

الْحَمْدُ لِلَّهِ الَّذِي فَضَّلَ الْمُتَّقِينَ مِنْ أَهْلِ الْإِيمَانِ، وَوَصَفَهُمْ بِالْبَدَلِ وَالْإِحْسَانِ،
وَكَظَمَ الْغَيْظَ وَالْعَفْوَ عَنِ الْإِنْسَانِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
هُوَ أَهْلُ التَّقْوَى وَأَهْلُ الْمَغْفِرَةِ، لَهُ الْحَمْدُ فِي الْأُولَى وَالْآخِرَةِ،

وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، خَيْرٌ مَنْ أَعْطَى وَاتَّقَى، وَأَكْرَمُ
النَّاسِ خَلْقًا وَخُلُقًا، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، وَعَلَى
آلِهِ وَصَحْبِهِ أَجْمَعِينَ وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is to Allah; He is the Source of Peace and Safety, Owner of Majesty and Honour, Bestower of favours and blessings. I duly praise Him and I bear witness that there is no deity except for Him. He invites to the Home of Peace and by remembering Him, the hearts rejoice and become humbly submissive to him.

I also bear witness that Muhammad is His Servant and Messenger, a Prophet of peace and Allah's mercy to Creatures. He invoked his Lord in a way that is best, and was peace and safety to all. May the peace and blessings of Allah be upon him, his family, his Companions, and all those who will follow them in righteousness till the Day of Judgment.

وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَىٰ أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

Live with them in kindness; even if you dislike them, perhaps you dislike something in which Allah has placed much good. (4:19)

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ وَأُنثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ لِتَعَارَفُوا إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتَقَاكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted. (49:13)

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

And We have not sent you, O Muhammad, except as a mercy to the worlds. (21:108)

- The Messenger of God was mercy to all of creation; to Muslim and non-Muslim; to young and old; to man and woman; to adult and child. He exemplified for us merciful acts and how to realize God's mercy in our lives.

“Sayyiduna `Alī ibn Abī Tālib رضي الله عنه narrated that the wife of a man in Madīnah came to the Messenger of God, complaining of her husband: Go back and tell him that I am in the Messenger of God's protection. He hasn't stopped/hasn't left me alone. Go back to him and tell him his is a piece of my shirt, Oh Messenger of God! He only beat me more! Oh God, deal with Walīd! Oh God, deal with Walīd! Oh God, deal with Walīd!” (al-Bazzār aṭ-Ṭabarī, Al-Bukhārī.)

- How many of us could deal with knowing that the Messenger of God, whose supplications are accepted by default, has supplicated against us?

**3.5 Billion
Women
Worldwide:
Top 10**

**Pakistan
India
Bangladesh**

**No Legal
Recourse
No Help**

**U.K.
1-4 Women
Victim D/A –
Partner/Family**

**2 Women Killed
P/W**

**70 – 90 % Abused
5000 Women
Killed - PK**

**Impact
Children
Society
Social/Health
Services**

**1-3 women has
been beaten,
coerced into sex
or abused**

**65% abused in
lifetime**

**Denial
Brushed Under
Carpet**

**35% Females in
A&E due to
Domestic
Violence**

**22% Females in
A&E due to
Domestic
Violence**

- Abuse is not exclusive to one gender, age group, ethnicity, or national origin. But it is an issue that we as a community must come to terms with, and must not tolerate.

Physical, Verbal, Emotional, Psychological, Financial Abuse

- **“The most perfect of believers in belief is the best of them in character. The best of you are those who are the best to their women.” – “Do treat your women well and be kind to them, for they are your partners and committed helpers.”**

فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ سَرِّحُوهُنَّ بِمَعْرُوفٍ وَلَا تُمْسِكُوهُنَّ ضِرَارًا لِّتَعْتَدُوا

“Retain them in kindness or release them in kindness. But do not retain them to their hurt so that you transgress (the limits) (2:231)

Physical Abuse:

- If I were to sit you down in a chair, and say all of the worst things to you, what would you want to do to me? If you were pulled over by the police, and the policeman said the same to you. You would probably want to deck him, but you wouldn't; you'd show restraint.
- Why is it easy for you to restrain yourself with those that have no relation to you, but not with those that you love? These are honest questions that you have to ask yourself.

- Verbal Abuse:

قَوْلًا سَدِيدًا - قَوْلًا كَرِيمًا

“Speak words of appropriate justice. - speak to them a noble word”. (17:23/33:70)

“Whoever says to his brother “Oh Kāfir”, then its applies to at least one of them.” (Al-Bukhari)

“To curse a believer is like murdering him.” (Al-Bukhari)

“Whoever preserves that between his jaws will have paradise.” (Al-Bukhari)

- Calling someone a disbeliever is a form of verbal abuse? Men calling their wives prostitutes, or mothers and fathers using words to belittle and disgrace their daughters? Is this not verbal abuse?

- **Emotional/Psychological Abuse:**

- Humiliation, degradation, discounting, negating, neglecting, judging, criticising, accusing, blaming:

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً

And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. (30:21)

- Sahabih, his wife was distraught and in a bad physical and mental shape; the Prophet informed him: “Your body has rights, your Lord has rights, your guests have rights, your family has rights; given everyone that has a right their due.”
- “The best of acts is to cause another Muslim to feel joy.”
- The opposite of this Hadith is true then, that the one of the worst acts is to cause another Muslim to be depressed and sad?

- **Financial Abuse:**
- The Qur'ān calls human responsibility “the Trust.” God offered the Trust to all of creation, but only we as human beings agreed to carry it. The burden of this Trust is that we have the ability to create and destroy; we can choose to be higher in our character or be hard-headed and stubborn as a rock, or as low and detestable as a beast.
- “Every person who betrays his trusts, a banner will be placed for him on the Day of Judgment, as long as his betrayal”
- As a community, both as leaders and lay people, we have a responsibility to ensure that those entrusted in our care are not abused.

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِّن ذَكَرٍ وَأُنثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ لِتَعَارَفُوا إِنَّ
 أَكْرَمَكُمْ عِندَ اللَّهِ أَتْقَاكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted. (49:13)

- Sayyiduna Umar ibn Al-Khattāb's رضي الله عنه employees came to him one day, finding him lying on his back, with his children playing around him. He became angry and told them to stop. `Umar said to him: “How are you with your family?” He replied: “When I come in the house those talking go silent!” `Umar said to him “You are officially fired; if you can't show compassion to your own wife and children, how can I expect you to do so with the Ummah of Muḥammad?” (Kitāb al-Mustatraf)

So I ask in closing, which one of us...

- ... is strong enough to hold back his anger?
- ...is strong enough to fight his own soul instead of his spouse?
- Who from amongst us can strive to be the best of us, and not act like a beast?
- And if we cannot achieve that, if we can't prevent ourselves from such injustices and abuses, then we have ask ourselves; what will we do when the Prophet ﷺ will supplicate against us saying “Oh Allah, you deal with him” would you have anywhere to run to, and anywhere to hide from in this life or the next?