

# Hatred



## Learning Objectives

In this lesson, I will:



Recall what the Prophet صلى الله عليه وسلم said about hatred

Reflect on the qualities of the man promised Jannah

Explain how to attain a hatred-free heart



## Key Words

Hatred

Enmity

Criticise

## T Thinking Starter

What happens to your heart when you feel hatred towards someone?



## Hatred: A Deadly Disease

Do you stop talking to someone over something petty? Do you feel anger boiling in your heart towards someone who said or did something hurtful, and you can't stop thinking about how you're going to take revenge?

These negative feelings are the feelings of **hatred** and **enmity**, which chip away at your heart and make it very rusty. The Prophet صلى الله عليه وسلم warned us about this dangerous disease of the heart:

**“Beware of hatred, for it is the shaver. I do not say that it shaves hair, but rather it shaves away the din.” (al-Adab al-Mufrad)**

This means that hatred destroys the din of the people. Shaytan loves it when we fight with each other. He knows that by breaking our relationships and families, he can weaken our iman and our Ummah.



Hatred is not always bad. Can you think of people in history who we should hate?





## Task 1

Imagine and draw a heart that is full of...

...hatred and enmity

...love and kindness

Write as many adjectives  
as you can to describe  
a person who has these  
types of hearts.

### IT'S STORY TIME!

## Person of Paradise

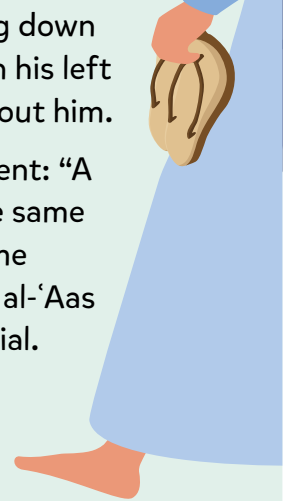
One day, as the Sahabah were sitting with the Messenger of Allah ﷺ, he said, "A man from the people of Paradise is coming to you." The Sahabah were curious – who could this special person be?

Soon, a man from the Ansar walked in. Water was still trickling down his beard after doing wudu, and he was carrying his slippers in his left hand. There didn't seem to be anything particularly special about him.

The next day, the Prophet ﷺ repeated the same statement: "A man from the people of Paradise is coming to you." Again, the same man from the Ansar walked in. On the third day, the exact same thing happened. This made the Sahabi 'Abdullah ibn 'Amr ibn al-'Aas very curious. He wanted to know what made this man so special.

So, 'Abdullah رضي الله عنه approached the man and said, "I've had a disagreement with my father, and I swore that I will not enter my home for three days. May I stay with you?" The man agreed, and 'Abdullah stayed with him for three nights.

During those nights, 'Abdullah observed everything the man did. He noticed that the man did not wake up to pray at night, but when he turned in his sleep, he would **remember Allah** and glorify Him until he got up for Fajr salah. 'Abdullah also noticed that **the man only spoke good and kind words**.



After three days, ‘Abdullah couldn’t contain his curiosity any longer. He said to the man, “I didn’t really have a disagreement with my father.” He then told him what Muhammad ﷺ had said about him for three days in a row. “I just wanted to see what you do to be like you! But I didn’t see you doing many special deeds. Why did Allah’s Messenger ﷺ say that about you?”

The man said, “There’s nothing more to me than what you saw, except that I **don’t hold any grudges against any Muslims**, and I don’t envy anyone for the good things Allah has given them.”

When ‘Abdullah heard this, he realised what made the man special. It wasn’t that he performed lots of extra deeds but he had a pure heart: **free from hatred and jealousy**. ‘Abdullah then understood that this was a rare and beautiful quality, something very hard for most people to achieve. “That is how you obtained this position! Something we struggle to do!”



## Task 2

**What was so special about this Companion رضي الله عنه that the Prophet ﷺ described him as ‘a man of Paradise’?**

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## The Remedy For Hatred

- 1 **Forgive** the person who has hurt you and be patient. Remember that you also make mistakes and just as you want Allah to forgive your sins, you should forgive others. Sometimes you might be angry with someone, but that does not mean you hate them. Give yourself time to calm down and fill your heart with good feelings instead.
- 2 **Be good** to those you have negative feelings towards. Give them gifts and do nice things for them, especially when you don’t feel like it. Praise them when your heart wants to **criticise** or backbite about them. Meet them with respect and humility.
- 3 **Do du‘a for them**, especially when you don’t really feel like doing so.

**Criticise:** To find problems or mistakes in someone.





### Task 3

Help Dr. Qalb Salim respond to Khansa.

Hatred-Free Heart

**Dr. Qalb Salim**  
drqalbsalim@mail.com

**To** khansa@mail.com

**Subject** Hatred-Free Heart

Cc Bcc

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Reply

Forward

Dear Dr. Qalb Salim,

I have two friends who have been upset with each other for the last three days. Now they are saying that they hate each other. What can I do to help them attain a hatred-free heart?

JazakAllahu Khayra,

Khansa

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Send

**I Act On What I Learn**

I will have a hatred-free heart!



I polish my heart!

### P Progress Check



1. What did the Messenger ﷺ say about hatred?

2. What were the two special qualities of the Sahabi promised Jannah?

3. What should you do if you hate somebody?