

الْحَمْدُ لِلَّهِ ذِي الْجَلَالِ وَالْإِكْرَامِ، أَوْصَانَا بِحُسْنِ الْقَوْلِ، وَخَيْرِ الْكَلَامِ،  
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، إِلَيْهِ يَصْعَدُ الْكَلِمُ  
الطَّيِّبُ وَالْعَمَلُ الصَّالِحُ يَرْفَعُهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ  
اللَّهِ وَرَسُولُهُ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيَّنَا مُحَمَّدٍ وَعَلَى  
آلِهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, the Possessor of Glory and Honour. He ordains us to speak in kindness and use the best of words. I bear witness that there is no deity save Allah, having no associates. To Him ascends good speech, and righteous work raises it. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

**Think before you speak, is it beneficial, is it nice, or remain silent**

**Don't always have an opinion, speak well, softly and beautifully**

Meeting and interacting with people is basic human nature, which leads to discussion on the news, politics, sports, children, recipes, fashions etc. Most conversations though eventually drift to a person being discussed

### **GHEEBAH IS A DANGEROUS SIN**

**Most people who indulge in Gheebah do not regard their action as a sin.** Often, they say, “But the person really does have these faults!”

The Prophet ﷺ once asked the Sahaba: ***“Do you know what is Gheebah? they replied, Allah and His Messenger know best. The Prophet ﷺ said, to mention something about your brother which he would dislike. A person then asked: “What if this is true?” The Prophet ﷺ replied: “If it is true then you have indeed backbitten. But if it is untrue, then you have slandered.”***

**Three Sins we must protect our tongues, ears and hearts from:**

**GHEEBAH is Backbiting**

**BUHTAAN is Slander**

**NAMEEMAH is Insult**

## WHY DO PEOPLE BACKBITE/GOSSIP? & WHAT SHOULD YOU DO?

Ignorance, No Self-Confidence, Envy, Boredom, Trying To Impress, Low Faith

### 1. Praise The Person Being Talked About

Whoever defends his brother's honour, Allah will protect his face from the Fire of the Day of Resurrection (Tirmidhi)

**2. Invite Truth From Each Other:** Ask the one who is gossiping to actually come with you and check the truth about what they are saying in the presence of the one they talked about!

**3. Explain It's None Of Your Concern:** Protect your deeds from being wasted and destroyed. Tell others to simply mind their own business.

مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ، تَرْكُهُ مَا لَا يَعْنِيهِ

A sign of man's good observance of Islam (his piety) is to keep away from that which does not concern him." (Tirmidhi)

**4. Put Yourself In Their Shoes,** "How would I feel if this vicious rumour was said about me?" and think of reasons for their innocence.

**5. Change The Topic** If you've tried the steps above and still find someone engaging in gossip, then find something else to talk about

**6. Leave** If all else fails and you've tried to pull out all of the above tips— simply excuse yourself and leave the gathering.

### **Qur'anic Steps Of Coexistence:**

- 1 – **فتبينوا** Investigate - if you received an information lest you harm people
- 2 – **فأصلحوا** Make settlements between your brothers as believers
- 3- **وأقسطوا** Act justly, whenever there is a dispute, try for settlement
- 4 – **لا يسخر** Don't ridicule people, perhaps they may be better than you
- 5 – **ولا تلمزوا** Do not insult one another
- 6 – **ولا تنابزوا** Do not call offensive nicknames each other
- 7 – **اجتنبوا كثيرا من الظن** Avoid negative assumptions, as they lead to sins
- 8 – **ولا تجسسوا** Don't spy on each other
- 9 – **ولا يغتب بعضكم بعضا** Do not backbite as its a major sin

**“Successful are the believers, who are humble in their prayers, and who turn away from pointless talk” (23:1-3) And “Those who do not bear witness to what is false, but when they pass by pointless talk, pass by with dignity” (25:72), “When they hear pointless talk, they turn away from it” (28:55)**