Exciting Home Workshop
- Building Faith -
In Your Own Home

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Bismillah Rahman Raheem

Increasing Faith by Quran and Sunnah
Workbook for Home Workshop - Increasing Faith
by Yusuf Estes

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Before we begin talking about increasing our faith, we should understand the word in its original language. The word in Arabic is " ***eeman***" and more or less means "belief in something." Increasing our ***eeman*** or belief in Allah and all that Islam teaches us to believe in is something all of us should be working on everyday, striving for and dedicating ourselves toward achieving, inshallah (God Willing).

Our faith is something we must "work" on - so, with that in mind I have devised this little "home workshop" for you to be able to actually work through some of the problems and difficulties facing you while learning and understanding this important part of our lives as Muslims.

1. > First assignment for you is to PRINT THIS OUT - That's right, I said "
PRINT THIS OUT
"

It will make it easier for you to write in the blank areas while you are thinking of ideas and

expressing your feelings.

2. > Did you print it yet? - No? [Come on, let us do this right]

_____

OK, I am going to assume you have printed this out and your are looking at it on paper. Now fold the paper right below the next line down the page...

What does Allah tell us in the Quran about our "eeman" (faith)? ***"But no! By your Lord! They can have no faith, until they make you, (O Muhammad, peace be upon him) as a judge in the matters of dispute between them and find in themselves no resistance against your decisions and accept them with full submission."***
(Quran 4:65)

"And whenever there comes down a surah (chapter of Quran), some of them (munafiqeen [hypocrites]) say; "Which of you has had his faith increased by it?" As for those who believe, it has increased their faith and they rejoice."
(Quran 9:124)

"And if (Allah) had ordered them (saying), "Kill yourselves (i.e. the innocent ones kill the guilty ones) or leave your homes," very few of them would have done it; but if they had done what they were told, it would have been better for them, and would have strengthened their (iman)"
(Quran 4:66)

"And the heart of the mother of Musa (Moses) became empty [from every thought, except the thought of Musa]. She was very near to disclose his (identity, i.e. the child being her own son), if (Allah) had not strengthened her (with iman), so that she might remain as one of the believers."
(Quran 28:10)

"You (O Muhammad, peace be upon him) will not find any people who believe in Allah and the Last Day, making friendship with those who oppose Allah and His Messenger (Muhammad, peace be upon him), even though they were their fathers, or their sons, or their brothers, or their kindred (people). For such He has written Faith in their hearts, and strengthened them with
ruh
(proofs, light and true guidance) from Himself. And (Allah) will admit them to the Gardens (Paradise) under which rivers flow, to dwell therein (forever). Allah is pleased with them and they are pleased with Him. They are the Party of Allah. Verily, it is the Party of Allah that will be successful."
(Quran 58:22)

"Say, to them (O Muhammad, peace be upon him), 'If you truly love Allah, then follow me. Then Allah will love you and He will forgive you of your sins. Verily, He is the Forgiver, the Merciful."
(Quran 3:31)

Take a few moments to read and then re-read the above verses. Reflect now on the meaning of each one in particular look to the usage of the word
'faith'
and see what it is that is having affect on the faith.

Please do not read anymore of this email until you have completed the above instructions - Give yourself some time to think about the Speech of Allah.

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Workbook for Home Workshop - Increasing Faith [Part 2]
by Yusuf Estes **OK. Now that you have gone over the verses in part one, please take time to read the suggestions below and contemplate on these ideas. Then, in the blank spaces provided, add your own thoughts and comments on what you are understanding from these verses:**
1. Regarding: Quran, Surah An-Nisaa' (4:65).
We learn the need to follow the orders of the prophet, peace be upon him, and stop doubting his sunnah and what it entails. Question #1: What have I been leaving out of my life regarding the love of our prophet and following him?"

2. Regarding: Quran, Surah At Taubah (9:124) We find reading the Quran increases faith for believers and does not benefit those who wish to disbelieve.

Question #2:
Am I reading the Quran every morning after Fajr? - Allah tells us, verily Quran being read then is witnessed. What am I doing to increase my memory of Quran and sharing it with others in my family and friends?

3. Regarding: Quran, Surah An-Nisaa' (4:66) Obeying Allah even in the most difficult of tasks is the real way to increase our faith.
Question #3: Do I even obey Allah in the simple things? Do I listen to haram? Do I look at haram? Am I wasting my time on frivolous things? **4. Regarding: Quran, Surah Al Qasas (28:10) Allah is the One who is actually strengthening our faith.**

Question #4:
Do I ask Allah? Do I beg Allah? Do I think of Allah in my times of need? What about in times of ease?)

5. Regarding: Quran, Surah Al Mujadilah (58:22) Faith has already been written for our hearts by Allah and it is strengthened with the proofs and Allah's guidance.

Question #5:
What Allah now must become the focus of my affection and attention in all that I do. The more I understand this verse, it becomes more clear I must let go of this worldly attachment and attach myself to the Way of Allah, by surrender and obedience to Him, in peace)

6. Regarding: Quran, Surah Luqman (3:31) Again, we are being reminded, following of the prophet, peace be upon him, is part and parcel of Islam. There is no such thing as "We don't follow hadeeths, we just follow Quran." For sure there is no better following than to follow Muhammad, peace be upon him.

Question #6:
Am I guilty of what some Muslims doing? Do I reject, deny or ignore the reflection of the Quran (Muhammad is the reflection of Allah's Holy Book)?

And do I turn to outside sources to make desicions and judgments?

Who is having the bigger influence on my life, Muhammad, peace be upon him, or Oprah, Jerry Springer or Dr. Phil and other non-Muslims?

This could very likely be a cause for decline in the faith of many Muslims today.

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Workbook for Home Workshop - Increasing Faith [Part 3]
by Yusuf Estes
Next, we look to the Quran once more and observe what Allah tells us in Surah Baqarah (2:1-5):

"Alief, Laam, Meem" That is the Book wherein there is no doubt and it is guidance for those who have (taqwah) for Allah. Those who believe in the unseen, and establish their salah (ritualistic worship) and pay charity from their provisions and they believe in what is being sent to you (O Muhammad, peace be upon him) and they believe in what was sent down before (Torah, Zabur, Injeel - Old Testament, Psalms, New Testament) and they believe with certainty in the Hereafter. These are the people who are on true Guidance from their Lord, these are the successful."

(Quran 2:1-5) Having "taqwah" for Allah, means to be so totally devoted to Him and fearing to displease or anger Him through our misdeeds. A series of items are mentioned establishing what the criteria is for being a "mutaqiyeen." First is the believe in "Al Ghayb" or that which is hidden from view such as: Allah Himself; the angels; the jinn; the Paradise; the Hell-Fire.

Second is mentioning the proper establishment of our daily rituals of salah (I dislike the translation of salah to mean 'prayer' because this does not carry very much meaning nor is it specific enough to equate properly to our daily ritual of devotion). Five times salah on time, with proper wudu and with concentration, will definitely help wash away sins and doubts like a river running by our house, inshallah.

Next is the mention of being charitable, and certainly this is one of the difficulties of today's world; sharing. We work hard for our money, or so it seems to us, and then here is someone that we are not sure about, asking us for a handout or some money. We fear lest they might waste it or not use it as we would like them to, or even use it for haram. But this is still something to consider, we cannot control others and if they appear at least on the surface to need something and they are asking, let what they do with it be between them and Allah. Donations are not done for their benefit, they are being done for our benefit.

Now comes the belief the Quran and in previous revelations. There must not be any doubt in the believers heart about the source of the Quran and it's beauty, preservation and the fact that it cannot be imitated. Spending time with the scholars of the Quran and learning about it and the meanings, is as important as reciting it in the Arabic language.

Previous revelations are now mentioned and if this were not important, Allah would not have mentioned with such emphasis from the very beginning of His Speech to us. The Bible in its parts and whatever else Allah has sent down should also have our respect. Naturally, we know they were not sent down in English and therefore what is existing today is not the same. But there is some of Allah's meaning still intact and it should be respected. I fear too many Muslims are more interested in attacking Christianity or Judaism than they are in learning their own religion. And when any of us begins to look for errors in the Bible and criticize it they should fear Allah. If you are not skilled in the languages of Hebrew, Aramaic and Koine Greek, you really should just leave this to the scholars and concern yourself with your own Book, the Quran. After all, how would if be if you were saying something bad about the Bible and that particular verse or phrase actually had been a part of the earlier revelation from Allah in some way?

Believing in the resurrection and Day of Judgment are crucial to putting into perspective the concepts of reward and punishment in Islam. Realizing that all we are doing here is to prepare ourselves for that Day, is something to bring us back to serious reality. Good deeds will be rewarded them and evil ones punished and none shall escape their destiny. The real retribution or Day of Payback is just around the corner.

All of these add up to what it takes to establish and increase our faith.

Salam alaykum, Yusuf Estes

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Workbook for Home Workshop - Increasing Faith [Part 4]
by Yusuf Estes (**fold the paper right here**)
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Workbook for Home Workshop - Increasing Faith [Part 4]
by Yusuf Estes **Defining Faith According to Sunnah & Scholars**

Please take some time to read this interesting article I found for you on another website. Continue to pray and ask Allah for His Guidance and to increase your faith. Pray for me, too.

Faith - What Does It Mean?

Reflecting on what our faith means to us in our everyday life

The word "***faith***" is explained in the English dictionary as:

1. Confident belief in the truth, value, or trustworthiness of a person, idea, or thing.
2. Belief that does not rest on logical proof or material evidence.
   Synonyms; *belief*, *trust*.
3. Loyalty to a person or thing; allegiance: keeping faith with one's supporters.
4. Often faith, as in religious doctrines or dogma (Judaism, Christianity, Hinduism, etc.)
5. The theological virtue defined as secure belief in God and a trusting acceptance of God's will.
6. The body of the teachings or dogma of a religion: the Muslim faith.
7. A set of principles or beliefs.

When we are using the term in Islam, the word "iman" (faith) means to believe without any suspicion. The creed of belief for Muslims is to have total confidence and acceptance of the concept of Allah, His Angels, His Books, His Messengers, in being resurrected after death and the Qadr of Allah (predestination of Allah for both good and evil).

Ibn Masood (may Allah have Mercy on him), one of those companions of Muhammad, (peace be upon him), an expert on the Quran said:

"Yaqin is perfect faith." Abdullah Ibn-Umar (the son of 'Umar, may Allah have Mercy on him) said,

"A Person cannot attain taqwah (piety) unless and until he removes all suspicious from his heart". Imam Bukhari, one of the most noted of scholars in Islam on *hadeeth* (sayings and teachings of Muhammad, peace be upon him), in his work,
Sahih Bukhari
, has explained iman' (Belief). He writes,

"Belief is both saying and acting". Imam Bukhari also states,

"Your *duaa* (invocation) is also your faith." Umar bin Abdul Aziz, often referred to as the "fifth khulafah rashidun (5th rightly guided khalifah)," who was a noted scholar as well the khalifa of this ummah (nation) wrote, **Belief includes *f araeed***
,
(laws and boundaries between haram and halal)

and sunnah. He who follows all of them, has complete iman (belief) and whoever does not follow them completely, his iman is incomplete."

QUALITIES OF A BELIEVER
The main code for a Muslim's success is Belief'. Allah the almighty states in Quran,

"Successful indeed are the believers."
(Quran 23:1) The Holy Prophet (peace be upon him) said, **"Faith consists of more than sixty branches, and** ***haya*** (self respect, modesty, bashfulness etc.) is a part of faith."

, (In other version, Faith has more than 70 branches").

The Holy Prophet (peace be upon him) said,

"By Him, in whose hands my life is, none of you will have faith, till he loves me more than his father and children."

This means then, to love the Holy Prophet (peace be upon him) is a part of faith.

Some people asked The Holy Prophet (peace be upon him), "Whose Islam is the best?" He replied,
"The one who avoids harming the Muslims with his tongue and hands."
(Collected by Bukhari under "*Three qualities of faith*."

1. **To treat others as one likes to be treated by others.**
2. **To greet everyone.**
3. **To spend in Allah's cause, in spite of poverty.**

Some people asked The Holy Prophet (peace be upon him) "What is the best deed?"
The Holy Prophet (peace be upon him) said, **"To believe in Allah and his Prophet."**
The questioner then asked, "What is the next?"
The Holy Prophet (peace be upon him) said, **"To participate in Jihad in Allah's cause."** The questioner again asked, "What is the next?"

The Holy Prophet (peace be upon him) said,
"To perform Hajj, mabrur (accepted pilgrimage)."
(Collected in Sahih Bukhari) A believer fears that his good deeds may be annulled without his knowledge. Ibn Abi Mulaika was a well known *tabiyeen* (companion to the companions of Muhammad, peace be upon him). He has noted,

"I met thirty companions of The Holy Prophet
(peace be upon him)
and each of them was afraid of becoming a
munafiq
(hypocrite)

and none of them said that his belief was as strong as the angel Jibril
(Gabriel)
or Michael."

Hasan Basri is quoted in Bukhari,

"Only a faithful believer will dread hypocrisy and only a hypocrite will consider himself safe."

The following quality of a Believer is also mentioned in the noble Quran. The believer are only those who, when Allah is mentioned, feel a fear in their hearts and when His Ayats are recited to them, they increase their faith".(Suraah Anfal) (8:2)

4. **Belief Increases and Decreases**

Allah revealed the following verses concerning the increasing and decreasing of belief. Let us consider a few verses from Quran.

1. **That they may add to their faith. (48:4)**
2. **And the Believer may increase in faith (74:31)**
3. **Which of you has faith increased by it" As for those who believed, it has increased their faith. (9:124)**
4. **It only added to their faith and to their submissiveness (to Allah) (33:22)**

There are many qualities of *al-mu'minun* (believers) described in Quran and hadith. A well known Scholar, shaykhul Islam Ibn Taymiyyah concludes that a sinner does not become a
kafir
(disbeliever) unless he is in the act of committing
masiyah
(major sins).

The Holy Prophet (peace be upon him) said,
"When adulterers are engaged in illegal sex, they are not believers at the time of doing it, nor when a drinker
(of alcohol)
is drinking nor when a thief is stealing."
We say such a person is deficient in eeman (faith). However, we do not call him a kafr (disbeliever).

[End of Workbook]

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[End of Workbook]

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For more about "*Iman*" (faith) and other basics of Islam, visit our internet websites developed to explain Islam in simple English terms:
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Please pray for us and ask Allah to guide us to do more and to do it better for His sake. We are praying while traveling around the world, for all of the believers to unite in the common cause of peace in the surrender and obedience to Allah, and for all the non-believers to be guided by Allah for what is best for them in this life and in the Next Life.

Salam alaykum, Yusuf Estes - Director of Islam Always Project
Any good is from Allah and any mistakes are from myself. Please pray for me and ask Allah to forgive me and guide me to do better. _____

Yusuf Estes does not offer fatawah (Islamic rulings) nor does he claim to be the most knowledgeable of scholars. He only deals with topics and questions wherein he has studied with qualified teachers and scholars of Islam, in order to present a clear and simple understanding in plain English. IslamTomorrow, IslamAlways and IslamYesterday projects do not endorse any particular mathab (school of Islamic jurisprudence) but rather seek to bring about mutual agreement and understanding between all Muslims seeking answers based on the Quran and the prophet Muhammad's, peace be upon him, teachings.

Online At: http://islamtomorrow.com/faith_workshop.asp