

F. I. T. N. A+

A series of seven articles dealing with the scourge of homosexuality and similar challenges in our society



WIFĀQUL 'ULAMA

ASSOCIATION OF SOUTH AFRICAN 'ULAMA

Contents

Part 1 - Introduction.....	2
Hatred for evil.....	4
Islam’s position on these fitnahs.....	4
Part 2 – Do I have a choice?	5
Trick of Shaytaan.....	6
This world is a test.....	7
Part 3 – The People of Lūt ‘Alayhis-Salām.....	7
Part 4 – An Accursed Action	10
Part 5 – Refutation of Some Baseless Claims.....	12
Common claims and their refutations	12
<i>Claim: We were born this way.....</i>	12
<i>Claim: Homosexuality is natural as it is found in certain animal species.....</i>	13
<i>Claim: Consent makes everything okay. If there is consent, what adults do is no one’s business.....</i>	13
<i>Claim: We own our bodies and can do with them as we wish.....</i>	14
Part 6 – Effect on our Īmān.....	14
Part 7 – The Solutions.....	16
How to protect ourselves from this fitnah? What should we do to protect ourselves and the Ummah?	16
Letter of Ml Yunus Patel Rahimahullah Relating to Homosexual Inclinations.....	19
Question.....	19
Reply	19

Part 1 - Introduction

Rasūlullah Sallallāhu ‘Alayhi wa Sallam said: “Hasten to do good (before you are overtaken) by trials which will be like the dark portion of the night. A person will wake up as a believer in the morning and turn to disbelief by evening, or he would be a believer in the evening and turn to disbelief by morning, he would sell his Deen for the (paltry) gains of the world.” [Muslim, 118]

As we approach Qiyāmah, the trials we are facing are on the increase. Everyday there is a new onslaught on our Īmān.

There is a systematic and orchestrated attempt to normalize certain extremely wicked and despicable sins. Characterized by an assortment of letters of the alphabet and identified by colours resembling the rainbow, the very name used for this fitnah and the colors associated with it are a means of inner darkness.

The effort to introduce these disgraceful fitnahs to the world has taken on unprecedented proportions. Numerous methods are being used to desensitize people to these abominable acts. Previously unheard-of events like pride months, pride marches, and pride festivals are now being promoted. Popular personalities are shamelessly encouraging this filth. Pictures and emojis depicting absurd concepts like “expectant men” and “same-gender couples” are alarmingly becoming common. Reference is now being made to “expectant people” instead of “expectant women”. Many books have subtly introduced “gay” characters. School textbooks

have not been spared either, with the introduction of these shameless deeds to a young and impressionable child. Yes, that's correct! Take a look at your child's textbooks, and you'll be shocked at the values they are being introduced to and may have already imbibed. The number of rainbow-coloured packaging, clothes, tableware and other items that have made their way into the market is telling of the aggression with which this movement is being promoted. Sportspersons and other 'celebrities' are also party to the aggressive promotion of this movement.

The amount of resources used to promote this ideology and the continuous attempts to get it recognized and accepted in society make it obvious that there is an agenda being rolled out. It is necessary for us to identify the threat and make a determined effort to save ourselves and humanity at large from it.

It is disturbing to note how many Muslims have already softened up to the strange new concepts of 'gender fluidity' and 'homosexuality'. Reports of families who eventually end up accepting this abnormal behaviour from members of their household were previously unheard of.

The number of kids who believe that it's their right to choose their own gender are alarmingly on the increase. This is surely a warning sign that exposure to these fitnahs has already affected our communities. The first level to the introduction of this fitnah is to simply get us to tolerate these evils without objection.

Hatred for evil

Our Īmān requires that we hate every evil deed. Nabi Sallallāhu ‘Alayhi wa Sallam said: “When an evil deed is committed on Earth, the person who witnesses it, but hates it, is like the one who was absent from it (i.e. he will not be held accountable for it). And the person who is absent from it, but is pleased with it, is like one who witnessed it (i.e. he will share the burden of sin).” [Abū Dawūd, 4345]

Muslims do not share these values and should not have any allegiance to this perversion. Therefore, it is essential to distance ourselves from these things. We are required to have an extreme aversion to this immorality. We should consider it as repulsive and at least express our disapproval by ensuring that we do not purchase any items representing these fitnahs. We should not sell these items and unwittingly assist in promoting this disgraceful concept. Furthermore, we should neither use pictures or colours depicting this movement. By bringing these items into our homes, we expose ourselves and our innocent ones to these immoralities.

Islam’s position on these fitnahs

The simple and most rational reason why homosexuality and the lifestyles associated with it are morally wrong and repugnant is that ALLĀH TA’ĀLA HAS MADE IT HARĀM. With our limited abilities and subjective opinions, we, as human beings cannot conclude what is right or wrong. Allah Ta’āla is our Creator and He best

decides what is right and wrong for us. Unlike the ‘Humanist’ view of morality that defines right and wrong simply by harm or benefit to human beings, we as Muslims derive our morals and values from “Wahy” (revelation) and the blessed Sunnah of Nabi Sallallāhu ‘Alayhi wa Sallam. The Qur’ān Karīm and Ahādīth are explicit in prohibiting these harām acts and warn of imminent destruction when they become rife. There is, therefore, no room for uncertainty. May Allāh Ta’āla protect us and the Ummah from these dreadful crimes and May He preserve the pure disposition with which we were born.

Part 2 – Do I have a choice?

“To Allāh Ta’āla belongs all that is in the heavens and the earth...” (Al-Qur’ān 2/284)

Commentators of the Qur’ān Karīm explain this verse as follows: “Allāh Ta’āla is the Owner of all those residing in the heavens and the earth and we are all His slaves,” Allāh Ta’āla is our Creator. Our lives are totally in His control.

The owner has complete control over his belongings. If a person owns an item, he may do with it as he pleases. In addition to completely owning us, Allāh Ta’āla bestows us with numerous favors. As a result, we owe it to the Being who has given us everything to obey Him.

As slaves of Allāh Ta'āla, He alone directs how we should utilise our time, wealth and bodies. We are not free to “choose” what we want to do with our bodies.

The concept of “freedom” is increasingly being promoted. From freedom of choice to freedom of sexuality, and now oddly, even freedom of gender. The idea that everyone is free to do what he pleases is being advocated. Born out of the satanic ideology of liberalism, these notions directly contradict the very essence of our Dīn. A person who believes that he or anyone else is free to choose his gender and that he may, at will, change it, puts his Īmān in jeopardy. We should be careful not to make any such utterances.

Trick of Shaytaan

Shaytān undertook that he would misguide, trick and delude mankind until they “alter the creation of Allāh Ta'āla”! (Al-Qur'ān, 4/119)

The changing of one's body, identity, gender, or sexuality definitely falls under the purview of this Āyah. It defies the very Fitrah (natural disposition) that Allāh gave us.

Every child is born with a pure unspoiled disposition. However, the environment and those around him shape his mind and values against the way Allah Ta'āla had created him. Constant exposure to sin, too much freedom and following of one's desires distort this disposition, which in turn attracts him to these strange ideas.

Our gender is not a social construct and is determined by Allāh Ta’āla alone. Our gender at birth determines our identity. There is no difference between the gender and sex of a person.

This world is a test

Whilst a disbeliever is deluded by the unrestrained freedom that he is enjoying in this world, a Mu’min will definitely not be disappointed when he experiences the true, pure freedom of the hereafter. The small sacrifice a Mu’min makes in restraining himself from certain desires and wants is a small price to pay for eternal bliss. Allah Ta’āla says: “Verily, Allāh has purchased the lives and wealth of the Mu’minīn in exchange for Jannah”! (Al-Qur’ān 9/111)

May Allāh Ta’ālā save us from the deception of thinking we are free to do as we wish and may He make us His true slaves, Āmīn.

Part 3 – The People of Lūt ‘Alayhis-Salām

The incident of Lūt ‘Alayhis-Salām and his nation is recurrently mentioned in the Qur’ān Karīm.

Lūt ‘Alayhis-Salām was the nephew of Ibrāhīm ‘Alayhis-Salām. Allāh Ta’āla sent him to the people of Sadūm. They, however, rejected his message. Together with the very severe crime of kufr (disbelief), they were guilty of the abominable act of homosexuality; an act described as

abnormal and unprecedented in the Qur’ān Karīm. Lūt ‘Alayhis-Salām vociferously condemned this despicable act and its perpetrators.

Allāh Ta’āla says in the Qur’ān Karīm: “And remember Lūt ‘Alayhis-Salām, when he said to his nation: “Do you pursue a shameful deed that no man has ever committed before?” “You shamefully pursue men with desire instead of women! You are certainly an evildoing nation.”(Al-Qur’ān 7:80/81)

The Qur’ān defines homosexuality as a shameful deed and declares its perpetrators as “evil-doers”. From the time of Adam ‘Alayhis-Salām up to that point, no nation ever perpetrated such an abomination. Shaytaan deceived them and introduced this evil amongst them.

In another place: (Lūt ‘Alayhis-Salām says) “Do you approach fellow men and abandon the wives that Allah Ta’aala had created for you? In fact, you are a transgressing nation!” (Al-Qur’ān 26:165/166).

Allah defines same-sex attraction as transgression. It is not an ordinary human characteristic. It is foreign to the makeup of man. The Qur’ān Karīm is categorical and in no uncertain terms identifies homosexuality, and not rape, as the crime that drew the wrath of Allah Ta’ala.

In yet another place, Allāh Ta’ālā says: “And remember Lūt, when he rebuked his people: “Do you commit this shameful deed while you are aware (that it is evil). Do you

really approach men with desire instead of women? You are certainly an ignorant nation.” (Al-Qur’ān 27:54/55).

Here, the Qur’ān Karīm highlights that the perpetrators of this heinous crime were aware that it is evil. Hiding behind the guise of helplessness, they try to promote the notion that it is normal to feel that way. Here, Allah Ta’aala exposes them. When they realised that Lūt ‘Alayhis-Salām was refusing to tolerate their evil, they resorted to threats of expulsion and abandonment. They said: “if you don’t stop, O Lūt, you will definitely be expelled (from our land).” (Al-Qur’ān 26:167). This very thing is happening today. Anyone who denounces this movement is instantly labelled and accused of inciting hate. Special terms are coined to identify people who refuse to accept this evil.

This is called “cancel culture”- a tactic used to suppress any opposition. As a result, many are threatened into silence.

Ironically, those who preach “tolerance” have absolutely no tolerance and respect for those who hold a different opinion. This shows us their hypocrisy and more importantly, the fact that they are hell-bent on promoting a particular agenda.

As Muslims, we follow the example of Nabi Lūt ‘Alayhis-Salām. When threatened with expulsion, Lūt ‘Alayhis-Salām, expressing his disgust, retorted: “I despise your (shameful) deed.” (Al-Qur’ān 26:168)

The punishment that befell this nation was most severe. Allāh Ta’āla snatched their eyesight away. Stones bearing the name of each person were rained down upon them and the land they inhabited was raised and smashed upside down upon them. This obliterated them and no trace remained of them. They were buried with their fitnah deep into the Earth.

The incidents recorded in the Qur’ān Karīm and the difference in the way Allāh Ta’āla relates the incident of Lūt ‘Alayhis-Salām compared to other Ambiyā ‘Alayhimus-Salām are sufficient for us to understand the severity of this crime in the sight of Allāh Ta’āla.

May Allāh Ta’ālā grant us the ability to regard this deed as evil, and grant us the courage to proclaim it as evil as Nabi Lūt ‘Alayhis-Salām did. Āmīn

Part 4 – An Accursed Action

The Ahādīth of Nabi sallallāhu alayhi wa sallam categorically denounce homosexuality. Nabi sallallāhu alayhi wa sallam said: “One of the greatest fears I have for my Ummah is that they perpetrate the action of the people of Lūt ‘Alayhis Salām, i.e., homosexuality.” (Tirmidhi, 1457 / Ibn Mājah, 2563)

How can we ever accept as normal that which our beloved Nabi sallallāhu alayhi wa sallam feared for us?

Nabi sallallāhu alayhi wa sallam also repeatedly cursed those who involve themselves in the hideous act of homosexuality.

Abu Hurairah radhiyallāhu anhu narrates that Nabi sallallāhu alayhi wa sallam said: “There are four types of people who spend the morning and evening in the anger of Allāh Ta’āla (i.e., they perpetually earn the wrath of Allāh Ta’āla).” Nabi sallallāhu alayhi wa sallam was asked: “Who are they, O Messenger of Allāh sallallāhu alayhi wa sallam?” Nabi sallallāhu alayhi wa sallam replied: “Those men who imitate women, those women who imitate men, those who commit bestiality, and those men who approach men (to fulfill their desires).” (Bayhaqī, 5001)

This warning encompasses many of the strange and absurd sexual orientations found today.

Nabi sallallāhu alayhi wa sallam also mentioned: “When homosexuality becomes rife in society, Allāh Ta’āla lifts His help from the creation. He then does not care which valley they destroy themselves in.” (Tabrāni, 1752)

We are now more than ever in need of Allah Ta’āla’s special help. It should not be that our complicity in allowing these fitan to spread in our communities becomes a means of removing Allāh Ta’āla’s help, Allāh forbid!

When a youngster in the time of Sayyiduna Umar radhiyallāhu anhu displayed some homosexual tendencies, Sayyiduna Umar radhiyallāhu anhu

commanded his friends to stay away from him (Bayhaqi, 5011)

Mujāhid rahimahullah said: “If a person who commits this act has to bath with every drop of water in the heavens and the Earth, he will remain impure. (i.e., until he sincerely repents from this sin).” (Bayhaqi, 5403)

May Allāh Ta’āla save us and the Ummah from being included in the curse of Nabi sallallāhu alayhi wa sallam. Āmīn.

Part 5 – Refutation of Some Baseless Claims

The fitnahs of homosexuality and its like are increasingly being promoted. To gain acceptance in society, they make claims aimed at creating tolerance and acceptance for their actions.

Common claims and their refutations

Claim: We were born this way.

Nabi Sallallāhu ‘alayhi wasallam said: “Every child is born on Fitrah (a natural disposition that takes him towards the obedience of Allāh Ta’āla). This is sufficient proof for a believer that this claim is a fabrication. The words of Nabi Sallallāhu ‘alayhi wasallam can never be incorrect.

No proof exists to establish that a person can be born gay or that a boy can be born “trapped” in a girl’s body etc.

The same argument could easily be used by paedophiles. Why does no one accept them and their actions? A person who has developed these wayward feelings, intentionally or unintentionally, must understand that these are promptings from shaytaan, and that he needs to resist them.

Claim: Homosexuality is natural as it is found in certain animal species.

It is indeed unbelievable for human beings, who are the noblest of creation, to take animals as their yardstick when determining what behaviour is acceptable!

Incest is also found among animal species. Does this mean there is nothing wrong with it? Would incest now be deemed acceptable as well?

The equivalent of cannibalism is also found in the animal kingdom. Sometimes animals even consume their own offspring. Would that mean that this is now also acceptable? Humans cannot derive their principles from animals. Our guiding principles are determined by Allāh Ta'āla and the Sunnah of our beloved Nabi Sallallāhu 'alayhi wasallam.

Claim: Consent makes everything okay. If there is consent, what adults do is no one's business.

Consent alone isn't enough to determine legitimacy. If a person gives his consent that another can kill him, will that consent absolve the other of a crime?

Claim: We own our bodies and can do with them as we wish.

This understanding is born of a belief that humans have no purpose on this Earth. As Muslims, we firmly believe that Allāh Ta'āla created us, and He alone dictates how we should use our bodies.

May Allāh Ta'āla grant us true understanding and save us from misinterpreting the verses of Allah and Ahadīth of Nabi Sallallāhu 'alayhi wasallam.

Part 6 – Effect on our Īmān

Alhamdulillah, for generations, it was universally understood and accepted that homosexuality is foreign to Islām and human nature. We had an inherent dislike for it and were repulsed by the thought of such abnormal acts. However, recent propaganda attempts to normalise these things and, at the very least, bring about acceptance and tolerance in people's hearts for such actions.

Remember: Acceptance and regard for this endangers one's Īmān!

Statements like “it's her choice” or “we should respect everyone's preferences” put one's Imaan in jeopardy. Homosexuality is neither normal nor acceptable. Not to consider it a heinous sin defies the command of Allāh Ta'ālā.

Accepting transgenderism and gender fluidity means we can no longer define roles for men and women based on Qur'ān and Sunnah. A person is a man today and a woman the next. Laws that apply to men can, at will, be abandoned tomorrow by a shift in gender.

For those who think it's okay to support this movement, know that the wife of Lūt 'Alayhis Salām was counted amongst the transgressors, not because she practiced homosexuality, but because together with her disbelief, she supported those who committed these acts. (Tafseer Nasafi 2/578). May Allāh Ta'ālā save us all.

Allowing any family member or friend involved in these fitan to associate himself freely with our families spoils our children's 'fitrah' (natural disposition for good) and gives them tacit approval of this evil. The values children learn from us by tolerating homosexuals in our circles are exactly what its proponents wish to instil in the next generation; acceptance and tolerance for their "community".

Consider the warning of Nabi Sallallāhu 'Alayhi wa Sallam: "A man utters a word without giving it a second thought because of which he falls deep into Hell to a distance more than that between the East and the West." (Muslim 2988)

May Allāh Ta'ālā protect our Īmān and resurrect us on the day of Qiyāmah with perfect Īmān. Āmīn.

Part 7 – The Solutions

How to protect ourselves from this fitnah? What should we do to protect ourselves and the Ummah?

- Rasulullah Sallallāhu 'Alayhi wa Sallam said:

“Whoever sees evil being committed, let him prevent it using his hands. If he cannot do so, let him prevent it by using his tongue. If not, let him at least attempt to change it by thinking bad of it in his heart. And this is the weakest form of Īmān.” (Muslim, 49)

Individually and collectively, the Ummah must fight against the normalization of this sin. To use whatever means possible to prevent the advancement of this scourge. If we do not, we may soon face a time where WE will be considered abnormal.

- We need to be punctual on Salāh, and we need to make an effort to get the entire Ummah onto 5 times Salāh. Salāh has the effect of saving one from obscene acts: “Verily, Salāh prevents from obscene and evil actions.” (Al-'Ankabūt,45)

- We should not bring any such item that promotes this hideous culture into our homes. Merely bringing these items into our homes or clothing our kids with them creates darkness. Express our disgust and disapproval by having nothing to do with this culture. The introduction

of “gender-neutral” toilets in public areas, will create a gender crisis in the next generation. Keep our children away from institutes that only offer this option.

- Make an all-out effort to protect ourselves from following our Nafs (desires). The Nafs can never be satiated in this world. Once a person gives in to his Nafs, it slowly draws him further into sin. A haraam glance at a female is a doorway towards adultery. If this continues unchecked, the Nafs leads one further into immorality. This in turn may lead to same-sex attraction. Like a drug addict always looking for a new “high”, the nafs will not be content with a mere glance. Watching a pornographic scene may just be the gateway towards this vile deed. Allāmah Busairi Rahimahullah describes the Nafs as follows: “The nafs is like a child. If you give it respite, it will grow into adulthood with the habit of suckling and if you restrain it timeously, it will be restrained.” (Qasīdah Burdah)

- Together with a good Tarbiyyah, parents should ensure that they become personally involved in their children’s lives and education. Gone are the days where a parent could hand his children over to the schools and the Maktab and not feel the need to get involved. Times are such that a parent has to monitor his child’s access to the internet and technology, his education and his company. This way, the parent will be aware of any wrong exposure that may affect their innocent child. A little exposure, not countered effectively, may negatively impact their

nature. Therefore, no sign of influence should be ignored, no matter how innocent and small it may seem.

- Recite the Duā of Lūt 'Alayhis Salām in abundance:

رَبِّ نَجِّنِي وَأَهْلِي مِمَّا يَعْمَلُونَ

Rabbi Najjini wa Ahli mimma ya'maloon

Oh Allāh, protect me and my family from the action of these people, i.e., homosexuality. (Ash-Shu'araa, 169)

- Daily recite these Duaas to protect our Īmān:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۗ إِنَّكَ أَنْتَ الْوَهَّابُ

"O Allāh! Let not our hearts deviate (from the truth) after You have guided us. And grant us Mercy from your own. Indeed You - and only You are the Bestower.

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

"O You Who changes the hearts, make my heart firm upon Your religion."

اللَّهُمَّ أَرِنَا الْحَقَّ حَقًّا وَارْزُقْنَا اتِّبَاعَهُ، وَأَرِنَا الْبَاطِلَ بَاطِلًا وَارْزُقْنَا اجْتِنَابَهُ

"O Allah! Enable us to see the Truth as Truth and grant us the ability to follow it. And show us falsehood as false and grant us the ability to refrain from it"

- May Allāh Ta'āla protect us, our progenies and the entire Ummah from this and all fitnahs.

For those who may be attracted to or have already succumbed to the sin of homosexuality, we have reproduced, on our website, an excellent article of Moulana Yunus Patel Rahimahullah, that if followed will in-sha-Allāh serve to extricate him from it. Visit <https://wifaq.org.za/?p=19009>, to read the aforementioned letter.

Letter of Ml Yunus Patel Rahimahullah Relating to Homosexual Inclinations

Question

I am a Muslim male who was very 'normal' in my nature until recently. Having watched a movie which explicitly encouraged homosexuality, I now find myself strongly attracted to other males, to the extent that it is extremely difficult to restrain the desire to engage in Haraam. I am overcome with remorse and very ashamed of these feelings and also afraid of giving into my desires, knowing that this is a very major sin. Please help.

Reply

Bismihī Ta'ala

Respected Brother in Islam,

Wa-alaykumus Salaam wa-Rahmatullahi wa-Barakaatuh

1.) Thoughts should be ignored, but if these feelings are being entertained, then effort has to be made in diverting the attention.

2.) Being ashamed of one's sins and wanting to keep them concealed is a sign of Imaan. Of course, this does not mean that a Muslim continues secretly indulging in disobedience to Allah Ta'ala and makes no effort of giving it up.

3.) Often, the cause of boys/men suddenly feeling inclined and attracted to other men is due to watching some film/movie with such content (i.e. of homosexuality). Due to the promotion and condonement and encouragement and the effects of such viewing, even an otherwise normal male will begin having such evil thoughts and desires in respect to other men.

Others too have written of such experiences, so you are not alone in your anguish. For example : a teacher wrote to me, stating that he was a "normal" Muslim male - who had a complete aversion to homosexuality. However, after viewing just one film on homosexuality, found himself overcome with lust when it came to his male students, and he too was overcome with fear that he must not fall into the sin. He found himself very weak to the demands of his evil desires, but was also making every effort to curb them. And yet prior to viewing this film, he was sickened at the sin. So it was one movie that triggered off such a volatile situation in his personal and spiritual life. ...May Allah Ta'ala save all.

4.) Make the effort of reading 2 Rakaats of Salaatut Taubah and Salaatul Haajah everyday, with sincere dua thereafter that Allah Ta'ala forgive and change your feelings and protect you from the mischief of nafs and shaytaan.

5.) Keep reading :

يَا حَيُّ يَا قَيُّوْمُ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ

‘Ya Hayyu Ya Qayyum – La ilaaha illa anta subhanaka
inni kuntu minaz zaalimeen”

6.) Continue meditating over the punishment that was meted out to the people of Lut (عَلَيْهِمُ السَّلَام) and the Shar`i Punishments for the person engaging in the act; together with the fact that indulgence in the sin is such which draws the curses of Allah Ta'ala and Rasulullah (sallallahu alaihi wasallam)- and a person under such a curse is deprived altogether of the Mercy of Allah Ta'ala. {May Allah Ta'ala protect us}.

7.) Try and give Sadaqah in some form, on a daily basis, with the intention that Allah Ta'ala grant complete change in your feelings and protect you.

8.) If Zam Zam is available, then drink it with the intention of cure from your evil desires – for Zam Zam is a cure for whatever is intended when drinking it.

9.) Also, lower your gaze when it comes to such young boys/handsome men, where you fear there will be some kind of attraction. Don't be alone with anyone.

10.) Keep yourself occupied. Even when retiring to bed, try to just listen to some Zikr or Naath Shareef until you fall off to sleep.

11.) Try and sleep in a state of Taharah, read the Masnoon duas and Ayatul Kursi.

12.) These are actually the whisperings, encouragement and deception of shaytaan and nafs. Both are trying to deceive and convince you that this is your nature, so that shaytaan can ruin your worldly life and your Hereafter, and the nafs can get some temporary gratification, not considering consequences – i.e. its own humiliation and disgrace. With effort and striving, you will, Insha-Allah, overcome both of them.

13.) At least you feel remorse over your weakness. Consider the effort you are now making to address your weakness and to come out of the sin, as a sign that Allah Ta'ala is with you and He will support and assist you in your efforts to give it up.

14.) Fantasizing about men (or women) is Haraam. I generally give the following prescription Haraam Fantasising (found on the website <http://www.yunuspatel.co.za/articles-haraam-fantasizing.php>) to those who write about their habit of fantasizing. Alhamdulillah, many have found it beneficial in giving up the sin. You too should make the effort to follow the advice.

15.) May Allah Ta'ala grant complete shifa from this sickness, protect you from any Haraam indulgence and purify you of such evil feelings.

Was-Salaamu alaykum wa-Rahmatullahi wa-Barakaatuhu

Yunus Patel (Maulana)

(Letter reproduced from www.yunuspatel.co.za)