

Yesterday we saw **TEMPERATURES OF 38C** - despite heat warnings many greeted the soaring heat with their bare flesh. Yet, **COVERING**, not exposing the skin, is the correct medical advice from the NHS, protecting oneself from the sun's UV rays preventing skin cancer.

We must protect our bodies from the heat but also our eyes and hearts...

Our eyes weigh less than **30 GRAMS EACH**, yet are made up of more than 200 million working parts, and serve a function that around half of the brain is dedicated to. Our eyes process more than **36,000 PIECES OF INFORMATION EVERY HOUR**. Sight is our most cherished sense, providing **80% OF THE INFORMATION** we grasp from the environment around us.

“Allah brought you out of your mothers’ wombs knowing nothing at all, & gave you hearing, sight & hearts, perhaps you will show thanks.” (16:78)

“Say to the believers that they should lower their eyes & guard their private parts. That is purer for them. Allah is aware of what they do.”

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

‘Drunk’, not by alcohol down the throat, but by glances entering the eye and reaching the heart.

"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 & desires, & the private parts put this into effect or rejects." (Muslim)

JIHAD OF THE EYES: PROTECT YOUR EYES THIS SUMMER!

Have the courage to follow the commands of Allah and His Messenger

"Do not go near fornication & adultery, it is an abomination & evil way."

"Tell the believing men that they should lower their gaze and guard their modesty; that will make for greater purity for them; And Allah is well acquainted with all that they do. And tell the believing women that they should lower their gaze and guard their modesty..." (24:30-31).

Lowering your gaze is turning our faces away when we see indecent, immodest men/women walking on the streets on a hot day.

"A man should not look at the Awrah of another man, and the woman should not look at the Awrah of another woman..." (Muslim)

Lowering our gaze also applies to TV/Media/Channels/Presenters.

Lowering our gaze means to plan our activities away from indecency like the beach, parties, events.

Make Dua - read **أعوذ بالله السميع العليم من الشيطان** I seek the refuge of Allah who is the Hearer and Who is the Knower from the Shaytan the accursed.

لا حول ولا قوة الا بالله There is no power except with Allah.

Lowering the gaze doesn't mean being rude or anti-social. Summer is definitely a time to go out, have fun, with family & friends, but command good and forbid evil.

The gaze is part of a Muslim's character. A Muslim is decent and pure. This means all of his or her body must be decent and pure. A natural consequence of this is lowering the gaze.

“O People who Believe! Do not follow the footsteps of the devil; and whoever follows the footsteps of the devil – so he will only bid the indecent and the evil;” (24:21)

It all begins with a lustful glance. Such a glance leads to lustful talk and flirting, then meeting...and we are all aware of what comes next. Let us stop Satan in his tracks and lower our gaze. **Let us start today, during these hot summer months.** Yes, it is very difficult and it takes discipline and faith. It is truly a **JIHAD**. But, it is a **JIHAD** worth undertaking, and we will be all the better for it.