Khutbah 1: Protecting Our Hearts in an Age of Distraction

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First Khutbah — Arabic Opening

Innal hamda lillah,
nahmaduhu wa nasta‘eenuhu wa nastaghfiruhu,
wa na‘oodhu billahi min shuroori anfusina
wa min sayyi’aati a‘maalina.

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ، وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا.

▶ Listen to pronunciation

Man yah-dihi-llahu falaa mudilla lah,
wa man yud-lil falaa haadiya lah.

مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يُضْلِلْ فَلَا هَادِيَ لَهُ.

▶ Listen to pronunciation

Wa ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah,
wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh.

وَأَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

▶ Listen to pronunciation

Yaa ay-yuhal-ladheena aamanut-taqul-laha haqqa tu-qaa-tihi
wa laa tamootunna illaa wa antum muslimoon.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

▶ Listen to pronunciation

Yaa ayyuhan-naasu-ttaqu rabbakumul-ladhee khalaqakum min nafsin waahidah,

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ،

▶ Listen to pronunciation

wa khalaqa minhaa zawjahaa,
wa baththa minhumaa rijaalan katheeran wa nisaa’aa.

وَخَلَقَ مِنْهَا زَوْجَهَا، وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً.

▶ Listen to pronunciation

Wattaqullahal-ladhee tasaa’aloona bihi wal-arhaam.
Innallaha kaana ‘alaykum raqeebaa.

وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ، إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا.

▶ Listen to pronunciation

Yaa ayyuhalladheena aamanu-ttaqullaha wa qooloo qawlan sadeedaa.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا.

▶ Listen to pronunciation

Yuslih lakum a‘maalakum wa yaghfir lakum dhunoobakum.

يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ.

▶ Listen to pronunciation

Wa man yuti‘illaha wa rasoolahu faqad faaza fawzan ‘azeemaa.

وَمَنْ يُطِعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا.

▶ Listen to pronunciation

Ammaa ba‘d.

أَمَّا بَعْدُ.

▶ Listen to pronunciation

Fa inna asdaqal hadeethi kitaabullah,

فَإِنَّ أَصْدَقَ الْحَدِيثِ كِتَابُ اللَّهِ،

▶ Listen to pronunciation

wa khayral hadyi hadyu Muhammadin sallallahu ‘alayhi wa sallam,

وَخَيْرَ الْهَدْيِ هَدْيُ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ،

▶ Listen to pronunciation

> **wa sharral umoori muh-dathaa-tuhaa,**
> **wa kulla muh-dathatin bid‘ah,**
> **wa kulla bid‘atin dalaalah,**
> **wa kulla dalaalatin fin-naar.**
>
> وَشَرَّ الْأُمُورِ مُحْدَثَاتُهَا، وَكُلَّ مُحْدَثَةٍ بِدْعَةٌ، وَكُلَّ بِدْعَةٍ ضَلَالَةٌ، وَكُلَّ ضَلَالَةٍ فِي النَّارِ.
>
> ▶ Listen to pronunciation

First Khutbah

My dear brothers in Islam, I remind myself and you to have taqwa of Allah. Every day brings us closer to meeting Him.

Today, our hearts face a serious problem: distraction. We can spend an hour on our phones without noticing, yet struggle to focus for a few minutes in salah.

Allah says in Surah Al Hadid, (verse 16):

“Is it not time for believers to humble their hearts to the remembrance of Allah”

My dear brothers in Islam, has that time not come for us? To protect our eyes, pray properly, and stop giving all our free time to things that bring us no closer to Allah?

The Prophet, Sallahu Alayhi wa Salam, said in Sahih al-Bukhari (Hadith 6412):

“There are two blessings, which many people lose: health, and free time.”

Once an hour passes, it never returns. A phone can be useful, but it can also waste our time, lead us into sin, and make us unhappy with the blessings Allah has already given us.

Allah says in Surah Ar Rad, (verse 28):

“truly it is in the remembrance of Allah that hearts find peace”

So begin with three changes. First, guard your salah and pray on time. Second, put the phone away when it takes you from Allah or your family. Third, spend a little time each day reading Qur’an and remembering Allah.

And if you have fallen short, return to Allah. Ask His forgiveness and try again. Do not wait for a perfect day.

One day we will leave our phones, homes, and wealth behind. Only our deeds will matter. May Allah soften our hearts and help us use our time wisely.

End of First Khutbah — Forgiveness

> **Aqoolu qawlee haadhaa,**
> **wa astaghfirullaha lee wa lakum,**
> **wa li saa’i-ril muslimeena min kulli dhanb.**
> **Fastaghfirooh, innahu huwal ghafoorur raheem.**
>
> أَقُولُ قَوْلِي هَذَا، وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ، وَلِسَائِرِ الْمُسْلِمِينَ مِنْ كُلِّ ذَنْبٍ، فَاسْتَغْفِرُوهُ، إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ.
>
> ▶ Listen to pronunciation

Sit briefly between the two khutbahs.

Second Khutbah — Arabic Opening

> **Alhamdulillahi rabbil ‘aalameen, was-salaatu was-salaamu ‘alaa ashrafil anbiyaa’i wal mursaleen, nabiyyinaa Muhammadin, wa ‘alaa aalihi wa sahbihi ajma‘een.**
>
> الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى أَشْرَفِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ، نَبِيِّنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ.
>
> ▶ Listen to pronunciation

> **Ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah, wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh. Ammaa ba‘d.**
>
> أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. أَمَّا بَعْدُ.
>
> ▶ Listen to pronunciation

Second Khutbah

My dear brothers in Islam, again I remind myself and you to have taqwa of Allah.

The message is simple: use this world, but do not let it take your heart away from Allah.

Allah says in Surah Adh Dhariat, (verse 56):

“I created jinn and mankind only to worship Me.”

Do not keep saying, “I will change later.” Later is not promised. Start today with one real change: protect your salah, leave a harmful habit, or read Qur’an every day.

Parents, lead your children by example. Let them see you pray, put down your phone, and remember Allah.

May Allah forgive us, guide our families, protect our young people, and grant us Jannah.

Closing Dua

In-nal-laaha wa ma-laaa-e-ka-ta-hoo yu-sal-loo-na 'alan-na-bee,
yaaa ay-yu-hal-la-thee-na aa-ma-noo sal-loo 'a-lay-hi wa sal-li-moo tas-lee-maa.

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ، يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا.

▶ Listen to pronunciation

Allah humma Sali wa salam wa barik ala Muhammadin wa ala alley Muhammad

اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ.

▶ Listen to pronunciation

Allahummaghfir lil-muslimeena wal-muslimaat, wal-mu'mineena wal-mu'minaat, al-ahyaa'i minhum wal-amwaat.

اللَّهُمَّ اغْفِرْ لِلْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ.

▶ Listen to pronunciation

Rabbanaa zalamnaa anfusanaa, wa illam taghfir lanaa wa tarhamnaa, lanakoonanna minal-khaasireen.

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ.

▶ Listen to pronunciation

Rabbanaa aatinaa fid-dunyaa hasanah, wa fil-aakhirati hasanah, wa qinaa 'adhaaban-naar.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ.

▶ Listen to pronunciation

Final Khutbah Closing

Ibaadallah,
innallaha ya’muru bil-‘adli
wal-ihsaani
wa eetaa’i dhil-qurbaa,
wa yanhaa ‘anil fahshaa’i wal-munkari wal-baghy.
Ya‘izukum la‘allakum tadhakkaroon.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ، وَيَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ.

▶ Listen to pronunciation

Wa akhiroo da3wanal humdoolilahi rubul Alameen.
Wa Aqimis-salaah.

وَآخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. وَأَقِمِ الصَّلَاةَ.

▶ Listen to pronunciation