



**AL HIDAAYAH**  
الهداية  
The Guidance for Humanity  
Based on the Glorious Qur'an and Authentic Hadith

# STUDY GUIDE



Before You Say,  
**“I Do”**  
PART 2

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From the series:  
Before You Say, “I Do”

# COURSE OUTLINE



## ■ Course Topics

1. Common myths about marriage
2. The Prophet's (pbuh) guidance about sexual relationship
3. Significance of love and relationships
4. A good counsellor
5. Honesty with our spouses
6. Choosing the right spouse for the right reasons
7. Wrong reasons to get married and with the wrong person – I
8. Wrong reasons to get married and with the wrong person – II
9. Balance between physical beauty and inner beauty
10. Long-distance relationships
11. Wrong reasons to get married and with the wrong person – III
12. People to avoid when choosing a spouse – I
13. People to avoid when choosing a spouse – II

## ■ Course Objectives

1. Uncovering myths about marriage
2. Learning what the wrong reasons are to get married
3. Which kind of spouses to avoid

# COURSE OUTLINE



## ■ Question & Answer Bucket

## ■ Transcripts

## ■ Assessment

Multiple Choice Questions

Match the columns

True or False

## ■ Course Duration

Video – 2 hours 20 min

Study Guide – 45 min

Assessment – 10 min

Total Duration – 3 hours 15 min

Lesson 1

# MYTHS ABOUT MARRIAGE

MYTHS





# 1 COMMON MYTHS ABOUT MARRIAGE

## **A** Finding the right person guarantees a successful relationship

The correct approach – it is just a thought of having a successful relationship, but it does not guarantee anything unless the spouses are willing to strive to make it a success.

## **B** True love is an illusion only found in fairy tales

The correct view – true love is real and that is a manifestation of and attitude of what people speak about love.





**C** **If it is true love, you will know immediately**

The correct view – this is not necessarily the case. You may immediately admire the person; you may even be obsessed by the person, but this is not true love.

**D** **Powerful sexual chemistry equals true love**

The correct view – sex does not always equal love. Yes, sex can be an expression of love. The fear is when people equate sex with love especially when they are not committed in an ethical relationship. In Islam, of course, sexual relationship is only permitted between spouses because it should be an expression of an ethical commitment which is only made in marriage.





## 2 THE PROPHET'S (PBUH) GUIDANCE ABOUT SEXUAL RELATIONSHIP

The Prophet (pbuh) spoke about sex for enlightening and not for arousing or exciting people.



Abu Dharr (ra) narrated:

Some of the companions of the Prophet (pbuh) said to the Prophet (pbuh): “O Messenger of Allah (pbuh), the rich people have taken all the reward. They offer Salaah as we offer Salaah and they fast as we fast, but they give charity from their surplus wealth.” He said: “Has Allah (swt) not given you something with which you may do acts of charity? Every Tasbeeha (saying SubhaanAllah (swt)) is an act of charity, every Takbeera (saying Allahu Akbar) is an act of charity, every Tahmeeda (saying Alhamdulillah) is an act of charity, every Tahleela (saying Laa ilaaha ill-Allah) is an act of charity, enjoining good is charity, forbidding evil is charity and intimacy (with the wife) is a charity.” They said: “O Messenger of Allah (pbuh), if one of us fulfills his desire, will he be rewarded for that?” He said: “Do you not see that if he did it in an unlawful manner, there would be a burden of sin on him for that?” Similarly, if he does it in a lawful manner, he will be rewarded for it.”

Sahih Muslim – Hadith 1006



# 3

## SIGNIFICANCE OF LOVE AND RELATIONSHIPS

A

### Love is a need

In love we can have that human companionship with someone with whom we are able to share our values, hobbies, and our interests. We can share it with someone that we can have goals, someone to share the joys and burdens of life. Note how we can do this with friends and family too, but it is just more exciting sharing it with someone we claim as our own and when they claim us as their own too. Then it gets more beautiful.

We as humans have lots of emotional energy that we need to exercise, that we can give and feel for others and with love that is possible. In love, it is nice to know that somebody loves you and you love that person and emotional energy is directed towards each other.



**B**

## Getting to know ourselves

Many times, we do not really know ourselves. We have a need to experience psychological visibility where we can see ourselves through the response of another person. This becomes our psychological mirror.

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Prophet Muhammad (pbuh) said:

**“The believer is a mirror to another believer and the believer is the brother of his fellow believer. He protects him against ruin and looks after him.”**

Sunan Abu Dawood – Hadith 4918

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This means that a Muslim should advise another Muslim regarding his faults, so a person sees his faults via his fellow Muslim brother. Notice how the mirror is brutally honest by showing you the image as it is. It does not enlarge something small, nor does it make something large appear as small. Notice as well how the mirror is very quiet and it does not slap you in the face. The more we look into the mirror, the more complete we become, so we can do our hair better and fix our collar. The closer we are to the mirror, the better you see yourself. A mirror is very confidential when you 'consult' it. It is as if you are asking the mirror how you look. Once you leave, the image no longer remains. It is not exposed to other people. It is interesting how we see everything with our eyes but not our own eyes, so you need the mirror to see your own eyes. So, with marriage, you need that person to be your psychological mirror. For example, when you get married, your spouse alerts you to the fact that you are quick to lose your temper.





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The Prophet (pbuh) once told Aa'ishah (ra) that he knows when she is mad at him or pleased with him. Aa'ishah (ra) then asked him how he knows this. He replied that when she is happy with him, she says, "By the Lord of Muhammad (pbuh)," whereas when she is angry with him, she says, "By the Lord of Ibrahim (pbuh)." She thereafter confirmed this and said, "I do not abandon anything besides your name (meaning that despite her anger, she still loves him intensely)."

Sahih Al Bukhari – Hadith 6078

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## The need for sexual fulfillment

Allah (swt) has created in us the need for a counterpart for our sexual fulfillment. Islam does not treat sexuality as a filthy concept. All Islam says that we should channel our sexuality properly.





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**“A young boy came to the Prophet (pbuh) and said: ‘O Prophet of Allah (pbuh) will you permit me to commit fornication?’ The Prophet (pbuh) instructed that he brought nearer. He came near until he sat in front of him so the Prophet (pbuh) said: ‘Would you like it for your mother?’ He said: ‘No.’ May Allah (swt) sacrifice me for you.’ ‘So too do people not like it for their mothers.’ ‘Would you like it for your daughter?’ He said: ‘No’. ‘So too do people not like it for their daughters.’ ‘Would you like it for your sister?’ On each occasion he said: ‘No.’ May Allah (swt) sacrifice me for you.’ The Prophet (pbuh) kept on saying, ‘Thus do people do not like it.’**

**The Prophet (pbuh) placed his hand on his chest and said: ‘O Allah (swt) purify his heart and forgive his sins and guard his private parts.’ Thus, fornication became the most hated thing to him.**

**Musnad Ahmad – Hadith 501**

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#### **NOTE**

**How even with these types of questions, the Sahaabah (ra) would come to the Prophet (pbuh).**



## Emotional support system

Love provides us with at least one person who is genuinely devoted to our well-being, an emotional ally who during life's challenges, is reliably there. Yes, friends and family can provide emotional support too, but we want a person who is a genuine emotional ally. Someone we direct our emotional support to them and them too direct theirs to us. Those who get depressed when we get depressed and happy when we are happy. There is also our need for self-awareness and discovery. We also have a need to truly discover what it means to be a man or a woman by spending time with the opposite sex.



## Lesson 2

# LISTENING SKILLS





## 4 A GOOD COUNSELLOR

Many a time we just want someone to listen to us. In counselling, they say that the most successful session is when the client does all the talking whereas the common misconception is that the session entails the counsellor tending all the advice. Rather a good counsellor lets you talk and talk and then challenges your thoughts and does not do so in long sentences but throws it out here and there. We need someone to talk to without being judged or labelled or exposed.





## 5 HONESTY WITH OUR SPOUSES

A commonly asked question is: How honest should we be with our spouses and how frank or harsh should we be?

The answer to this question is, that there are 3 important ground rules:

- A** The person is more important than the point. Delay making the point and save the person. What good is making the point but losing the person.
- B** Being kind is more important than being right.
- C** Say what you mean and mean what you say but remember you do not have to be harsh or cruel about it. The Prophet (pbuh) even allowed lying in 3 circumstances: Marriage, reconciliation and in war.



## Lesson 3

# REASONS NOT TO GET MARRIED





# 6

## CHOOSING THE RIGHT SPOUSE FOR THE RIGHT REASONS

Once a person realizes the need for love and companionship, now the person wants to commit. So, the next question is what do they do?

We should look at the bigger picture and not only the details.

Once a man came to Ibrahim bin Adham concerning his child who was one month old. He enquired how to raise him. Ibrahim said that the man had come too late. The man was surprised and exclaimed that the child was merely one month old. Ibrahim meant that he should have consulted him before even choosing the mother of the child.

**Premarital Counseling**  
~Certificate of Completion~

This document certifies that

\_\_\_\_\_

Have completed a comprehensive premarital program adhering  
To the preparation of a sacrament of marriage

Place \_\_\_\_\_ on \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



Problems arise in marriage based on 2 reasons:

A

They are either with the right person but loving in the wrong way.

B

With the wrong person in the first place.

Bad relationships are either the result of the initial reason why we wanted to get married was the wrong reason or we got married with the right reason but with the wrong person or sometimes we got married for the wrong reason and to the wrong person.





# 7

## WRONG REASONS TO GET MARRIED AND WITH THE WRONG PERSON – I

A

**People feeling pressured into getting married**

i

**Pressure of turning old for marriage**

They may pass a certain age limit and feel pressured. I know of a case where a girl was 26 years old who didn't get married in a society where girls normally tie the knot about 16 to 18 years old. A man eventually proposed to her who was an alcoholic and a womanizer. Her marriage lasted 2 and half months and she never got married again.





**ii** Pressure due to abuse in family

Once there was a case where a woman came to me and said that she needs to get married and to anyone whatsoever. She was being mistreated by her family members and was contemplating killing herself.

**iii** Pressure due to friends

Sometimes the pressure comes from friends as well. All the friends are married, and you are the only single person.





iv

### Pressure to get some worldly needs fulfilled

In the US, people get married to extend their Visa and stay in the country. Here the person is getting married for the wrong reasons and misusing someone else in the process. What happens when we are pressured? We compromise all the good values and leads us to make erroneous choices.



## Lesson 4

# LONELINESS AND SEXUAL FULFILLMENT





# 8

## WRONG REASONS TO GET MARRIED AND WITH THE WRONG PERSON – II



**People getting married because they are feeling lonely and desperate**

When people are lonely and desperate, they are much more likely to make poor love choices and end up in unfulfilling relationships.

Once a sister consulted me about marrying a guy. I advised her against it. I called the brother and told him what I advised the sister. He was a student who was living alone and would call people up and start talking marriage. He would never even consider marriage but was just doing so because he was lonely.





Some people just want excitement in their lives, so they want to get married. This is like when shops lower their prices when they cannot sell some products. They are forced to lower their standards. Similarly in marriage too, people lower their standards when they are in a corner. This happens too when people are feeling the pressure of aging and fearing not being able to have children, so they lower their standards. The moment you end up lowering your standards, you end up compromising.





## **B** Sexual hunger

Pressure takes different forms and here the pressure is inside us. Here we are talking about sexual hunger which is known as SHL which is 'Sexual Hunger Limit'. What exacerbates the problem is that we are living in a time where sex is all over the place, even on billboards, because sex sells.

When DSL (an American Internet Service Provider) first came out where a person could be on their phones and internet at the same time, there was an advert where the woman was advertised as being able to converse with her fiancé and boyfriend at the same time. This was sexually suggestive. So, we are bombarded all the time and it becomes difficult to avoid it. This constant bombarding creates obsessive thoughts in us.





While the thought of getting married to avoid Haraam is praiseworthy, one must not assume that having a beautiful sexual relationship automatically implies a harmonious marriage. Of course, sexual relationships cannot be had all the time so what happens the rest of the time! Never make a decision simply because this is how you are feeling. So, sex must not be the only reason why we want to get married.

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**“And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.”**

**Al Qur'an 30:21**

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Allah (swt) states that He has placed love and mercy between the spouses. Notice how He did not say love and passion or love and compatibility. Why single out ‘mercy’?

As we age, we are not as physically appealing as we were previously. Tomorrow our faces get wrinkles. We go bald and our hair turns gray. Then there has got to be mercy which keeps us together.



# 9

## BALANCE BETWEEN PHYSICAL BEAUTY AND INNER BEAUTY

When we are talking about sexual relationship, this does not imply that we should not be attracted to the person.

The Prophet (pbuh) encouraged us to see the spouse which is more likely to engender love between the spouses.



Mughirah bin Shubah (ra) said:

“I came to the Prophet and told him of a woman to whom I had to propose marriage. He said: 'Go and look at her, for that is more likely to create love between you.'”

Sunan Ibn Maajah – Hadith 1866





Jaabir (ra) wanted to see a woman, so he climbed a tree and waited for her to pass to see how she looks. Thus, it is right that we must be attracted to the person but that must not be the only reason.

Some people however do the exact opposite, they admire the character of the person and their Imaan but are not attracted to the person. These people set themselves up for disappointment.

Physical beauty is important, but in Biology we are told that sometimes you see a person and get struck by their beauty but what happens tomorrow and the day after? It starts fading away. Why? Initially we never had a file for them in our brain, so it took some time to be struck with their beauty. The next day, however, our brain has a file for that beauty, so we do not go through that process of creating a new file for that beauty. The brain just recalls the existing file for that person. Inner beauty however remains so we need to fall in love with the long-lasting inner beauty too.

## Lesson 5

# BOREDOM AND EMOTIONAL VACUUMS





# 10

## LONG-DISTANCE RELATIONSHIPS

It is sad today that so many spouses are distanced from each other due to working in other cities.

This reminds us of the incident of Umar (ra) when he is walking in Madinah at night and heard a woman reciting poetry stating how much she missed her husband and if Allah (swt) was not watching, she would have had someone in the bed with her. Umar (ra) was shocked and thereafter asked his daughter how long a woman can be without her husband. She said that it was four months. Umar (ra) then decided that no army should be dispatched for more than 4 months.





# 11

## WRONG REASONS TO GET MARRIED AND WITH THE WRONG PERSON – III

A

### Marriage offers distraction from their lives

For some people marriage offers them distraction from their lives, which could mean family issues, legal issues etc. So, when we do this, we usually are compromising our principles. They are bored with the lack of passion in their own lives or lack of purpose. People eventually fall in love with the distraction and not the person.

B

### Emotional gaps

Emotional gaps happen when we are empty either emotionally or spiritually, so we get involved with someone to fill ourselves up rather than find someone who is right for us.

Another example is that when someone is having a problem with their wives, they either think of working it out or divorce or a second wife. Then, when they start thinking this way, they put no effort in their first marriage. They begin directing their emotional energies outside their home. They then have little emotional energy to give at home.



## Spiritual gaps

Spiritual gaps too play an important role. Some people when they have spiritual gaps in their lives, they want to get married to become a better Muslim. That is nice and marriage does offer us a chance to do so. A good spouse may encourage us to become better Muslims. We should remember however that there are certain things in life that we need to do independently whether people are around us or not. This does not mean that we be emotionally and spiritually filled to the maximum but at least we need to have to carry us an individual.





## Guilt

Some people say that others are so nice that they cannot say 'No' to them. They do not necessarily like them, but they are feeling guilty or their mums like the girl and they cannot say 'No'. Here they are not really interested in the individual but rather in appeasing their feelings of guilt.

There was a case where a person had a mental problem and his family stopped having fun and stopped laughing at home. They would show up to a wedding and give the gift and leave immediately. They felt guilty for having fun while someone at home was suffering. They became suffering companions, meaning their companions in suffering. Here we are not changing the situation but merely becoming like them. Note that attitude is extremely contagious. So, we do not want to be motivated by guilt but by love. We want to be with the person because of the person and not the guilt. Guilt is sometimes justifiable but if it does this to us, then it is unhealthy.



Thus, getting married for the wrong reasons in a nutshell is about the idea of what marriage is offering us and not the right partner. All these reasons are that the concentration is on the situation and not necessarily the individual. So, we overlook the major issues going on with the individual.





# 12

## PEOPLE TO AVOID WHEN CHOOSING A SPOUSE – I

Anyone with any source of addiction which is associated with:



**Loss of control**



**Preoccupation with disabling substances or behaviour**



**Continued use or involvement despite negative consequences**





An example is addiction to alcohol. There is a loss of control, and they are preoccupied with regarding the alcohol. They continue to use it even though they have seen negative consequences.

The types of addictions in the Muslim community often involve alcohol or drugs or pornography. When a person marries an addict, there is literally a triangle between the 2 spouses and the substance itself. The person who is addicted is not free but have given up control over themselves. They lose the ability to feel simply because they are constantly under some sort of addiction, or they are under some sort of outside influence.

Similar to alcohol is gambling. I knew a biotech engineer who had a beautiful family. He went to Las Vegas and did not return. He lost all his money in the bank, maxed out his credit cards and gave his house as collateral.

The person who is addicted has given up control of their lives to the substance they are addicted to. People who are addicted get extremely angry when they don't have their drugs or alcohol. They lose control over themselves.

## Lesson 6

# PORNOGRAPHY





# 13

## PEOPLE TO AVOID WHEN CHOOSING A SPOUSE – II

Some people think of pornography as insignificant so they say it is just pictures or movies so what is the harm?

**A** For the Muslim community it is Haraam.

**B** It kills the natural stimulants within a person, so you become desensitized to normal sexual stimulants.





In Southern California, over 8000 pornographic movies are made every single year which amounts to more than 3 movies a day. Why so many? There are so many willing to buy!

Who is a playboy or playgirl? Someone who does not honour the sanctity of a monogamous sexual relationship that marriage imposes on people. These people leak and misdirect their sexual energy to someone else again and again. So, if a college student is used to sleeping with many partners and then suddenly gets married, it is not so exciting anymore.

How do you identify a playboy or a playgirl? Sexual addiction or obsession or these people are flirting with others or constantly staring at others body. They may even be involved in inappropriate touching of others or fall into sexual infidelity itself.

# QUESTION & ANSWER BUCKET





01

**YOU SPOKE ABOUT CULTURAL DIFFERENCES IN THE AGE OF MARRIAGE, IS THERE ANY AGE IN DIGITS WHICH YOU CAN GIVE US WHICH IS APPROPRIATE TO GET MARRIED?**

**There is no one formula that fits everyone, we are however pointing out that pressure should be avoided in making us choose our spouses so much so that we compromise on our standards due to not being married by a certain age.**

02

**YOU SPOKE ABOUT READINESS FOR MARRIAGE, MOST ELDERS WE SPEAK TO TEACH US THAT YOU WILL NEVER FEEL READY FOR MARRIAGE. TAKE THE PLUNGE AND YOU WILL LEARN TO SWIM.**

**Again, there is no one formula that fits all. However, two things we want to see on paper at least, a person of reasonable age and secondly a person of reasonable maturity. For some maturity comes with life experiences but there is a minimum maturity required for marriage. That is why we say that every woman can be a mother but not every mother can be a 'mum' and the same with men.**



03

**WHAT HAPPENS WHEN PARENTS TELL US TO DIVORCE OUR WIVES, DO WE OBEY THEM?**

**Some people abuse religion for marriage. Often the story of Ibrahim (pbuh) is cited where he advised Ismail (pbuh) to divorce his wife and he did so.**

**We must remember that our parents are not Ibrahim (pbuh) who could see the benefits and harms the way he could.**

04

**SHOULD WE MARRY A PERSON WHO HAS SMOKING PROBLEM OR MAY BE VERY SHORT TEMPERED, BUT HE BELONGS TO A VERY GOOD FAMILY AND THE PERSON HIMSELF IS A VERY NICE PERSON?**

**We may compromise on our preferences but not our principles.**

**For example you wanted a certain height and you may compromise on that but not on your principles. So, if the person comes from a good family but he is still 'Mr Wrong' then avoid this person.**

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