



**AL HIDAAYAH**

الهداية

The Guidance for Humanity

Based on the Quran and Authentic Hadith

# Seventeen

# Benefits

of

# Lowering

# YOUR GAZE

BY SHAIKH SALEM AL AAMRY

STUDY GUIDE



# COURSE OUTLINE

## Course Topics

- 1 Concept of Ibaadah in Islam
- 2 The rights that a Muslim should observe on the road
- 3 Way to overcome one's desires and doubts
- 4 Uboodiyah and its levels
- 5 Benefits of lowering one's gaze – I
- 6 Benefits of lowering one's gaze – II
- 7 Benefits of lowering one's gaze – III
- 8 Benefits of lowering one's gaze – IV
- 9 Benefits of lowering one's gaze – V

## COURSE OBJECTIVES

- 1 Understand the concept of Uboodiyah and its levels
- 2 Learn about the benefits of lowering one's gaze and implementing them in one's life



# **COURSE** **OUTLINE**

## **QUESTION & ANSWER BUCKET**

## **ADDITIONAL RESOURCES**

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

SEVENTEEN BENEFITS OF  
**LOWERING  
YOUR GAZE**

**PART 1**

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# 1

## CONCEPT OF IBAADAH IN ISLAM



The concept of Ibaadah (worship) in Islam is so unique that it has no parallel to it in any other religion, because since Islam is a way of life, the concept of Ibaadah in it covers and governs every aspect of one's life.



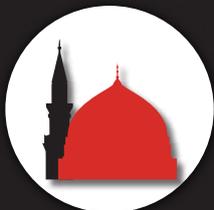
"Say: "Truly, my prayer and my service of sacrifice, my life, and my death, are (all) for Allah, the Cherisher of the Worlds."

Al Qur'an 6:162





The concept of Ibaadah (worship) in Islam is not only the rituals (five prayers, fasting Ramadhaan, doing Hajj, etc.), but it is so broad that every action one does can be considered as an act of a Ibaadah if the intention is for pleasing Allah (swt).



The Prophet (pbuh) said:

"Enjoining what is good is a charity. Forbidding what is evil is a charity. Having intercourse (with one's wife) is a charity." They said, "O Messenger of Allah, if one of us fulfils his desire, is there reward in that?" He said, "Do you not see that if he does it in a Haraam way he will have the burden of sin? So, if he does it in a Halaal way, he will have a reward for that."



## THE RIGHTS THAT A **MUSLIM SHOULD OBSERVE ON THE ROAD**

# 2



"[Allah] knows of [the tricks] that deceive with the eyes, and all that the hearts [of men] conceal."

Al Qur'an 6:162

The eyes can talk, and therefore when you look at a woman, Allah (swt) knows what that look means. He knows the encrypted messages and the communication one tries to convey.





The Prophet (pbuh) said:

"Avoid sitting on roadsides." The Sahaabah (ra) said: "O Messenger of Allah (pbuh), there is no other alternative but to sit there to talk." Thereupon the Messenger of Allah (pubh) said, "If you have to sit at all, then fulfill the rights of the road." They asked: "What are their rights?" Thereupon he said, "Lowering the gaze (so that you may not stare at unlawful things); refraining from doing some harm to others, responding to greeting (i.e., saying 'Wa'alaikumus Salaam' to one another) and commanding the good and forbidding the evil."

Among the rights of the road that the Prophet (pbuh) mentioned are:

**i Lowering your gaze**

Among the most important rights that one should observe is that they should lower their gaze if a woman is passing by and abstain from staring at her.



"Say to the believing men that they should lower their gaze and guard their modesty."

Al Qur'an 24:30

**ii Refrain from speaking ill or harming the passerby**

One should abstain from speaking ill, cracking jokes, criticising, or backbiting and slandering the people passing by. Though it is common on the streets because people are idle and have nothing to do, yet it is a great sin.



### **iii** Returning the greetings of Salaam

If a passerby greets you with Salaams, you must reply and greet him back with Wa Alaikum Assalam Wa Rahmatullahi Wa Barakatuhu, because it is his/her right upon you.

### **iv** Enjoining good and forbidding evil

It is the duty of those sitting on the path/road to command others to do good, also if they notice someone indulging in wrong and evil, they must forbid it and stop others from indulging in it.





## WAYS TO OVERCOME **ONE'S DESIRES AND DOUBTS**

# 3



The Prophet (pbuh) said:

"O young men, those among you who can support a wife should marry, for it restrains eyes [from casting evil glances] and preserves one from immorality; but he who cannot afford It should observe fast for it is a means of controlling the sexual desire."

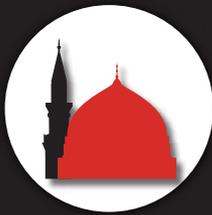
The major problem faced by the youth of today is lust and desire, and the Prophet (pbuh) has given us a solution for overcoming it. He encourages young men and women to get married or to indulge in fasting if marriage is not possible, because it would help to control one's desires (lower their gaze and guard their modesty).





The Ulama (scholars) have said that the Shaitaan uses two methods to attack us.

**i** Through the weakness of desires (lust)



The Prophet (pbuh) said:

"I have not left a trial after me more harmful to men than women."

The desires of the flesh, the want and weakness of anyman is a woman, and therefore it is better for one to lower their gaze to save themselves for the trial.

For one to overcome his desires and not fall in the trap of the Shaitaan, he must focus on his Taqwa (fear of Allah (swt)).

**ii** Through doubts

The Shaitaan tries to confuse man with indulging him in his doubts, and for one to overcome his doubts, he must equip himself with 'Ilm (knowledge), and learn his Deen (religion) so that the Shaitaan cannot play around with his mind.

LESSON 2

SEVENTEEN BENEFITS OF  
**LOWERING**  
**YOUR GAZE**  
PART 2

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## UBOODIYYAH AND ITS LEVELS

# 4

Humans have five senses (hearing, seeing, smelling, tasting, touching) and for the actions/words of each sense, Islam has five rulings (Haraam, Makrooh, Fard, Sunnah, Halaal), and so therefore, for one to achieve complete Uboodiyyah, he/she must achieve all these twenty-five levels and only then will you be considered a true servant of Allah.





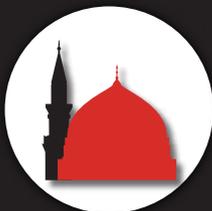
**An example of trying to apply the five rulings of the Shariah to the sense of sight are:**

**i** Haraam – the type of seeing that is considered as Haraam (forbidden) is watching women, movies, pornography etc. The one who indulges in such actions is sinful and the Malaaikeh (angels) will write it in his book of records.

**ii** Makrooh – the type of seeing that is considered as disliked is watching things that bring sadness to the heart.

For example, though one's income is limited, they go to luxury car showrooms, see the cars there and fantasizing about themselves having one. Such actions are disliked because he/she knows that they cannot afford it and yet they indulge in it bringing sadness upon themselves.

**iii** Fard – the type of looking which is considered as obligatory is looking at the Mushaf while reading the Qur'an from it.



The Prophet (pbuh) said:

“Whoever would be pleased to love Allah and His messenger, let him read from the Mushaf.”

**iv** Sunnah/ Mustahab – the type of looking which is considered as Mustahab is looking at the creation of Allah (swt) and pondering upon its greatness.



“And they ponder and reflect upon the creation of the heavens and the earth, (saying), ‘Our Lord, you did not create this aimlessly.’”

Al Qur’an 3:191

Pondering upon the creation of Allah (swt), strengthens one’s Imaan and belief in Allah (swt).

- v Halaal – the type of look which is considered as Halaal is looking at one’s wife or any other thing which is Halaal to look at.





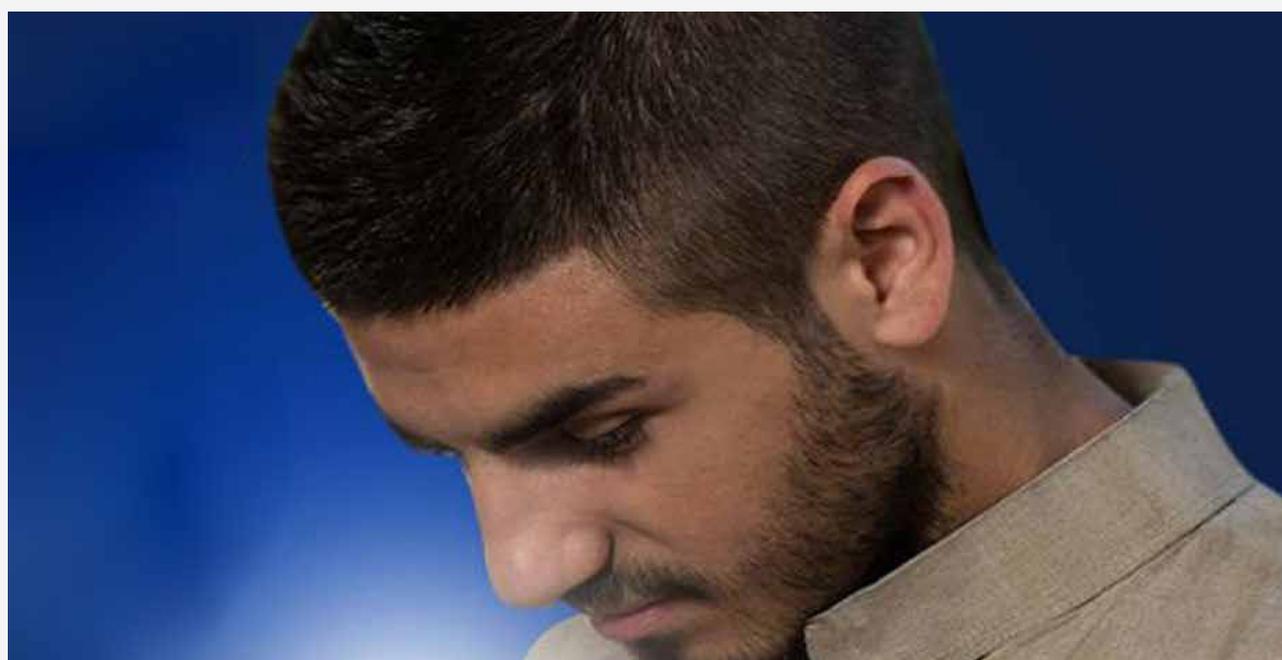
## BENEFITS OF **LOWERING ONE'S GAZE—I**

# 5

Among the major benefits that one can reap by lowering his/her gaze are:

**i** Rid the heart of pain and grief

One might see something that they may feel attracted towards, but you may not be able to achieve or have it. This is a major cause of heart break and grief for many people, but if one lowers his gaze and does not stare at what he should not then the heart would be at ease and peace.



LESSON 3

SEVENTEEN HABITS OF  
**LOWERING**  
**YOUR GAZE**

PART 3

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## BENEFITS OF **LOWERING ONE'S GAZE—II**

# 6



The Prophet (pbuh) said:

“Whosoever leaves something for the sake of Allah, then Allah the Almighty will replace it with something better.”

You leave something Haraam, Fee Sabeelillah (for the sake of Allah), He will compensate you with something better than maybe one couldn't even have imagined of.



“And for those who fear Allah, He (ever) prepares a way out. And He provides for him from (sources) he never could imagine. And if anyone puts his trust in Allah, sufficient is (Allah) for him.”

Al Qur'an 65:2-3





**ii** Generates brightness on one's face



"But those whose faces will be [lit with] white, - they will be in [the light of] Allah's mercy: therein to dwell [forever]."

Al Qur'an 24:30

Those who are righteous and turn away from indulging in or looking at Haraam, Allah (swt) blesses them with brightness and Noor (light) on their faces, in comparison to the one who indulges in all sorts of evil and Haraam, they have darkness and gloominess on their faces.

**iii** Illuminates the heart



"Can he who was dead, to whom We gave life, and a light whereby he can walk amongst men, be like him who is in the depths of darkness, from which he can never come out?"

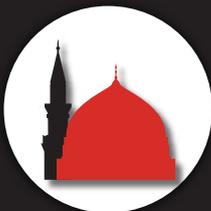
Al Qur'an 24:30

Lowering the gaze and averting yourself from indulging in Haraam brings about illumination of the heart and a clear perception. Also, Allah (swt) blesses the individual with Baseerah (guidance) and Imaan.



The Prophet (pbuh) said:

"The one who remembers Allah and the one who doesn't remember Allah are like the dead and the living."



The Prophet (pbuh) said:

"Whosoever of you sees an evil, let him change it with his hand; and if he is not able to do so, then [let him change it] with his tongue; and if he is not able to do so, then with his heart, and that is the weakest of faith."

Many of us have dead hearts because we don't reject or look down upon Munkar (evil). In fact, many of us have stopped reacting to it too and considered it as a normal part of our daily life.



LESSON 4

SEVENTEEN BENEFITS OF  
**LOWERING  
YOUR GAZE**

**PART 4**

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## BENEFITS OF **LOWERING ONE'S GAZE—III**

# 7

### **iv** Opens the doors of knowledge

'Ilm (Knowledge) is a type of Rizq (provision) from Allah (swt) and lowering one's gaze and abstaining from Haraam helps one to gain knowledge and remember it much more easily.

It is a provision that Allah gives, and one cannot achieve it if he/she is sinking in the myere of sinfulness and trespasses the limits set by Allah (swt).

Similarly, the Qur'an too falls under this category. It is considered as light and for one to memorise, learn, and understand it, one must get rid of the darkness and abstain from indulging in Haraam by lowering the gaze.



**"So, fear Allah, and Allah will teach you. And Allah is the All Knower of all things."**

Al Qur'an 2:282



**v** Strength in the heart and steadfastness on truth

If one abstains from Haraam and lowers their gaze, the heart is filled with light and Imaan helping one gain strength in the heart and steadfastness on the Haqq.



**vi** Gives pleasure and joy to the heart

The pleasure and joy achieved by the heart due to lowering the gaze, for abstaining from Haraam is much greater than the momentary enjoyment of seeing Haraam things, because after some time, one feels horrible about indulging in that Haraam act.



“What is with you must vanish and what is with Allah will not vanish, eternal.”

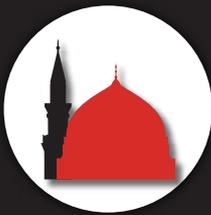
Al Qur'an 3:191



The scholars always advice and explain that a Hasanah (good deed) always encourages and leads one towards another Hasanah and increment in Imaan. Similar is the case with sins, a sin leads to another, and then a person gets consumed in sins.

**vii** Liberates the heart from the shackles of lust

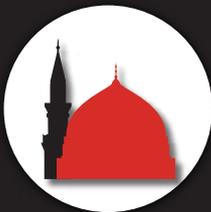
Lowering one's gaze and averting yourself from Haraam liberates the heart from the shackles of the lust and desires.



The Prophet (pbuh) said:

"In the body there is a piece of flesh, the whole body is sound if it is sound, but the whole body is corrupt if it is corrupt. It is the heart."

Therefore, if you have heart free from all diseases or ills of Haraam, lowering the gaze will liberate your heart, but if you keep your sight loose, the heart will be a prisoner and under the control of your lust and desires.



Abu Hurairah (ra) said:

"The heart is the king, and the rest of the limbs are its subjects."

LESSON 5

SEVENTEEN BENEFITS OF  
**LOWERING**  
**YOUR GAZE**  
PART 5

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## BENEFITS OF **LOWERING ONE'S GAZE—IV**

# 8

### **viii** Protection from falling into the Hellfire

The Prophet Muhammad (pbuh) said that Allah (swt)'s anger is provoked, and He becomes angry when a person does what Allah has declared unlawful.

Umar (ra) said that we used to leave 100 Halaal things to make sure that we were always on the safe side and far away from the Haraam.





The Prophet (pbuh) said:

"The Halaal is clear and the Haraam is clear, and whatever is between them is the doubtful area."

The Sahaabah (ra) used to limit themselves to the Halaal and stay far away from the doubtful matters, because they knew that if one fell into doubtful matters, the Shaitaan would tempt them and get them to indulge in Haraam too.



The Prophet (pbuh) said:

"If a man and a woman are alone by themselves, the third one will be the devil."

## ix Fulfilment of the divine command



"Say to the believing men to lower their gaze and protect their private parts. That is purer for them. Verily Allah is well acquainted with all that they do. And say to the believing women to lower their gaze and protect their private parts."

Al Qur'an 24:30-31

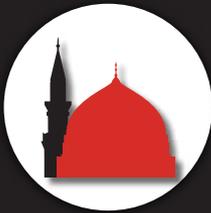
Lowering one's gaze and abstaining from Haraam is the fulfilment of Allah (swt)'s commandment revealed in the Qur'an.

There is a link between the looks and actions; the Haraam look triggers the desire, signalling the brain to react, and then the private part responds.



The Prophet (pbuh) said that the private part approves of it or disapproves of it.

**x** Saves one from being struck by the Cupid's arrow



Ibn Mas'ood(ra) said:

"The lustful look is one of the poisonous arrows of Iblis. Whoever avoids it out of the fear of Allah, will find this sweetness of Imaan in his or her heart."

The Prophet (pbuh) said that the lustful look is an act of adultery. The eyes commit it, and the private part approves of it or disapproves of it.

**Similarly, 'Isa (pbuh) said:**



"But I say to you that everyone who looks at a woman with lust for her, has already committed adultery with her in his heart."

The Bible – Matthew 5:28

The teachings and the sayings of Prophet Muhammad (pbuh) and that of Prophet 'Isa (pbuh) go together and were almost the same.

Lowering the gaze saves one from falling into Jahannam (Hellfire), and if one wants to enjoy the sweetness of Imaan and resist the temptations of Haraam, he/she must lower their gaze.

LESSON 6

SEVENTEEN BENEFITS OF  
**LOWERING**  
**YOUR GAZE**  
PART 6

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## BENEFITS OF **LOWERING ONE'S GAZE—V**

# 9

- xi** Blocks the avenues of lust and doubt

Lowering one's gaze and abstaining from Haraam prevents the heart from being affected by the avenues of lust and doubt.

The 'ilm (knowledge) protects one from doubt and Taqwallah (fear of Allah) protects one from the effects of lust.

- xii** Gives the feeling of victory over one's lust

When one lowers his/her gaze, they can feel the victory and triumph of managing to resist and overcome the desire of the flesh.





“Do not desire her beauty in your heart, nor let her capture you with her eyelids.”

The Bible – Matthew 5:28

#### **xiii** Enjoyment of Allah's company

Lowering one's gaze and abstaining from Haraam increases one's Imaan and frees the heart from the ills of desire and lust, easing it for one to get closer to Allah (swt) and enjoy being in His Ri'aayah (company).

#### **xiv** Enjoyment and rejoicing of the heart

Imam Ibrahim Ibn Al Adham said, “Verily, we are in an everlasting happiness. Had the sons of the kings known it, they would have fought us with their swords.”

One can only achieve this type of happiness and enjoyment when they actualise the Uboodiyah (servitude) of Allah (swt) in their life.

#### **xv** Protection from losing 'Ilm (knowledge)

The 'Ilm (knowledge) is Barakah and Rizq from Allah (swt) which would be taken away from a person if he indulges in Haraam, because the heart keeps flipping and moving from one state to another and therefore, one must always keep always praying to Allah.

Imam Shafi'ee said: “I complained to Waqi' about my bad memory, and he advised me to stop sinning. And he told me that knowledge is light, and Allah will never give light to the sinner.”



**xvi** Gives one a chance to reflect on what is beneficial for them

**xvii** Prevents evil from creeping into the heart

The eye is a conduit, carrying the evils to the heart. So, when one closes their eyes and lowers their gaze, there is no way that the evils would be allowed to creep into the heart.

# QUESTION AND ANSWER BUCKET



# 1

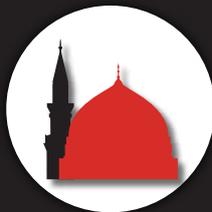
## DESCRIBE THE JANNAH AS MENTIONED BY THE PROPHET (PBUH)

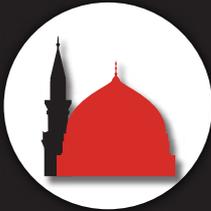


**Ans:** The Prophet (pbuh) described the Jannah as the soil and the earth in it is made of musk. The trees and their trunks made of gold.

The Prophet [pbuh] said:

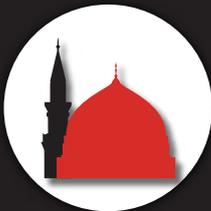
"The first batch to enter Paradise will appear like the moon of a night that it is full, they do not spit, nor do their noses run, nor do they defecate. Their vessels are of gold, their combs are of silver and gold, their perfume is of Aluwah, and their sweat is musk. Each one of them has two wives, so beautiful that the marrow of their shins can be seen through the flesh. There is no differing among them nor mutual hatred, and their hearts are like the heart of one man, and they glorify Allah morning and evening."





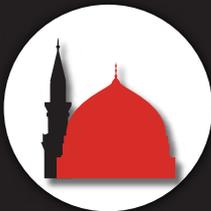
The Prophet (pbuh) said:

"The people of Paradise shall enter Paradise without body hair, Murd, with Kuhl on their eyes, thirty years of age or thirty-three years."



The Prophet (pbuh) said:

"There is not a tree in Paradise except that its tree is of gold."



The Prophet (pbuh) said:

"Indeed in Paradise there is a sea of water, and a sea of honey, and a sea of milk, and a sea of wine, then the rivers shall split off afterwards."



The Prophet (pbuh) said:

"Al Kawthar is a river that Allah has given me" - that is, in Paradise - whiter than milk and sweeter than honey. In it are birds whose necks are like the necks of camels." Umar said: "Indeed this is plump and luxurious then." So, the Messenger of Allah (pbuh) said, "Those who consume it are more plump than it."



## WHAT ARE SOME OF THE **BENEFITS** OF **LOWERING ONE'S GAZE?**

# 2

**Ans:** Among the benefits of lowering one's gaze are:

- i** It opens the doors of knowledge and makes it easier for them to learn and understand knowledge.
- ii** Fulfilment of a divine commandments and therefore, protects one from Jahannam (Hellfire).
- iii** Liberates the heart from the shackles of lust.





WHAT ARE THE WAYS BY WHICH THE SHAITAAN TRIES TO DEVIATE A HUMAN,

## AND HOW DOES ONE OVERCOME THEM?

# 3

**Ans:** The Shaitaan tries to entrap humans through two ways:

- i** Through the weakness of desires, and the way to overcome it is through lowering one's gaze and focusing on Taqwa.
- ii** Through doubt, and the way to counter and overcome it is through gaining knowledge and understanding the Deen.



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