

Date: 20-12-2024 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَمَا أُبْرِي نَفْسِي إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي إِنَّ
رَبِّي غَفُورٌ رَحِيمٌ.
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
مَنْ دَانَ نَفْسَهُ وَعَمِلَ لِمَا بَعْدَ الْمَوْتِ وَالْعَاجِزُ مَنْ أَتْبَعَ نَفْسَهُ
هَوَاهَا وَتَمَنَّى عَلَى اللَّهِ.

SELF-REFLECTION

Dear brothers and sisters, human beings are constantly tested and put through trials. But the greatest test is the one against our own *nafs*, the source of unlawful desires and negative traits. Every Muslim is responsible for confronting and controlling their *nafs*. This process is known as *al-muhāsaba* – self-reflection over one’s own soul. It is the art of recognizing one’s mistakes and purifying one’s way of life in accordance with the commands of Allah ﷻ. Dear Muslims, the one who masters his *nafs* succeeds in his servitude to Allah ﷻ. But the one who surrenders to his desires and becomes a slave to them will ultimately be ruined. This is why it is essential for each of us to hold ourselves accountable before we are held accountable. Use the time you have left in this world to perform righteous deeds that please Allah ﷻ. Dear brothers and sisters, turn away from your sins, seek His forgiveness, and remember: on the Day of Judgment, you will be called to account for every action you have taken. May Allah ﷻ grant us the strength to overcome our *nafs*, to engage in sincere self-reflection, and to fill our lives with deeds that earn His pleasure. *Āmīn*.