

**COMSATS University, Islamabad**

**Assignment # 4**

**Doubts and Desires as Major Diseases of Heart**

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Introduction

Doubt means that we have a 50-50 percent possibility in the mind about the correctness or otherwise of a thing. If we weigh both the possibilities we would find that they are of equal weight. Therefore doubt is when there is confusion, suspense, two-mindedness and wandering.

Desiring is a state of mind that is commonly associated with a number of different effects: a person with a desire tends to act in certain ways, feel in certain ways, and think in certain ways.

Doubts as Major Disease of Heart

It is stated in the Holy Quran,

*“But as for those with sickness in their hearts, it (signs of Allah) has increased them only in wickedness upon their wickedness (disease of doubt), and they die as disbelievers.” –* Quran 9:125

It means that the signs of Allah increase the light of knowlesge to a person with sound and healthy heart, these very signs cause further disbelief and doubt in people with impure and doubtful hearts.

*“And there are some who worship Allah on the verge ˹of faith˺: if they are blessed with something good, they are content with it; but if they are afflicted with a trial, they relapse ˹into disbelief˺, losing this world and the Hereafter. That is ˹truly˺ the clearest loss.” –* Quran 22:11

There are some Muslims, who do not have sincere faith and firm belief in Allah, the Prophet and the Day of Judgment. They are in a state of doubt. They have adopted Islam with the purpose of gaining material benefits of the world. If continue to be rewarded in the form of wealth, security and getting their materialistic wishes fulfilled, they will remain firm on their belief, but if they confront hardship, poverty, disease or some other misery, they give up religion and go towards infidelity.

They are caught in humility and captivity in this world also and they become liable for punishment in the Hereafter as well. They incur losses in both the worlds.

It is an admitted fact that if a person dies in the condition of doubt or suspicion, if according to belief he is not with knowledge and confidence and dies in that condition, then he is doomed forever. There will be no deliverance from punishment for him. As against this, one whose belief is firm, and his faith is on the level of certainty, if he dies in such a situation he would be saved from permanent destruction. No one other than the faithless will remain in Hell forever.

* Example from Daily Life

Checking the validity of Islam based on scientific theories can be considered a doubt, for scientific theories are subject to change based on the experimental data.

Desires as Major Disease of Heart

In today’s society we are constantly told to “Do whatever feels right”, “You only live once, so enjoy your life to the fullest”, etc. These are not healthy slogans to practice for believers. We are told in the Qur’an to control our desires not to worship them. Desires are like a wild animal and a believer must tame it with the leash of Islam. We should never allow our desires to control us. We must curb them to the obedience of Allah and His Messenger.

This is why Allah says in the Qur’an,

*“But as for he who feared the position of his Lord and prevented the soul from [unlawful] desires, then indeed, Paradise will be [his] refuge”* - Quran 79:40-41

This world is only a small part of our existence, however, we treat it like we will live in it forever. The Prophet Muhammad (pbuh) taught us to view this world as a traveler on a journey that takes rest for a few moments before he/she continues on his/her journey.

This is not to say that the person should become a hermit, but that we should live a balanced life where we benefit from the worldly life while at the same time not neglect our afterlife. Unfortunately, many of us become so consumed into the worldly life that we live at the expense of our afterlife. If you’re living your life in a way where you are ignoring the commands of Allah just so you can enjoy some aspect of this life (cheating, adultery, girlfriend/boyfriend, bribes, impermissible sources of income, etc.), then this is a serious cause for spiritual concern. Some of the Muslim sages used to say, “Keep the world in your hand and not in your heart!” Once a thing enters into the heart, it becomes it’s master.

*“If We had willed, We would have elevated him with Our signs, but he clung to this life—following his evil desires. His example is that of a dog: if you chase it away, it pants, and if you leave it, it ˹still˺ pants. This is the example of the people who deny Our signs. So narrate ˹to them˺ stories ˹of the past˺, so perhaps they will reflect.” –* Quran 7:176

* Example from Daily Life

In today’s world, we attribute the success of western world to their culture. So our youth desires to adopt their culture which is not compatible with Islam.