

There are three different types of hearts.

1. The sound heart: that is free from bad deeds a heart that loves Allah, fear Allah and serves Allah.
2. The dead heart: The heart that doesn't know his Lord, and do not worship his Lord. And it is filled with luxury and the anger of Allah.
3. The sick heart: he is not dead but has some problems: he is in between good and bad.

There are causes to the above-mentioned situations: one should know that, Allah had created every part of the body for a particular purpose. So when that part falls sick, it ceases to function properly. E.g. when the eye is sick, seeing becomes difficult.

The sickness of the heart destructs the proper functioning of its purpose. Example: - wisdom, the love and worshipping of Allah, and protection from evil deeds. If a person knows everything and does not know his Lord, then his knowledge becomes useless.

The sign of knowing Allah is to love him. And to love Allah, is to obey Him. If a person disobeys his Lord, then he should know that his heart is sick. It is just like eating sand instead of food. If you eat sand, your stomach becomes sick. Because you have given him the wrong product.

How do we make our hearts sound:

- To accept Allah, read His book, and try to understand the meaning. So Allah says in chapter 8 verse 2 of the Qur'an: For, believers are those who, when Allah is mentioned, feel a tremor in their hearts, and when they hear His revelations rehearsed, find their faith strengthened, and put (all) their trust in their Lord. 3 Who establish regular prayers and spend (freely) out of the gifts We have given them for sustenance. 4. Such in truth are the believers. They have grades of dignity with their Lord, and forgiveness and generous sustenance.
- To be in the company of the believers like Friday prayers, meetings, and learning together.
- Thinking of the signs of Allah. Like His creations, the sky, the sun, moon and even the human being.
- To think about the punishment or wrath of Allah unto those who offended Him.

WHAT CAUSES THE HEART TO DIE

Refusing to accept the truth revealed by Allah. As we read in the Qur'an chapter 61 verse 5: and remember, Moses said to his people O my people, why do ye vex and insult me, though ye know that I am a messenger of Allah (sent) to you? Then when they went wrong, Allah let their hearts go wrong. For Allah guides not those who are rebellious transgressors, so such hearts are sealed. They go astray and their reward is the punishment of Allah. The Prophet Muhammad (may peace and blessings of Allah be unto him) said: a person will travel a long way seeking for wealth. After a long suffering, he will raise his hands saying oh! My Lord oh! My Lord. And he acquired his sustenance through illegal means, how will Allah answer his demands. He eats and wears his clothes through forbidden means.

WHAT CAUSES THE HEART TO BECOME SICK

· Looking at what is forbidden. The Prophet says: looking is a poisonous arrow within the poisons of Satan. Allah says in chapter 24 verse 30: say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them, and Allah is well acquainted with all that they do. And say to the believing women that they should lower their gaze and guard their modesty, that they should not

· display their beauty and ornaments except what (ordinarily) appear thereof, that they should draw their veils over their bosoms. Why, because this can cause a person to commit a sin, and it will affect the heart.

Brothers and sisters, there is no medicine to the sickness of the heart except what Allah revealed through His book. He says in it we can find guidance, and a remedy to the heart. So please accept the book of Allah and the practise of His messenger. If you really expect light and guidance. So the Prophet used to pray that may Allah strengthen his heart with faith. You should also direct your family at all times. Stay away from gossiping, backbiting, envy, jealousy, hatred and anger, and allow the Qur'an to be your guide.

Allah says: chapter 42 verse 52: and thus we have by our command sent inspiration to thee thou knowest not (before) what was revelation and what was faith, but we have made the (Qur'an) alight, wherewith we guide such of our servants as we will. And verily thou dost guide (men) to the straight way. 53 the way of Allah, to whom belongs whatever is in the heavens and whatever is on the earth. Behold (how) all affairs tend towards Allah.