

SINS

The Poison of
the Heart

Dr Haifaa Younis



Sins: The Poison of the Heart

Published by:

ilmStore.in

7-2-167, Itwara Bazar, Nanded

Maharashtra, India – 431604

www.ilmStore.in | info@ilmStore.in | Tel: +91 9422009767

in arrangement with:

Kube Publishing Ltd,

Markfield Conference Centre,

Ratby Lane Markfield,

Leicestershire LE67 9SY,

United Kingdom.

Tel: +44(0)1530 249230

email: info@kubepublishing.com

www.kubepublishing.com

Copyright © Haifaa Younis 2023

All rights reserved

The right of Haifaa Younis to be identified as the author of this work has been asserted by her in accordance with the Copyrights, Designs and Patents act, 1988.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the copyright owner.

All royalty proceeds from the sale of this book go to Jannah Institute.

Cataloguing-in-Publication Data is available from the British library

ISBN 978-93-95860-48-2

This mono-colour edition is published by ilmStore.in in India and is authorised for sale only in India, Bangladesh, Myanmar, Nepal, Sri Lanka & the Maldives.

Cover design: Afreen Fazil (Jaryah Studios)

Typesetting: LiteBook Prepress Services

Dedication

To the two gems who taught me everything. I am the result of their hard work and dedication.

My parents

وَقُلْ رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا ﴿٢٤﴾

Wa-qul Rabbi irhambuma kama rabbayani saghira

And Say: “Lord, show mercy to them as they nurtured me when I was small.” (*al-Isrā*, 17:24)

Table of Contents

Preface	vii
Chapter 1 The Importance of Learning About Sins	1
Do Not Undermine Sins	4
Immorality	6
Self-Accountability	7
Lessons from the Prophets ﷺ	8
Adam ﷺ	8
Nuh ﷺ	10
Salih ﷺ	11
Lut ﷺ	11
Musa ﷺ	12
Chapter 2 Major Sins: The Poison that Kills the Heart	13
Identifying Major Sins	15
Chapter 3 Sins Cause a Deficiency in Knowledge and Worship	25
Deprivation of Knowledge	25
Deficiency in Worship	31
Protection	34

Chapter 4	Sins Weaken our Relationship with Allah ﷻ	37
	Protection	43
Chapter 5	Sins Strengthen our Relationship with Shaytan	49
	The Tricks of Shaytan	54
Chapter 6	Sins cause Affliction	63
	Sins withhold Provision	66
	Sins cause Calamities	69
	Protection	72
Chapter 7	Sins affect the Heart	77
	Sickness of the Heart	82
	Goodness of the Heart	86
	The effects of Good and Bad Deeds on the Heart	88
	Protection	93
Index		97

Preface

In the name of Allah, the Most Merciful, the Most Compassionate.

All praise is for Allah ﷻ. We praise Him ﷻ, seek His ﷻ Help, and ask His ﷻ Forgiveness. We seek refuge in Him ﷻ from the evil of our own souls and from the wickedness of our deeds. Whoever Allah ﷻ guides, nothing can make him lost, and whoever He ﷻ makes lost, nothing can guide him. I bear witness that no one has the right to be worshipped but Allah ﷻ, Who has no partner, and I bear witness that Muhammad ﷺ is His slave and His Messenger.

عَنْ أَنَسٍ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: كُلُّ بَنِي آدَمَ خَطَّاءٌ وَخَيْرُ
الْخَطَّائِينَ التَّوَّابُونَ

An Anasin anna al-nabiyya, salla Allahu ‘alayhi wa-sallam qala: “Kullu Bani Adama khatta’un wa-khayru al-khatta’in al-tawwabun.”

It was narrated from Anas that the Messenger of Allah ﷺ said: “Every son of Adam commits sin, and the best of those who commit sin are those who repent.” (*Ibn Majah*, 4251)

We all sin (commit acts of disobedience to Allah ﷻ) on a daily basis. However, in many cases, we are unaware and neglectful of the sins we commit, and underestimate the consequences they have on us, our relationship with Allah ﷻ, other people, and even the environment.

We are often torn between the comfort of ayāt like: