

THEME 38 - AVOID JEALOUSY

تَحْرِيمُ الْحَسَدِ

Learning objectives:

- To learn jealousy is forbidden.
- To understand that jealousy destroys good deeds.
- To learn that suspicion and arrogance are also forbidden.

In this theme, you will learn:

Jealousy is harmful to the mind as it leads to anger, rage and anxiety. It is a sense of insecurity, a desire to have what someone else owns with the wish that the other person will lose this. Jealousy is to dislike others because of their appearance, wealth or health. Jealousy eats away and causes serious health problems or leads to violence with grave consequences. Jealousy is considered bad as it can lead to harmful behaviour, division among people, and it shows a lack of gratitude for Allah's ﷻ blessings.

قَالَ اللَّهُ تَعَالَى: ﴿أَمْ يَحْسُدُونَ النَّاسَ عَلَىٰ مَا آتَاهُمُ اللَّهُ مِنْ فَضْلِهِ﴾
[النساء: 54]. قَالَ اللَّهُ تَعَالَى: ﴿يَا أَيُّهَا الَّذِينَ ءَامَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ
الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ وَلَا تَجَسَّسُوا وَلَا يَغْتَبَ بَّعْضُكُم بَعْضًا﴾
[الحجرات: 12]. قَالَ تَعَالَى: ﴿وَيْلٌ لِّكُلِّ هُمَزَةٍ لِّمَزَةٍ﴾ [الهمزة: 1].

Allah ﷻ says: “Or do they envy other people for what Allah has given them from His grace?” (4:54). “Believers, do not be suspicious, since some suspicions are sins. Neither spy on one another nor backbite about each other” (49:12). “ Wretched is every backbiting fault-finder” (104:1).

[1] عن أبي هريرة : أَنَّ النَّبِيَّ قَالَ: « إِيَّاكُمْ وَالْحَسَدَ ؛ فَإِنَّ الْحَسَدَ يَأْكُلُ الْحَسَنَاتِ كَمَا تَأْكُلُ النَّارُ الْحَطَبَ » أَوْ قَالَ: « الْعُشْبُ » رواه أبو داود.

1. Abu Huraira رضي الله عنه said: The Prophet ﷺ said, “Beware of jealousy because it destroys good deeds like fire destroys wood.”

COMMENTARY: This hadith emphasises the destructive nature of jealousy and its detrimental impact on good deeds. The Prophet Muhammad (peace be upon him) warns believers to be cautious of this negative emotion, drawing a powerful analogy between jealousy and firewood consumed by fire. Just as fire engulfs and consumes wood, jealousy can engulf and consume the virtues and rewards of good deeds, rendering them futile in the sight of Allah.

[2] عن معاوية قَالَ: سَمِعْتُ رَسُولَ اللَّهِ يَقُولُ: « إِنَّكَ إِنْ أَتْبَعْتَ عَوْرَاتِ الْمُسْلِمِينَ أَفْسَدْتَهُمْ، أَوْ كِدْتَ أَنْ تُفْسِدَهُمْ » رواه أبو داود.

2. Muawiyah رضي الله عنه said: I heard the Messenger of Allah ﷺ saying, “If you look for the flaws of Muslims then you will end up creating tension and conflict.”

[3] عن أبي هريرة: أَنَّ رَسُولَ اللَّهِ قَالَ: « إِيَّاكُمْ وَالظَّنَّ، فَإِنَّ الظَّنَّ أَكْذَبُ الْحَدِيثِ » متفق عَلَيْهِ.

3. Abu Hurairah رضي الله عنه said: The Messenger of Allah ﷺ said, “Beware of suspicion, for suspicion is the worst of false tales.”

[4] عن أبي هريرة : أَنَّ رَسُولَ اللَّهِ قَالَ : « بِحَسْبِ امْرِئٍ مِنَ الشَّرِّ أَنْ يَحْقِرَ أَخَاهُ الْمُسْلِمَ » رواه مسلم.

4. Abu Hurairah رضي الله عنه said: The Messenger of Allah ﷺ said, “It is bad for a Muslim to look down on his Muslim brother.”

COMMENTARY: This hadith serves as a profound reminder for us to guard against any feelings of arrogance or condescension and to treat fellow believers with kindness, empathy, and humility. Building a strong, supportive community requires recognising and valuing the worth and dignity of each individual, regardless of their social status, race, ethnicity, or any other factor. By following the teachings of the Prophet and refraining from looking down upon others, Muslims can uphold the principles of equality and brotherhood, fostering a harmonious and caring society based on the principles of Islam.

[5] عن ابن مسعودٍ عن النبي قَالَ: «لَا يَدْخُلُ الْجَنَّةَ مَنْ كَانَ فِي قَلْبِهِ مِثْقَالُ ذَرَّةٍ مِنْ كِبَرٍ!» فَقَالَ رَجُلٌ: إِنَّ الرَّجُلَ يُحِبُّ أَنْ يَكُونَ ثَوْبُهُ حَسَنًا، وَنَعْلُهُ حَسَنَةً، فَقَالَ: «إِنَّ اللَّهَ جَمِيلٌ يُحِبُّ الْجَمَالَ، الْكِبَرُ: بَطْرُ الْحَقِّ، وَغَمَطُ النَّاسِ» رواه مسلم.

5. Ibn Mas’ud رضي الله عنه said: The Prophet ﷺ said, “The arrogant one, even with little pride equal to a mustard seed in his heart, will not enter Paradise.” A man enquired: “What about a person who likes fine clothes and shoes?” He ﷺ said: “Allah is beautiful and likes beauty. Pride amounts to rejecting truth due to arrogance, and looking down on people.”

Activities:

- Discuss the story of Prophet Yusuf (AS) and how his brothers were jealous of him. What did their jealousy lead to?
- Design a poster encouraging people to avoid jealousy.
- Role-play various scenarios where jealousy comes into play (e.g. someone receiving a gift, winning a competition, getting praise). Act out the scenarios, demonstrating how jealousy might affect relationships and interactions.

In this theme you have learnt:

- Avoid doubts and suspicions about others, as some suspicions are sins. Suspicion is the worst of false tales.
- Beware of jealousy because it destroys the good deeds just as fire destroys wood.
- It is bad for a Muslim to look down upon another Muslim.
- A person with even a tiny bit of pride will not enter Paradise.