

Advice for the 40 and over crowd

By Shaykh Abdus Salaam Burjiss رحمه الله

The following is a summary translation

This advice is directed towards the mature adults, 40 years old, and 50 years old, 60 years old. Some of the Salaf used to say “Whoever reaches the age of 40 then the time has come for him to devote himself to the worship of Allah the Exalted.” So what do you think about those who have reached the age of 50, 60 and those older than that! Therefore my advice to them is to fear Allah the Exalted and pay attention to the fact that Allah has granted them respite to reach this older age. Therefore devote yourself to Allah the Exalted and spend your time in the obedience of Allah the Exalted. If the elders don’t devote themselves to Allah the Exalted then who will devote themselves?! And if the elders fall into disobedience of Allah the Exalted, then how evil is their condition! And how shameful is their outcome!

Accordingly, it has been authenticated that the Prophet ﷺ mentioned from the inhabitants of the Hell-fire is the gray-headed fornicator. What is the difference between the gray-headed person and the youth? The youth is still in his euphoria, his adolescence and fulfilling his desires, and passion. As for the gray-headed person who has become mature in age, and come close to the grave, what does he want by disobeying Allah the Exalted?!

In most cases the elders are afflicted with heedlessness, and afflicted with only remembering Allah a little, except those whom Allah has mercy upon and desires for them success and guidance. Therefore it is upon them to pay attention to this, and spend their time in the obedience of Allah the Exalted.

They should go to the prayer early; they should spend a portion of the night establishing the night prayer, they should spend their time reading the Quran, reciting it and remembering Allah the Exalted a great deal.

It’s amazing to find the elders searching for enjoyment by way of entertainment and the gatherings where they backbite others, and even if they do not backbite, they speak about permissible matters which the Muslim should avoid because this type of speech; good is not written for them nor is evil written against them. Allah said about His believing successful slaves:

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾ وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ ﴿٣﴾

Successful indeed are the believers; those who offer their prayers with all solemnity and full submissiveness; and those who turn away from vain speech.¹

And “vain speech” is that speech which contains no benefit. Thus it is even more befitting that they avoid speech which contains harm. Therefore it is amazing to find them involved in this.

Translator's note:

Shaykh Abdus Salaam ibn Burjis may Allah have mercy upon him died on Friday the 12th of Safar 1425H (2004 CE). He was killed on his return from Riyadh when the car he was riding in was hit by a camel. **He passed at the age of 38.** May Allah have mercy upon him.

Translated by Rasheed ibn Estes Barbee

¹ Soorah Al-Mu'minūn 23: 1-3