

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Welcoming Ramadan with Tranquility
13 May 2018 – 27 Shaban 1439

- Ramadan is a month of peace and tranquility, but it's all about our state of heart and our attachment to Allah (ﷻ).

Month of Ramadan – Month of Taqwa

- The month of Ramadan is the month of taqwa, teaching us to not follow our desires. If we're doing taqwa pre-Ramadan then it should increase in Ramadan. When there's a command or prohibition then we need to follow the command and abstain from the prohibition; this is taqwa. And when there's a decree then we should be grateful and when there's difficulty then we should be patient.
- We need to have taqwa in every aspect of our lives because when our desires are followed, or the desires of others, then it will be a mess.
- The goal of the month of Ramadan is to have taqwa, but if we're restless and not focusing then we can't even 'climb the stairs'. Sometimes the 'stairs' are in front of us, the goal is there, and we have knowledge, but we're not going up, why? Because there's no tranquility. And tranquility can only be granted by Allah (ﷻ). May Allah (ﷻ) grant us tranquility. Ameen.

Tranquility (السكينة)

Meaning of tranquility (السكينة):

- It comes from the root word (سكن) which is to be in place, the opposite being (حرك) which is moving. Tranquility is being at rest and having dignity which Allah (ﷻ) brings down upon the heart of the believer (الطمأنينة والوقار) (والسكون، الذي ينزله الله في قلب عبده).

Hadith: (وَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِذَا نُودِيَ بِالصَّلَاةِ فَأْتُوهَا وَأَنْتُمْ تَمَشُونَ وَعَلَيْكُمْ السَّكِينَةُ فَمَا أَدْرَكْتُمْ فَصَلُّوا وَمَا فَاتَكُمْ فَأْتِمُوا ") (Abu Huraira reported a hadith from the Messenger of Allah (ﷺ) said: When the call is made for prayer come to it walking with tranquility, and pray what you are in time for, and complete what you have missed.) - Sahih Muslim 602

- Even in the prayer, which is the greatest pillar after the testimony of faith, the Prophet (ﷺ) said to come to the congregational prayer with tranquility.
- Tranquility is when our outside is tranquil, but our heart is running to Allah (ﷻ); it's not about running with limbs. Every worship has a goal and the goal of prayer is to forbid us from indecency and wrong-doing. It changes us a person, but we need tranquility.
- Even in the hajj, tranquility is required. It's not about reaching and making it, but how we reach. It's important to follow the Sunnah of the Prophet (ﷺ) which is to be tranquil.

Hadith: (لَمَّا دَفَعَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ شَنْقَ نَافَتِهِ حَتَّى أَنْ رَأْسَهَا لِيَمَسَّ وَاسِطَةَ رَحْلِهِ وَهُوَ يَقُولُ لِلنَّاسِ " السَّكِينَةُ السَّكِينَةُ " . عَشِيَّةَ) (عَرَفَةَ .) (It was narrated from Abu Ghaftan bin Tarif that he heard Ibn Abbas (may Allah be pleased with him) say: "When the Messenger of Allah (ﷺ) departed he reined in his she-camel until its head touched the middle of his saddle, and he was saying to the people: 'Be tranquil be tranquil,' on the evening of Arafat.") - Sunan an-Nasa'i 3019

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Welcoming Ramadan with Tranquility
13 May 2018 – 27 Shaban 1439

- For any joint worship such as the congregation prayer, hajj, and study circle, we should enter and leave with tranquility because if this is not the case then we will not reach the goal.
- When a person has tranquility then he will not be annoyed. As a result the person's faith will increase, and he will be firm.

Places where tranquility (السكينة) is mentioned in the Quran

Surah Al Baqarah 248: وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّنْ رَبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ آلُ مُوسَىٰ وَآلُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ (٢٤٨) (And their Prophet said to them: Verily! The sign of His Kingdom is that there shall come to you At-Tâbût (a wooden box), wherein is Sakinah (peace and reassurance) from your Lord and a remnant of that which Mûsâ (Moses) and Hârûn (Aaron) left behind, carried by the angels. Verily, in this is a sign for you if you are indeed believers)

- Banu Israel was longing for this missing wooden box and in order to accept the command and nurturing, thus sakinah was given to them by Allah (ﷻ).
- When a person is restless then it's difficult to go forward with the worships, and Allah (ﷻ) can bring the sakinah in the form of a gift, subhan Allah.

Surah At Tawbah 40: إِلَّا تَنْصُرُوهُ فَقَدْ نَصَرَهُ اللَّهُ إِذْ أَخْرَجَهُ الَّذِينَ كَفَرُوا ثَانِيَ اثْنَيْنِ إِذْ هُمَا فِي الْغَارِ إِذْ يَقُولُ لِصَاحِبِهِ لَا تَحْزَنْ إِنَّ اللَّهَ مَعَنَا فَأَنْزَلَ (٤٠) (If you help him (Muhammad ﷺ) not (it does not matter), for Allâh did indeed help him when the disbelievers drove him out, the second of two, when they (Muhammad ﷺ and Abu Bakr radhiallahu'anhu) were in the cave, and he (ﷺ) said to his companion (Abu Bakr radhiallahu'anhu): "Be not sad (or afraid), surely Allâh is with us." Then Allâh sent down His Sakînah (calmness, tranquility, peace) upon him, and strengthened him with forces (angels) which you saw not, and made the word of those who disbelieved the lowermost, while the Word of Allâh that became the uppermost, and Allâh is All-Mighty, All-Wise.)

- This is sakinah which was brought down especially for the Prophet (ﷺ). The Prophet (ﷺ) and Abu Bakr (ra) were in the cave, and they could see the feet of the disbelievers. Imagine how much fear a person would have while seeing the enemies, but Abu Bakr (ra) was sad for the Prophet (ﷺ), subhan Allah. The Prophet (ﷺ) said words of firmness to him, 'do not be sad, verily Allah is with us'. Allah (ﷻ) appreciated these words, as a result He brought down tranquility on him. Allah (ﷻ) deals with us according to what we're doing. This is teaching us to say words of firmness and support to one another.
- Allah (ﷻ) brought down tranquility in times of distress and this is purely a blessing from Allah (ﷻ). If a person doesn't have tranquility in stressful times then he will not go forward.
- Other messengers who were given sakinah include Ibrahim (as) who was given sakinah when he was thrown into the fire. And he even had sakinah to not accept the help of Jibreel (as).
- Musa (as) was given tranquility by being told 'to not be afraid' and when Allah (ﷻ) spoke to him. When Musa (as) had to speak to Firaoun, he was given tranquility. And when they reached the sea, and didn't know where to go, Musa (as) said, 'Allah will guide us' and Allah (ﷻ) gave him tranquility and the sea split.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Welcoming Ramadan with Tranquility
13 May 2018 – 27 Shaban 1439

Surah Al Fat'h 4: (هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ إِيمَانِهِمْ ۗ وَاللَّهُ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ ۗ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا) (He it is Who sent down As-Sakinah (calmness and tranquillity) into the hearts of the believers, that they may grow more in Faith along with their (present) Faith. And to Allâh belong the hosts of the heavens and the earth, and Allâh is Ever All-Knower, All-Wise)

- The word 'sakinah' is mentioned three times in Surah Al Fath' and this means a person can only have openings when at rest and tranquil, and not when he's restless.
- Allah (ﷻ) gives sakinah to the believers according to their faith and certainty, subhan Allah. For the believers, Allah (ﷻ) gave them tranquility because the Treaty of Hdaybiyah looked 'unfair' to the Muslims. Any reverts were not allowed to enter Makkah and anyone who went back to disbelief was allowed to enter Makkah. As a result, Allah (ﷻ) gave them tranquility in order to accept the decree.
- This is a privilege for the believers, as for the hypocrites, they will think badly and negatively. Thus the believers who believe from all aspects are worthy of having the privilege of tranquility. If we're lacking in belief then we'll argue, complain and we will not have tranquility. May Allah (ﷻ) make us among the believers. Ameen.
- The more a person believes in Allah (ﷻ), the more tranquility he'll have.
- When a person is restless then he'll talk nonsense. When a person is in a state of sakinah and tranquility then he wants to do more good deeds. Tranquility makes a person more productive.

Surah Al Fat'h 18: (لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَابَهُمْ فَتْحًا قَرِيبًا) (Indeed, Allâh was pleased with the believers when they gave the Bai'âh (pledge) to you (O Muhammad ﷺ) under the tree, He knew what was in their hearts, and He sent down As-Sakinah (calmness and tranquillity) upon them, and He rewarded them with a near victory,)

- Allah (ﷻ) was pleased with the believers for doing a pledge with the Prophet (ﷺ) that they will not leave. Note this is a pledge exclusive for the Prophet (ﷺ) and not something done to others.
- When doing anything, it's important to seek the pleasure of Allah (ﷻ) and not the people. And we want Allah (ﷻ) to bring down tranquility on us so we can fulfill His commands.
- Allah (ﷻ) brought down the tranquility upon the believers in order to be ready to follow the pledge, and then there was a near opening.
- When we're restless then we make all of those around us restless as well. It's important to take things quietly and not make a lot of commotion. And those who want to distract and divert then Allah (ﷻ) will not give them tranquility.

Surah Al Fat'h 26: (إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمُ الْحَمِيَّةَ الْحَمِيَّةَ الْجَاهِلِيَّةَ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ كَلِمَةَ التَّقْوَىٰ) (When those who disbelieve had put in their hearts pride and haughtiness — the pride and haughtiness of the time of ignorance — then Allâh sent down His Sakinah (calmness and tranquillity) upon His Messenger (ﷺ) and upon the believers, and made them stick to the word of piety (i.e. none has the right to be worshipped but Allâh), and they were well entitled to it and worthy of it. And Allâh is the All-Knower of everything)

- When the Treaty of Hdaybiyah was drafted, the disbelievers would not approve of any of the points thus changing them to their liking, and this is a sign of their ignorance. As for the Muslims, it was difficult for them

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Welcoming Ramadan with Tranquility
13 May 2018 – 27 Shaban 1439

to accept this, though Allah (ﷻ) sent down tranquility upon them in order to accept, subhan Allah. When they had tranquility, the Muslims didn't behave like the disbelievers; they didn't argue like the disbelievers. Falsehood argues, but not truth. When there's tranquility, then a person doesn't argue, but who's the one arguing? The one without tranquility.

- Then Allah (ﷻ) made the believers to say the word of taqwa. When a person has tranquility, then he will not care for the blame of the blamers. Sometimes we're afraid to say the word of taqwa, but with tranquility a person will stand firm to say the truth. And tranquility comes with belief.

Tranquility (السكينة) according to the situations

1. Whispers and doubts
 2. Fear
 3. Happiness
 4. Sadness
- Some decrees can make us have wiswas/doubts and fear, so tranquility pushes it away.
 - In times of happiness, we need tranquility so that we don't over-react. If we don't have tranquility in times of happiness then we can be proud, arrogant and greedy.
 - And in times of sadness, we need tranquility so that we don't give up, lose hope or despair.

Tranquility (السكينة) in worships

1. Khushu'
 2. Submission
 3. Gathering of the heart
- When we want to do any worship, then we should do it with tranquility. When our heart is gathered, then we will have submission and khushu'.

Dignified tranquility (سكينة الوقار)

1. Khushu' in worships (سكينة الخشوع عند العبادة): a person respects the worships and his heart is in khushu'.
2. Tranquility in dealing with the people (سكينة عند معاملة الخلق): if people are arguing then don't argue with them; turn away and ignore. Truth doesn't need sound, but needs tranquility. Tranquility is not about doing what people want, but doing the truth and what is pleasing to Allah (ﷻ)
3. Tranquility is being pleased with his share (سكينة عند الرضا بالقسم): a person doesn't say 'why do they have and not me?'

'Shortcuts' to Tranquility (السكينة)

Hadith: (وعن البراء بن عازب رضي الله عنهما قال: كان رجل يقرأ سورة الكهف، وعنده فرس مربوط بشطنتين فتغشته سحابة فجعلت تدنو، (Al-Bara' reported that (وجعل فرسه ينفر منها. فلما أصبح أتى النبي صلى الله عليه وسلم، فذكر له ذلك فقال: " تلك السكينة تنزلت للقرآن") and there was a horse tied with two ropes at his side, a cloud overshadowed him, and as it began to come nearer and nearer his horse began to take fright from it. He went and mentioned that to the Prophet (ﷺ) in the morning, and he (ﷺ) said: That was tranquility which came down at the recitation of the Qur'an.)

– Sahih Muslim Book 6, Hadith 284

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Welcoming Ramadan with Tranquility
13 May 2018 – 27 Shaban 1439

- Reciting the Quran out loud brings forth tranquility.

Hadith: وعن أبي هريرة رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: "ما اجتمع قوم في بيت من بيوت الله يتلون كتاب الله، وذكرهم الله فيمن عنده (ويتدارسونه بينهم، إلا نزلت عليهم السكينة، وغشيتهم الرحمة، وحفتهم الملائكة، وذكرهم الله فيمن عنده (The Messenger of Allah (ﷺ) said, "Any group of people that assemble in one of the Houses of Allah to recite the Book of Allah, learning and teaching it, tranquility will descend upon them, mercy will engulf them, angels will surround them and Allah will make mention of them to those (the angels) in His proximity.") – Riyadh As Saliheen, Muslim Book 9, Hadith 1023

- May Allah (ﷻ) never deprive us from the study circles because this is one of the means for tranquility to descend, though there should be recitation of the Quran and studying it.

May Allah (ﷻ) make us welcome the month of Ramadan with tranquility. Ameen.