

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.

Is your heart or your tongue the strongest muscle in the body? Which has the greatest endurance. Can you ever remember your tongue becoming tired; even when eating, drinking, walking, working. Whereas we sleep, rest, and slow down because the heart needs rest; doesn't our tongue?

Allah ﷻ blessed mankind with great favours – **SPEECH** – enter/exit Islam, heaven/hell, marriage/divorce, happiness/sorrow, peace/war

خَلَقَ الْإِنْسَانَ عَلَّمَهُ الْبَيَانَ

Think before you speak, is it true, beneficial, nice, otherwise 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

PROTECTING THE TONGUE PART OF FAITH

(50:18) – مَا يَلْفِظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ

Good Words (2:83) Noble Words (17:23)

Words Of Kindness (4:8) Speak Words Of Justice (4:9)

Speak Justly, Even To A Near Relative (6:152)

Celebrity Gossip Industry Worth \$ 3 Billion

Newspaper & Advertising Industry \$49.2 Billion

Malicious, untruthful words, cause rifts, hatred, unstable society, broken families, mistrust, backbiting, slander, confrontation, lying, cursing,

“A true believer is not involved in taunting, or cursing others or in indecency or abusing.” (Tirmidhi)

GHEEBAH IS A DANGEROUS SIN

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

Our duty as Muslims, citizens and human beings is always to live in truth, peace and harmony. If you receive information then always verify it first and think whether you need to spread this information

Qur'anic Steps Of Verifying Information:

- 1 – فتبينوا Investigate – verify before spreading**
- 2 – فأصلحوا Make amends, work for the greater good and harmony**
- 3- وأقسطوا Act justly, even if they are your family**
- 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 to each other**
- 7 – اجتنبوا كثيرا من الظن Avoid assumptions, as they lead to sins and doubt**
- 8 – ولا تجسسوا Don't spy on each other**
- 9 – ولا يغتب بعضكم بعضا Do not backbite as its a major sin**