

SOFTENING THE HEART

Kitāb az-Zuhd wa'r-Raqā'iq

ABDULLĀH IBN AL-MUBĀRAK

Translated by
AISHA BEWLEY



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<i>Author</i>	Abdullāh ibn al-Mubārak
<i>Translator</i>	Aisha Bewley
<i>Editors</i>	Shoaib Shah, Salim Azhari
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INTRODUCTION

MUSLIMS TODAY ARE suffering from an illness, unaware and oblivious to its harmful consequences. The illness in question? We have become attached to this worldly life and its adornments, and are ignoring the realities of the afterlife. The result is that our communities are weak, disrespected and even oppressed.

The Companions of the Prophet ﷺ were not affected by these ailments, and therefore, their progress was not stifled. These men and women were mentored by the Prophet ﷺ, and through their unwavering belief, became towering examples of what a Muslim should aspire to be. They honoured Islam, so Allah ﷻ honoured them.

Allah ﷻ says,

﴿رُئِيَ لِلَّذِينَ كَفَرُوا الْحَيَاةَ الدُّنْيَا وَيَسْخَرُونَ مِنَ الَّذِينَ آمَنُوا وَالَّذِينَ اتَّقَوْا
فَوَقَّهْمُ يَوْمَ الْقِيَامَةِ وَاللَّهُ يَرْزُقُ مَنْ يَشَاءُ بِغَيْرِ حِسَابٍ﴾

To those who disbelieve, the life of this world is painted in glowing colours and they laugh at those who believe. But on the Day of Rising, those who fear Allah will be over them. Allah provides for whomever He wills without any reckoning. (2:212)

Muslims must strive not to be distracted by the temporary nature of this worldly life, and we should not view the troubles and calamities that occur in this life negatively, because the Next World is the ultimate goal.

To help revive these Islamic values, we present to you one of the most reputable books on the topic of rejection of worldly life: *Zuhd of ‘Abdullāh Ibn al-Mubārak*. This edition is unique for several reasons: the inclusion of detailed introductions to the topic, the book, and its author; removal of