



جَابَطَانُ الْأَغْمَانِ

JABATAN AGAMA ISLAM SELANGOR

CLEANSE YOUR

HEART



I would like to remind  
myself and fellow audience,  
let us have the *taqwa* of  
Allah by performing all of  
His Commands and avoiding  
all of His prohibitions.

The topic of today's  
*khutbah* is

*“Cleanse Your Heart”*

The Malay adage goes  
*'ikut hati mati, ikut rasa  
binasa, ikut nafsu lesu'*

[meaning: submitting to one's own desire will lead to destruction]. Here, why is death associated with the heart? This is because the heart is the source of every behavior and action.

Narrated an-Nu‘maan bin Basheer *radiyAllaahu‘anh:*

Rasulullah ﷺ said:

“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”

*(al-Bukhaari and Muslim)*

In another *hadeeth*, Abu  
Hurayrah *radiyAllaahu'an*h

**reported that Rasulullah**

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said:

**“Verily Allah does not look to your faces and your wealth but He looks to your heart and to your deeds”**

*(Muslim)*

**If that is Allah's criterion,  
then what is the use of  
enjoying a “successful” life  
but nowhere to be seen in  
the masjid? What is the use  
of having a strong physical  
body if it becomes “weak”**

**when it comes to assisting  
the poor and destitute?**

**What is the use of having a  
dimple on the cheek while  
the heart remains lifeless,  
not remembering death?  
What is important is that**

**Allah placed heavy  
emphasis on the heart,  
which is far beyond what  
mankind would value, which  
are all worldly in nature.**

**Hence, we have no choice  
but to work on our hearts  
that will**

**carve a smile on our lips.  
Hearts that will always  
remind its tongue upon the  
greatness of being able to  
utter Allah's Names. Hearts  
that will always drive the  
limbs to contribute and**

**serve the ummah.**

**The tranquil heart is known as *Qalbun Saleem*. The sound heart is always firmly rooted with strong ‘aqeedah. It is the ‘aqeedah that is**

**impenetrable by the  
enticement of wealth and  
status. Furthermore, it will  
always bear fruit with  
actions driven in  
performing ‘ibaadah. That  
is the struggle that will  
determine**

**our predicament in the Hereafter. The wise have said that “the fruit of imaan (faith) is in its ‘amal (action), the fruit of ‘amal is ihsaan (perfection in worship).” This means that**

**the struggle in attaining a heart that is tranquil is actually *jihad* towards Paradise. This is because what are accounted for in the Hereafter are deeds borne out of hearts that are always**

**submissive and obedient to  
Allah's Commands.**

**Precisely, as Allah**

***Subhaanahu Wata'aala* has  
mentioned in al-Qur'an:**

**“The Day when there will not  
benefit [anyone]**

wealth or children. But only one  
who comes to Allah with a sound  
heart”

**(ash-Shu‘araa 26:88-89)**

What are the  
characteristics of the  
sound heart? The

**sound heart is easily inclined in performing good deeds. That is the heart that truly knows Allah and has fallen in love with all of His Glorified Attributes. The serene heart sees calamity as**

**a test and tribulation  
without questioning the  
Will of Allah. The content  
heart does not magnify its  
problems but realizes that  
it is a training process from  
Allah. The content heart**

would easily forgive the mistakes of others and does not bear grudge. In order for us to attain the tranquil heart, let us remain sincere in all of our actions and furthermore learn to extinguish all of the

vile traits engulfing our hearts. Let us dump all envy, jealousy, and rancor that are never ending. But my dear brothers, the question is, do we possess the qualities of the sound heart mentioned

**just now?**

**As an answer, the path to attaining the sound heart will not be as easy as we would like to imagine. The more we change ourselves for the better, the greater the hurdles**

and obstacles become. That is what we call “*mujaahadah*” (steadfastness). The path of *mujaahadah* is always winding. The road in going against the *nafs* that has been chaining the heart

**all the while will definitely  
be filled with thousands  
of difficulties. Let us be  
burdened with difficulties  
in this world, in exchange  
for beautiful palaces in  
Allah's Paradise.**

**Such are the paths  
prepared by Allah**

***Subhaanahu Wata'aala*  
according to His Sunnah.**

**Allah Subhaanahu  
Wata'aala mentions in al-  
Qur'an:**

**“And those who strive for Us-  
We will surely guide them to  
Our ways. And indeed, Allah is  
with the doers of good”**

**(al-‘Ankaboot 29:69)**

**Mujaahadah is the  
upbringing of the heart. It  
is the upbringing in tuning  
our hearts so that it will  
not be nurtured to  
become rich in wealth but  
having empty soul.**

**al-Imaam ibn al-Qayyim  
*rahimahullaah* explained  
that the calamity that  
afflicts the world's  
millionaires today is due to  
their betrayal to Allah. Let  
us ponder, what was it that  
made the wealthy**

**Companions always having  
*tawaddu'* (humility) to**

**Allah? It was due to the  
strength of their hearts  
that was not blinded by  
worldly possessions.**

**Moreover, wealth became a  
tool for**

**them to gain nearness to  
Allah by performing  
righteous deeds and  
aiding the Muslims.**

**This is in line with the  
*hadeeth* of Abu Hurayrah  
*radiyAllaahu'an* where**

Rasulullah ﷺ said:

“Richness does not lie in the abundance of (worldly) goods but richness is the richness of the soul (heart, self)”

*(al-Bukhaari and Muslim)*

**O tranquil hearts, when the hearts are flip-flopping, remember Allah and sought refuge in Him. If your heart has turned away, then repent and increase in making *istighfaar*. If remained**

**unchanged long after  
making *mujaahadah*, then  
ask for a brand new heart, a  
heart that remains in the  
remembrance of The  
Creator. A heart that would  
always remember the  
covenant made during the**

**realm of the *rooh* (soul). A heart that fully acknowledges that Allah is The Creator and *ar-Rasool* is His Messenger.**

**To cleanse our hearts, let us perform all of the following:**

**1. Frequent recitation of  
al-Quran for it is the  
key to the  
remembrance of Allah**

**2. Keep our tongue moist  
with *dhikr* in praising  
the Greatness of Allah.  
May those utterances  
seep into the heart.**

**3. Befriending or having  
companionship with  
the ‘ulamaa’. May we  
become guided to the  
right path.**

**4. Always attending circles of knowledge, so as to attain true guidance and *hidaayah* from Allah.**

**5. Always uttering  
“*a‘oodhu billaahi min  
ash-shaytaanir raajim*”  
so as to seek refuge  
from the whisperings  
of *shaytaan*.**

**“[To the righteous it will be said],  
“O reassured soul, Return to your  
Lord, well-pleased and pleasing [to  
Him], And enter among My  
[righteous] servants. And enter My  
Paradise”**

**(al-Fajr 89:27-30)**

بَارَكَ اللَّهُ لِيْ وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ وَنَفَعَنِي  
وَإِيَّاكمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيمِ  
وَتَقَبَّلَ مِنِّي وَمِنْكُمْ تَلَاقَتْهُ إِنَّهُ هُوَ السَّمِيعُ  
الْعَلِيمُ. أَقُولُ قَوْلِيْ هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ  
لِيْ وَلَكُمْ وَلِسَائِرِ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ  
وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ الْأَحْيَاءِ مِنْهُمْ  
وَالْأَمْوَاتِ فَاسْتَغْفِرُوهُ  
بِإِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

Once again, I would like to remind all of us that Islam teaches its adherents to remain moderate in all actions and deeds. At the same time, the Muslims are to avoid any form of extremism in which its

**consequences will only disrupt  
the harmony, unity, and  
security of the Muslim *ummah*  
and our nation. Extremism will  
only give negative impression  
upon the nobility and holiness  
of al-Islam. On the contrary,  
the Muslim**

*ummah must inculcate noble akhlaaq, having utmost personality and attitude as true Muslims so that the world will know that Rasulullah ﷺ was sent down as a messenger, and Islam that was revealed is mercy*

**for the entire nation and  
universe.**



**O Allah, You are the Lord that  
is All Mighty, we are grateful to  
You for having bestowed upon  
us *rahmah* and *ni‘mah*, that we  
are able to continue the effort  
in empowering the Muslim  
*ummah* especially in Selangor,  
as an**

**advanced state, prosperous,  
and providing welfare.**

**Hence, we sincerely beseech  
you, O Allah, strengthen our  
*imaan*, accept our deeds,  
strengthen our unity,  
increase our *rizq*, enrich us  
with**

**beneficial knowledge, cultivate  
our soul with good mannerisms,  
return us to the path that you  
are pleased with, protect us  
from disasters and your severe  
trials, so that our nation will  
become more peaceful and  
filled with blessings.**

**O Allah, we sincerely beseech you, strengthen our beliefs according to the creed of *Ahlus Sunnah wal-Jamaa'ah*, and protect us from deeds and 'aqeedah that are astray such as the extreme Shee'iis, Qadiyani, and other ideologies.**

**O Allah, open up our hearts in fulfilling the five daily prayers, performing zakaat, and other obligations. Bless those that have fulfilled their zakaat and loving the *fuqaraa'* and *masaakeen*, and those that have**

made waqf and gave up  
their wealth for *Tabung*  
*Amanah Pembangunan*  
*Islam Selangor* (Islamic  
Development Trust Fund of  
Selangor) with continuous  
reward until the Hereafter.

**O Allah, increase and widen the *rizq* of those that made *waqf* from their wealth with perpetual rewards until the Last Day.**



*DISEDIAKAN OLEH / PREPARED BY:*

*UNIT KHUTBAH,*

*BAHAGIAN PENGURUSAN MASJID,*

*JABATAN AGAMA ISLAM SELANGOR*