

“Allah brought you out of your mothers’ wombs, not knowing anything; He gave you hearing, eyesight, and intellect; that you may give thanks.” (16:78)

Allah ﷻ created us from nonexistence into existence – from darkness to light

Allah ﷻ gifted us free – fully functioning organs and faculties

Allah ﷻ created ears for us so that we could hear His revelation

Allah ﷻ created eyes for us to see His signs all around us

Allah ﷻ created for us intellect, to love & obey His commands

Our two eyes weigh less than 30 grams each. Have up of more than 200 million working parts. Process over 36,000 pieces of information every hour.

Blink instinctively more than four million times a year. Our eyes provide us with 80% of the information we grasp from the environment around us.

HOW DO WE USE THEM? HOW DO WE GIVE THANKS?

EYES ARE AN OPENING TO THE HEART – what we see has a powerful influence over our thoughts, emotion, & inner well-being - Be careful what you see.

“APPLE OF MY EYE - CANNOT BELIEVE MY EYES – STOLE MY HEART”

LOWER YOUR GAZE – CONTROL YOUR EYES – PROTECT YOUR HEART & SOUL

“Say to the believers that they should lower their eyes and guard their private parts. That is purer for them. Allah is aware of what they do.” [24:30-31]

Lower your gaze from Haram, Evil, Temptation & Non-Mahrams.

“Divert your gaze. Do not follow one glance with another; you’re allowed the first (accidental) but not second. Seek forgiveness even for accidental looks”

“The adultery of the eye is the lustful look, the adultery of the ears is listening, the adultery of the tongue is immodest speech, the adultery of the hand is the lustful grip, the adultery of the feet is to walk, the heart yearns and desires, and the private parts put this into effect or reject it.” (Muslim)

EYES OF ZULAYKHA & HER FRIENDS CORRUPTED THEM

وَقَالَتْ هَيْتَ لَكَ قَالَ مَعَاذَ اللَّهِ ... كَذَلِكَ لِنَصْرِفَ عَنْهُ السُّوءَ وَالْفَحْشَاءَ إِنَّهُ مِنْ عِبَادِنَا الْمُخْلَصِينَ

“She closed the doors and said, Come, you. He said, I seek the refuge of Allah. And thus it was that we should avert from him evil and immorality. Indeed, he was of Our chosen servants.” (12:24)

Don't be in places or situations where you will be tempted/corrupted

WEAR MODEST CLOTHING

BEHAVE MODESTLY

LOWER YOUR GAZE

Imagine using your eyes to view the Prophet ﷺ and Allah ﷻ in Jannah

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ

“But as for he who feared the position of his Lord and prevented the soul from [unlawful] inclination, Then indeed, Paradise will be [his] refuge” (40-41)

A HEART OF LIGHT OR DARKNESS - Our eyes capture our bright surroundings through more than 100 million light sensitive cells. They also capture the darkness & evil around us.

“He knows the eyes’ deceit and what people’s breasts conceal.” (40:19)

With the current temperatures we are surrounded by Fahsha, Munkar & Immodesty; that is no excuse to allow the eyes to wander & corrupt the heart.

“Avoid sitting by the road side.” “O Allah’s Messenger, we cannot do without those meeting places in which we converse.” So he said, “Well, if you insist give the road its due rights.” ‘What are the road’s due rights? (Bukhari)

- 1. Lowering Your Gaze**
- 2. Abstaining From Anything Offensive**
- 3. Returning Greetings**
- 4. Enjoining The Right (Ma’ruf)**
- 5. Forbidding From Evil Deeds (Munkar)**

Don't underestimate looking at Haram – You'll become desensitized

Whether on the street, workplace, schools, neighbourhood, weddings, Masjid

Whether on your phone, tablet, tv or social media. Protect yourself & family.

“Whosoever leaves something for the sake of Allah then Allah, will replace it with something better than it.” (Ahmad)

“Allah loves those who are repentant & those who purify themselves.” (2:222)

Allah brought you out of your mothers' wombs, not knowing anything; He gave you hearing, eyesight, and intellect; that you may give thanks. (16:78)

“Indeed, the hearing, the sight and the heart - about all those [one] will be questioned.”(17:36)

Lowering & controlling your gaze is a way to show gratitude to Allah ﷻ

Only see what is halal, hear what is halal and think about what is Halal.

Show gratitude by using the faculties Allah ﷻ has given you correctly.