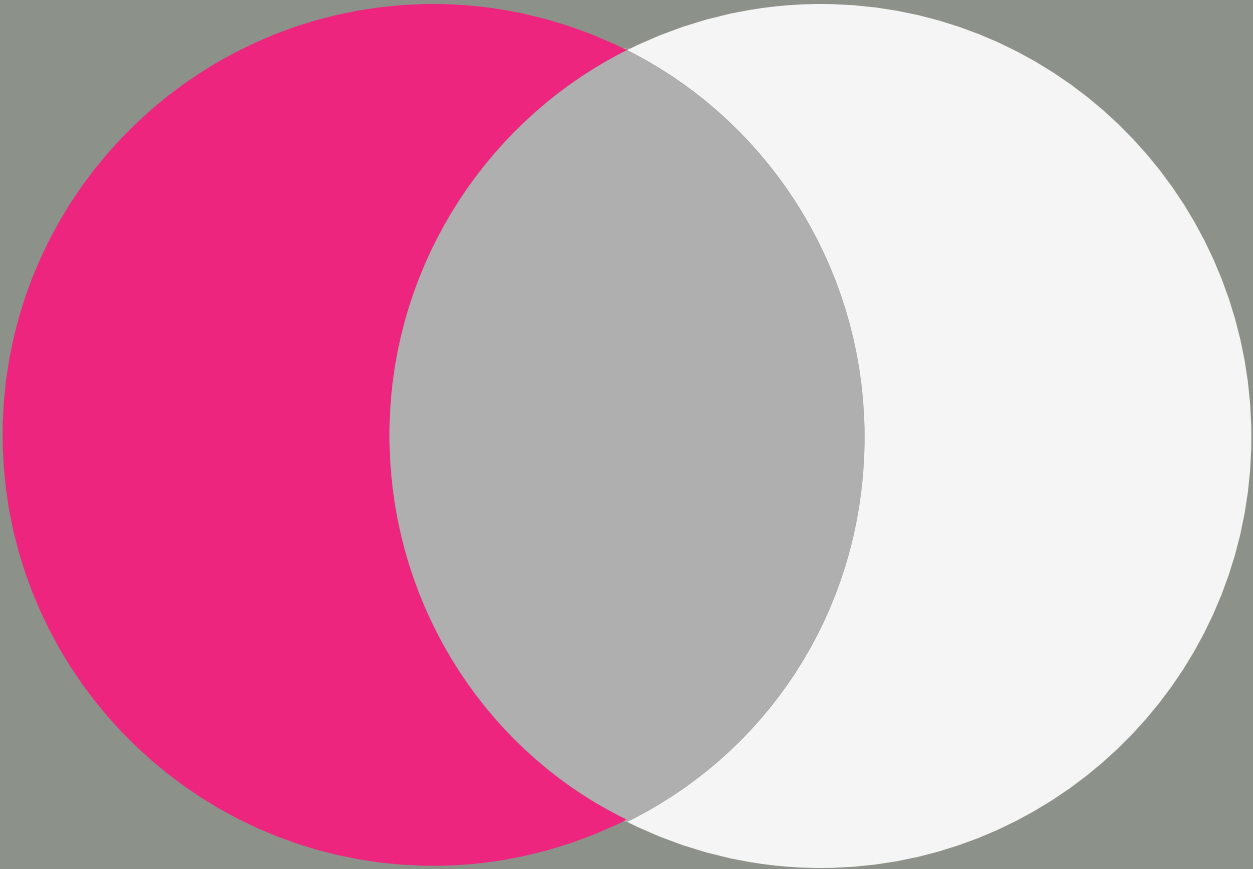
"Both legal and illegal things are evident but in between them there are doubtful (suspicious) things and most of the people have no knowledge about them..."

(Jami` at-Tirmidhi 2317)

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On the Internet:

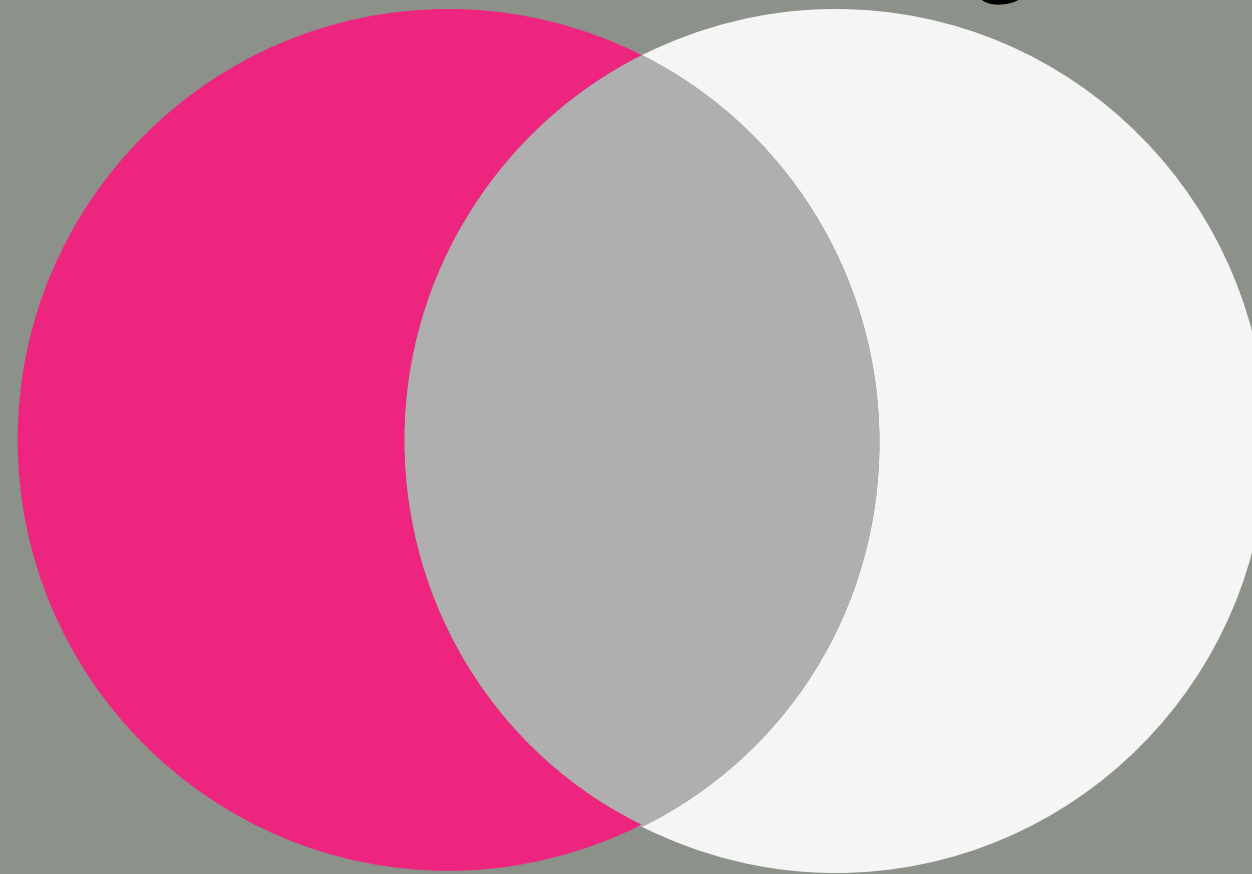
الْحَلَالُ



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On the Internet:

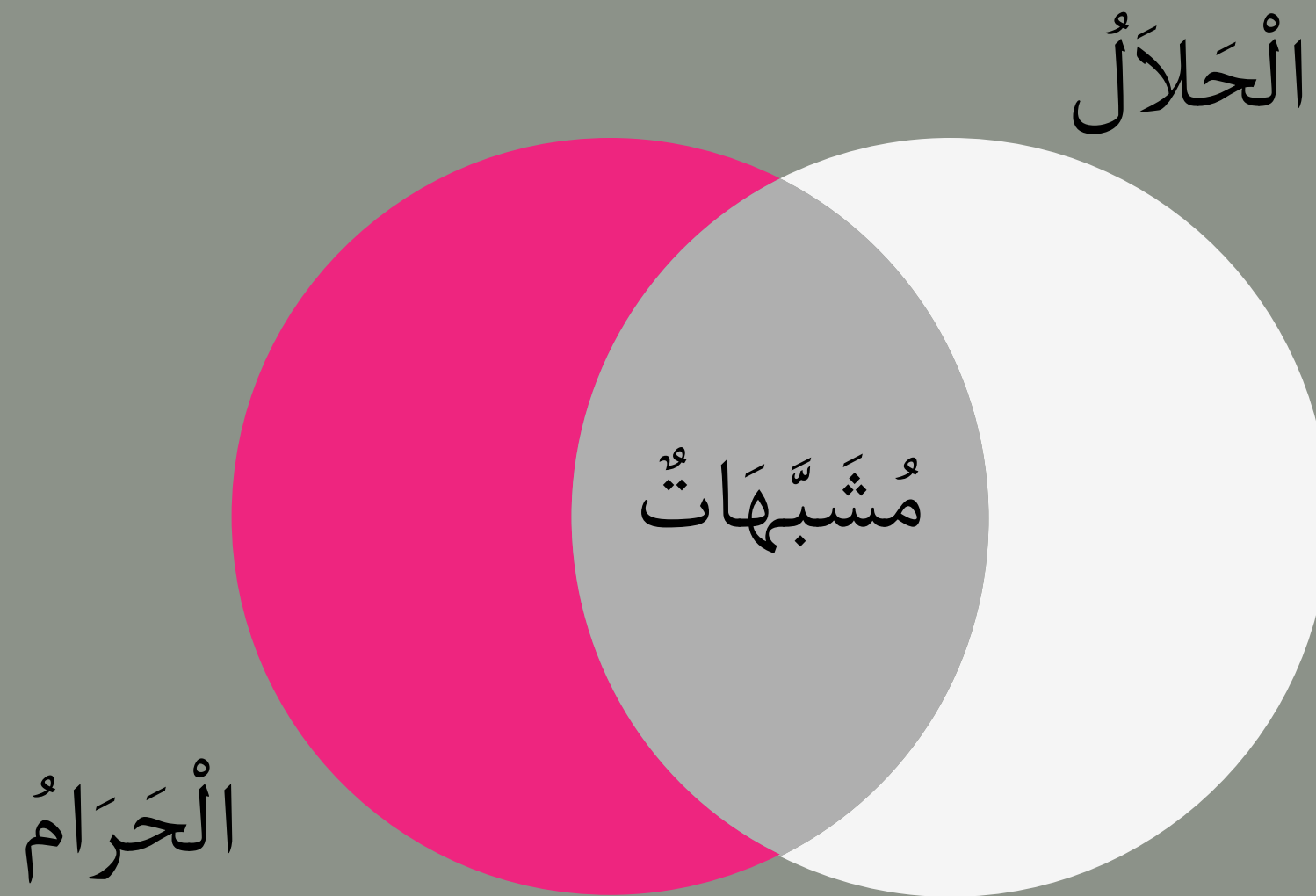
الْحَلَالُ



We have to search
and aim for it.

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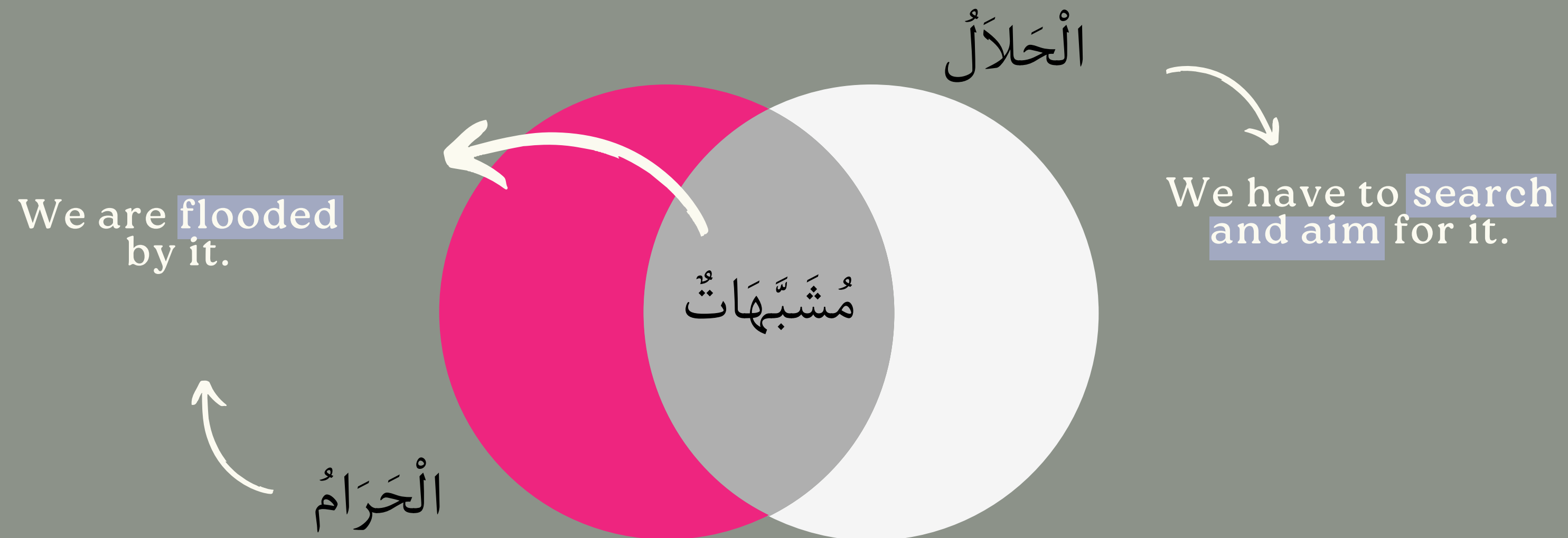
On the Internet:



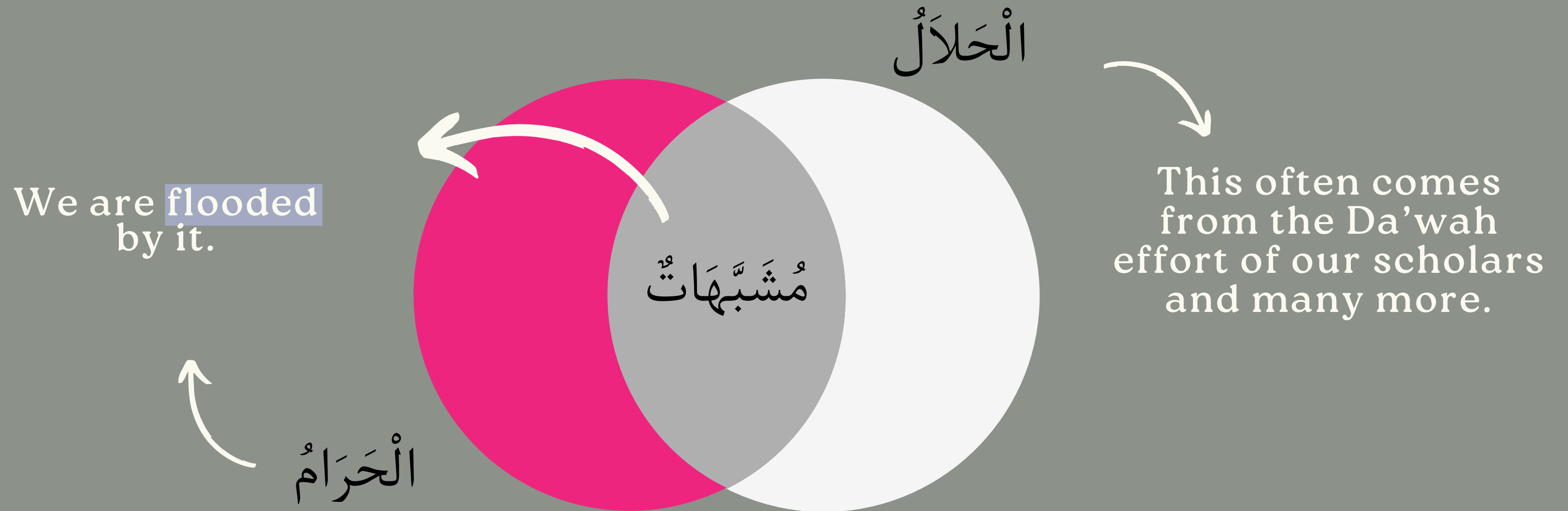
↘
We have to search
and aim for it.

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On the Internet:



On the Internet:



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Recaping the problem:

Our addiction
to the Internet,
specifically
Social Media.

"...لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ مِنَ الْخَيْرِ"

"...none of you has believed until he loves for his brother
what he loves for himself of goodness."

(Sunan an-Nasa'i 5017)

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If we are creators:

We should produce
something that we would
love for ourselves,
of goodness.

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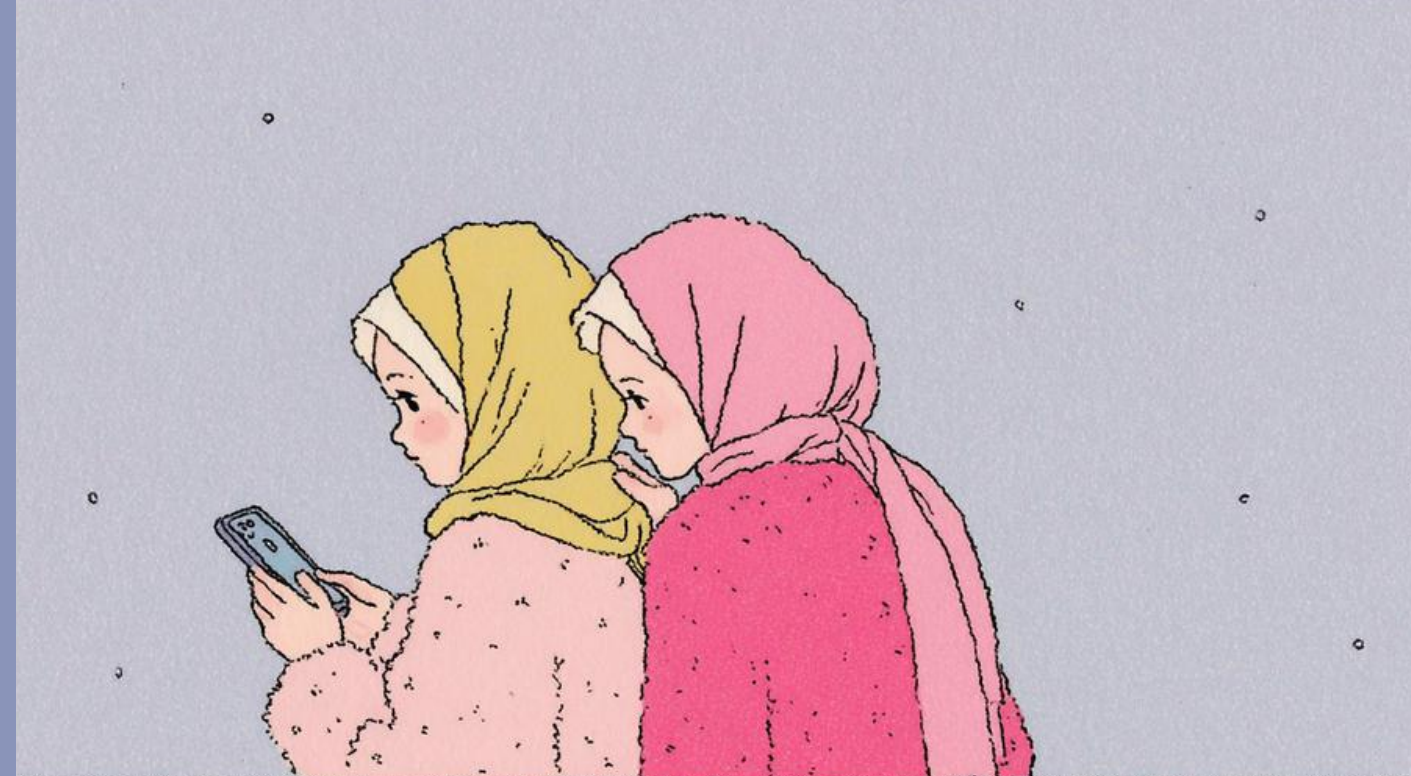


Are we a creator, a consumer, or both?

Have we been responsible creators or consumers?

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Even just as sharers:



We should share something that
we would love for ourselves,
of goodness.

"...لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ مِنَ الْخَيْرِ"

"...none of you has believed until he loves for his brother
what he loves for himself of goodness."

(Sunan an-Nasa'i 5017)

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Even if we are creators:

We should produce
something that we would
love for ourselves, of
goodness.

Even if we are creators:

That won't
harm us, our
life, and our
responsibility.

We should produce
something that we would
love for ourselves, of
goodness.

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The Problem:

Our addiction
to the Internet,
specifically
Social Media.

The Problem:

We all know
that it's a bad
thing.



Our addiction
to the Internet,
specifically
Social Media.

The Problem:

We all know
that it's a bad
thing.

But we can't
stop it.

Our addiction to the Internet, specifically Social Media.

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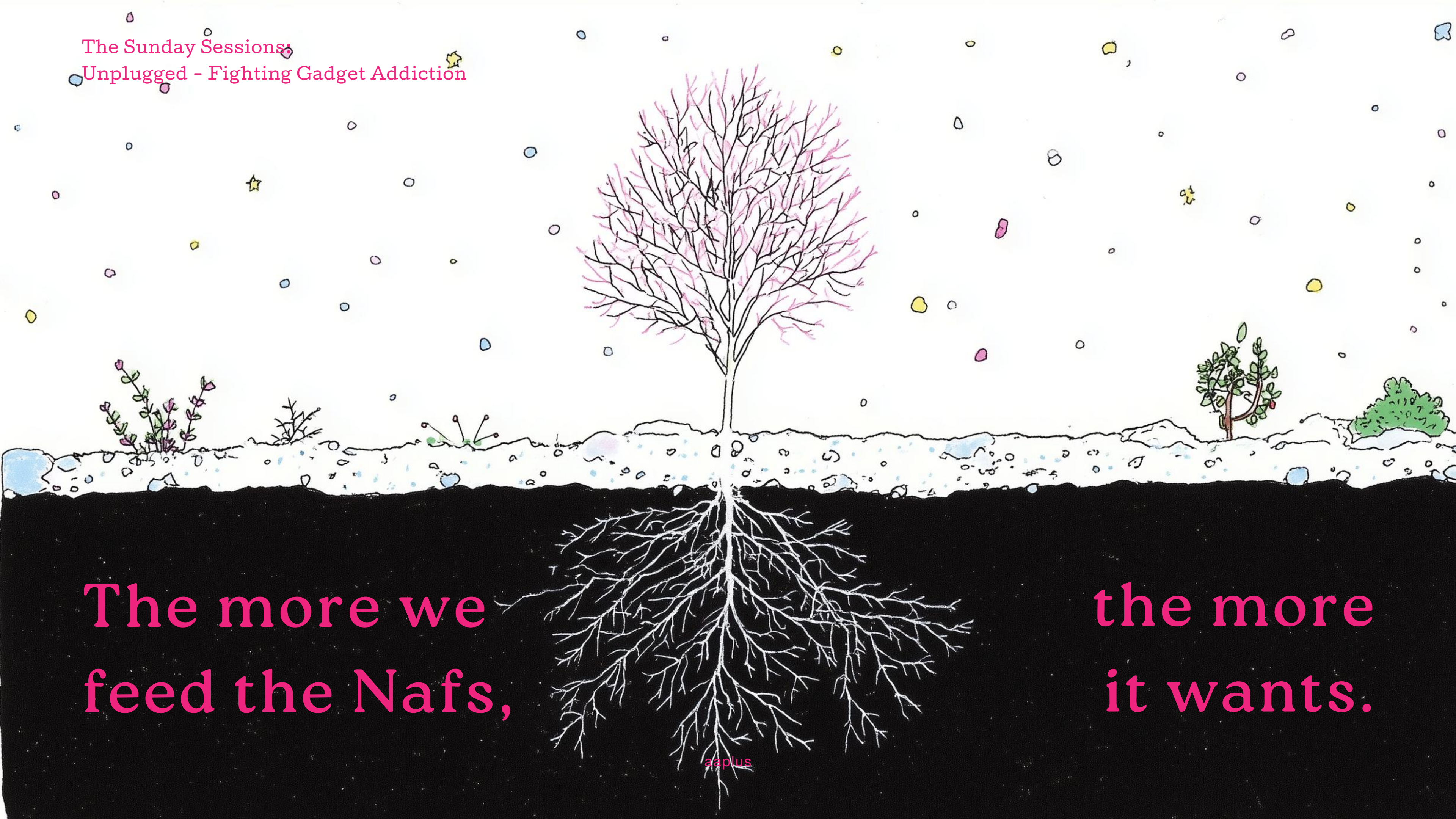


Our addiction
is rooted

to the
Nafs.

aaplus

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The more we
feed the Nafs,

the more
it wants.

aa plus

If we cannot go
for a complete cut off yet,
we need to be strict
with ourselves.

If we cannot go
for a complete cut off yet,
we need to be strict
with ourselves.



We might still do
things that we are
not supposed to do
on the internet.

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Fighting The Nafs:

We must
cut off
the addiction.

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We must
cut off and replace
the addiction.

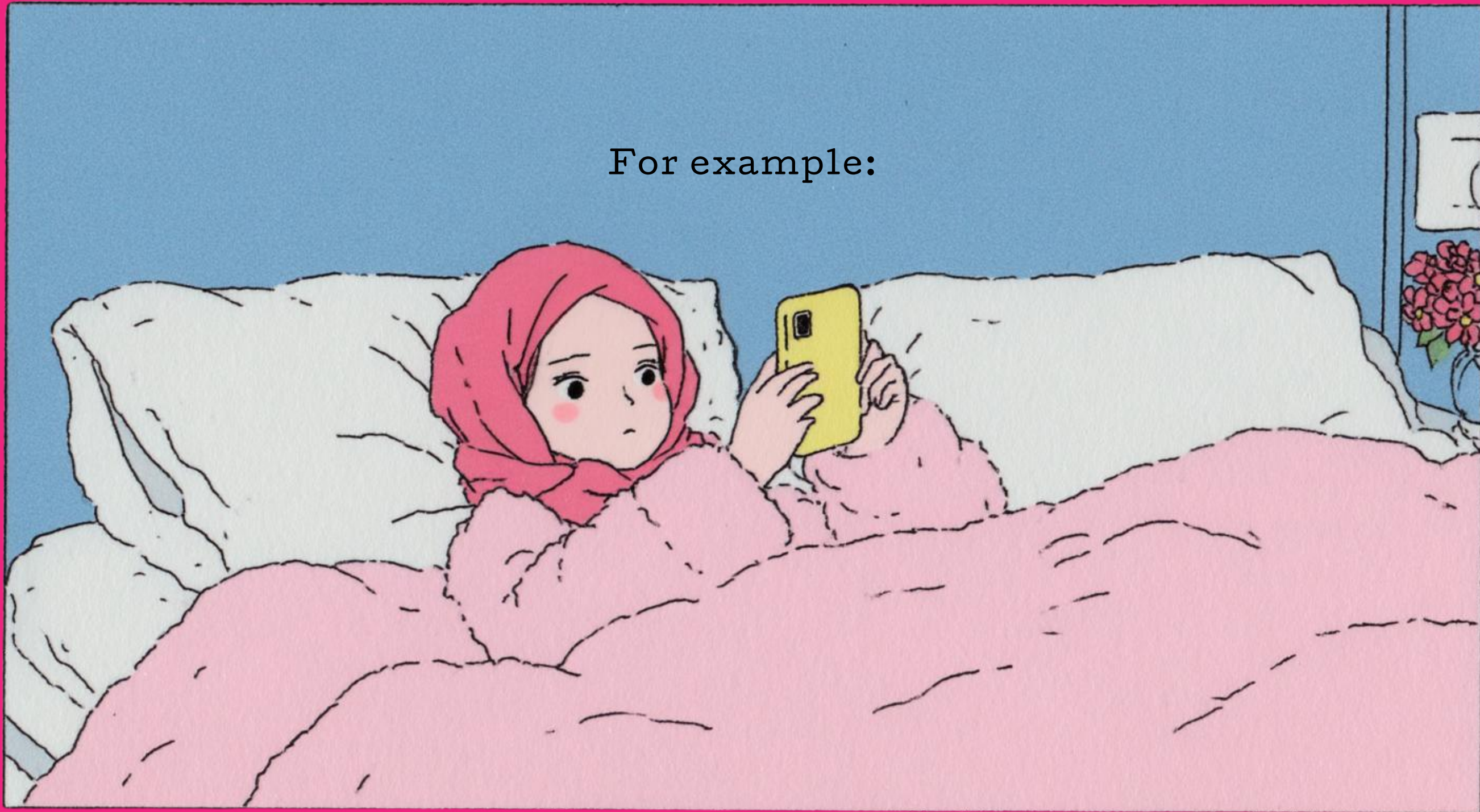
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As long as we don't
replace, we will
relapse.

aaplus

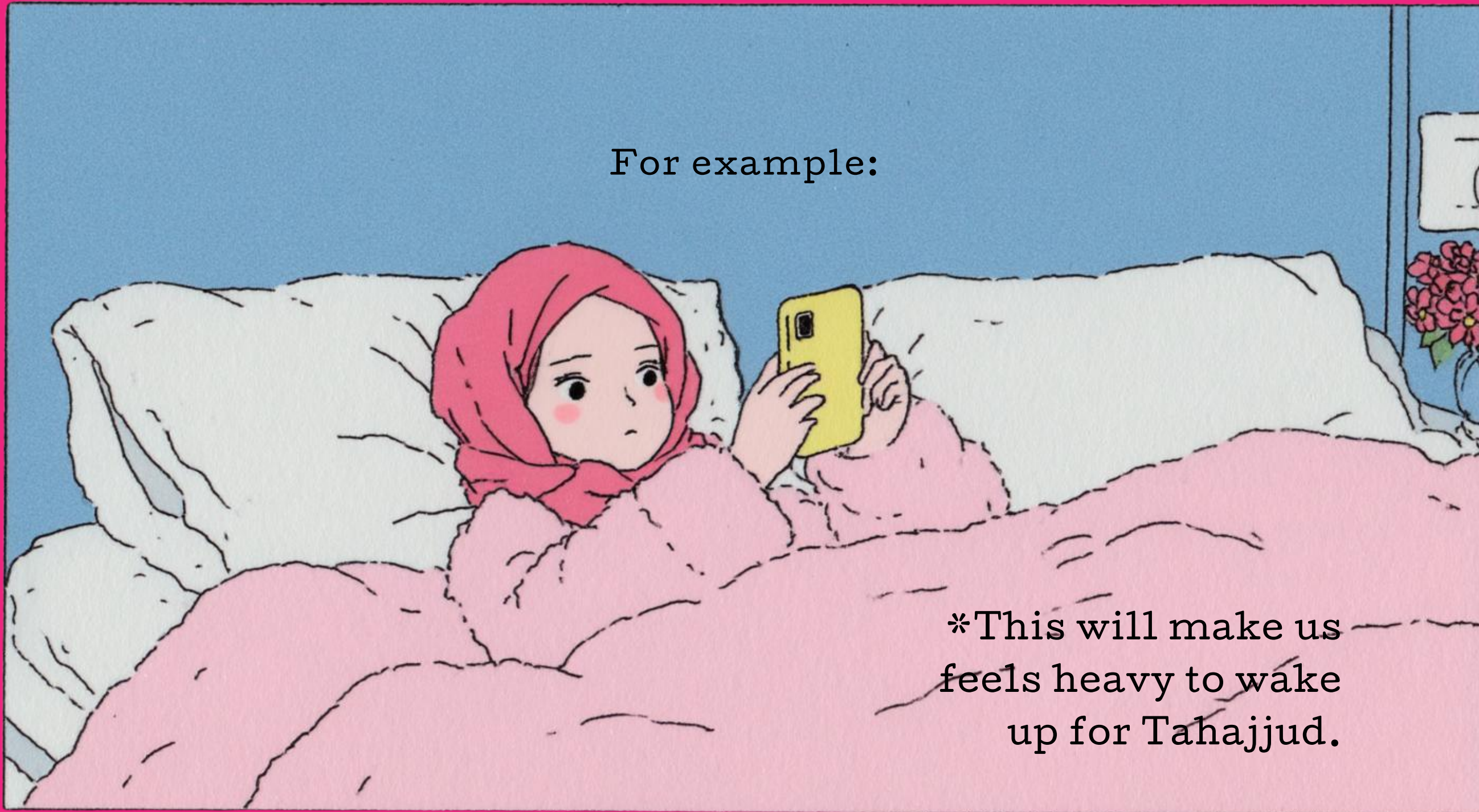
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For example:



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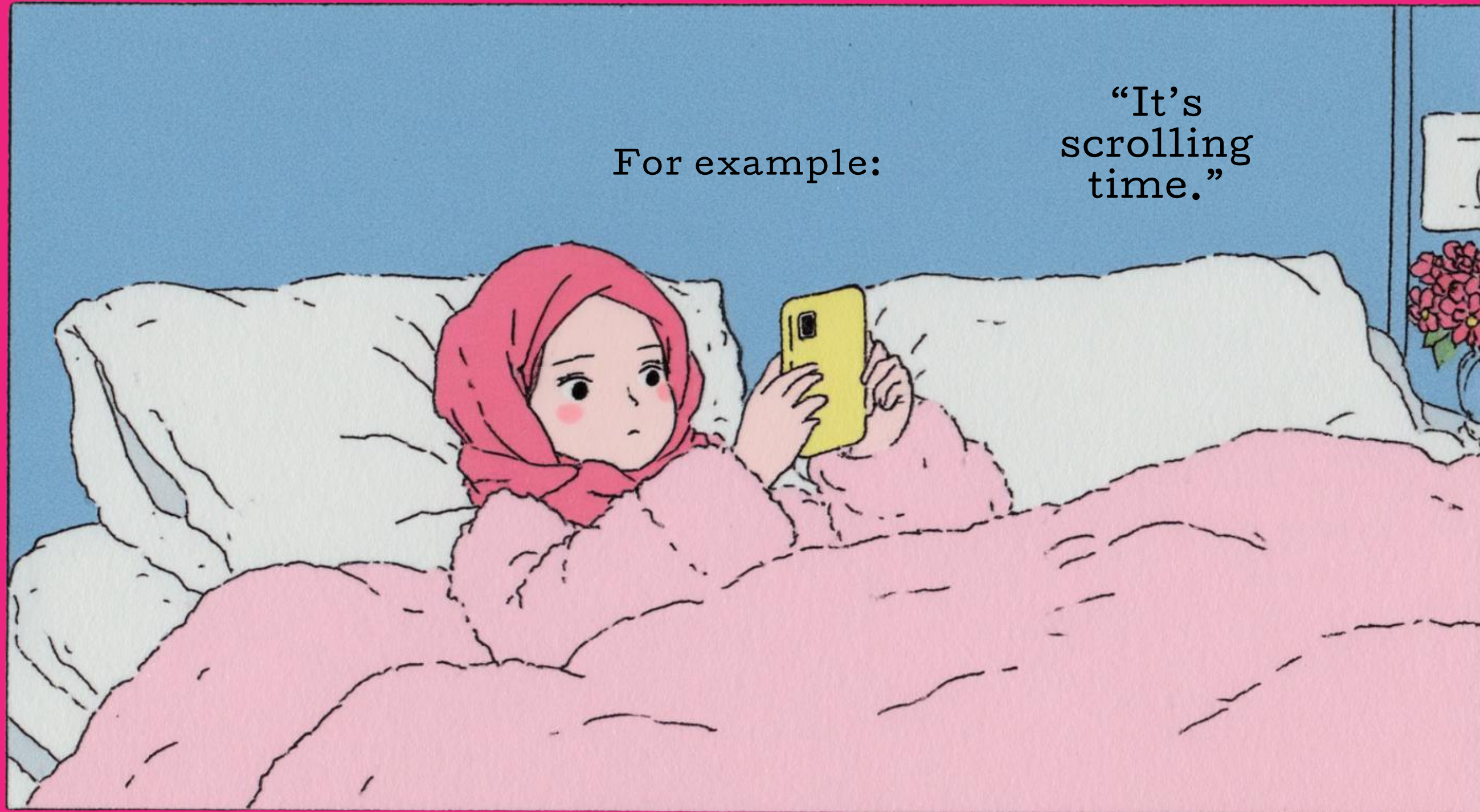
For example:



*This will make us
feels heavy to wake
up for Tahajjud.

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If we know
that
the
addiction
tend to
trigger us
before
sleep,



We should
come up
with a plan
to replace
the
addiction
and fill the
time with
something
else.

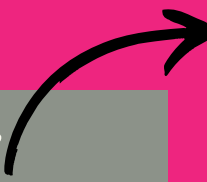


Fighting The Nafs:

We must
cut off and replace
the addiction with
something easy.

Fighting The Nafs:

We must
cut off and replace
the addiction with
something easy.



Something a bit
better than our
current addiction
and improve
gradually.

Fighting The Nafs:

While we are on the path of improving gradually

we need restrict
ourselves and have our
Akhirah lens on in
navigating ourselves.

Fighting The Nafs:

It's very hard for the Nafs
to do things gradually
because it can relapse
very easily.

For example:

To go into a complete cut off in diet would be difficult, but replacing it with something better will make it easier.



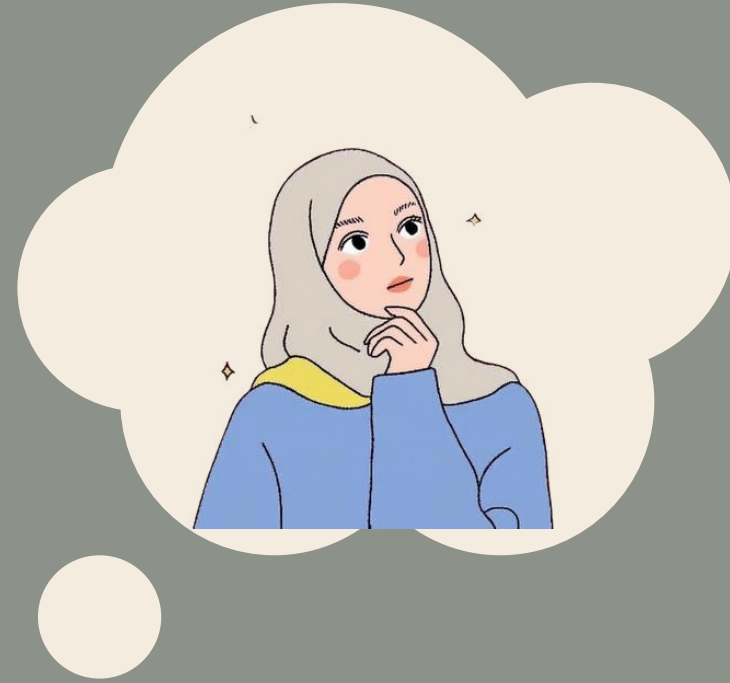
Fighting The Nafs:

We need to **completely replace**
our addiction with something
better, instead of allowing
ourselves to indulge in it every
now and then.

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Fighting The Nafs:

We must
cut off and replace
the addiction.



“Why do we have
each of these apps?”

As we gradually make the effort to leave Social Media,

make a **sincere repentance** for
all sins that we have committed
while we are on it, and make a
resolve not to go back there.

Life is so short,
and it should be filled
with us attending to our
responsibilities.

To act on:

Re-analyse our life and
figure out do we have the
time to be on the internet.

To reflect:

If we fill our time being
on the internet, we are **robbing**
ourselves of time for goodness.

To reflect:

If we fill our time being
on the internet, we are robbing
ourselves of the good deeds that we
have build **just to feed the Nafs.**

To act on:

List down the things
that we can achieve
with the time that we
usually spend
being on the internet.



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From Amina Abdulkadir:

'We are stealing time from ourselves.'
Well said Allahuma bariek Aida!

It still need
to be treated.



Just because
everyone is addicted to it,
does not make it better than
other addictions.

(ie: drug addiction)

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The entire Quran
contradicts this kind
of lifestyle.