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 advise myself first, and then all of you, to have taqwa of Allah. Remember that every day brings us closer to meeting Him.

Today’s khutbah is about protecting our hearts in an age of distraction.

We can speak to people across the world in seconds, but struggle to focus when we speak to Allah in salah. We can scroll through our phones for an hour, but struggle to read one page of Qur’an.

Our problem is not simply that we are busy. It is that so many things keep us busy while our hearts move further away from Allah.

Allah says in Surah Al Hadid, (verse 20):

“the present life is just a game, a diversion, an attraction”

The world is not all bad. We work, provide for our families, and enjoy what Allah has made halal. But the world becomes a danger when it makes us forget why we are here.

Think about how easily this happens. You pick up your phone to check one message. Then you watch a video, then another. Before you know it, half an hour has gone.

You see people with bigger houses, better cars, and expensive holidays. Suddenly, the blessings you were happy with yesterday no longer seem enough.

What we keep looking at affects our hearts. When we feed our hearts with comparison, we become ungrateful. When we feed them with haram images and useless arguments, our iman becomes weak.

And this does not affect only the person holding the phone. Think about a family sitting in the same room. The parents are looking at their screens. The children are watching videos. Everyone is there, but nobody is really talking. We can spend an evening together and still miss the chance to be close to one another.

Our children need more than food, clothes, and a roof over their heads. They need our time. Our parents, especially when they become older, need to hear our voices and feel that we have not forgotten them. Sometimes a few minutes of real attention means more than an expensive gift.

And think about the times when the call to prayer comes. Do we answer it, or do we tell ourselves, “Just one more minute”? That minute can easily become ten. We should not allow a screen to decide when we remember Allah.

None of this means that every phone or every video is wrong. The question is simple: is this helping me, or is it taking me away from something more important? When we begin to ask that question, we begin to take control of our time.

Allah asks us 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, ask yourselves: has the time not come for me? To protect my eyes? To fix my salah? To stop wasting so much time? To return to the Qur’an and make tawbah?

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.”

We often think we will always have both. But every hour that passes is an hour of our lives we can never get back. You can replace a phone, but you cannot replace yesterday.

And wasting time does more than take away our hours. It can slowly harden our hearts. Salah becomes something we rush. Reading Qur’an feels difficult. Remembering death becomes something we avoid.

Shaytan does not need to keep us openly rejecting Islam. Sometimes he only needs to keep us distracted, until we have little time left for Allah.

Allah warns us in Surah Al Munafiqoon, (verse 9):

“Believers, do not let your wealth and your children distract you from remembering Allah”

Even our families and our work, which can be blessings, must not make us forget Allah. So how much more careful should we be with things that bring no benefit at all?

A phone can help us learn Islam, listen to Qur’an, and stay close to family. But it can also lead us into sins we commit when nobody else can see us.

Allah says in Surah Ghafir, (verse 19):

“Allah is aware of the most stealthy of glances, and of all that hearts conceal”

My dear brothers in Islam, Allah sees what we do in private. Our faith should guide us when we are alone, just as it guides us in front of others.

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

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

So how do we protect our hearts? Start with three simple changes.

First, protect your salah. Pray on time. Do not keep giving Allah whatever time is left after everything else. If you want your heart to wake up, start with your prayer.

Second, take control of your phone. Do not begin every morning with scrolling. Pray Fajr and remember Allah first. Remove the pages and accounts that pull you towards haram. Give yourself time without a screen, especially when you are with family.

Third, replace wasted time with good deeds. Read a little Qur’an each day. Make dhikr. Visit your parents, help someone, or come to the masjid. Small good habits, done regularly, can change your life.

And when you fall short, make tawbah. Allah says in Surah Az Zumar, (verse 53):

“do not despair of Allah’s mercy. Allah forgives all sins”

Do not give up on Allah’s mercy. Feel regret, stop the sin, ask for forgiveness, and sincerely try not to return to it.

My dear brothers in Islam, one day our phones, homes, wealth, and accounts will all be left behind. What will matter is what we did with the time Allah gave us.

Ask yourself before this day ends: am I moving towards Allah, or away from Him?

May Allah soften our hearts, protect our time, strengthen our salah, and make us people of Qur’an, tawbah, and Jannah.

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 advise myself and all of you to have taqwa of Allah.

The message today is simple: do not let this world steal your heart. Use your phone, but do not let it control you. Earn money, but do not let money own you. Enjoy what is halal, but do not forget Jannah.

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

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

Worship is not only salah and fasting. Being honest, earning halal money, caring for your parents, raising your children well, and turning away from sin for Allah are all ways to please Him.

But we must stop telling ourselves, “I will change later.” I will pray properly later. I will leave that sin later. I will read Qur’an later.

My dear brothers in Islam, later is not promised. Death comes at the time Allah has chosen, whether we feel ready or not.

Make one real change today. Pray every salah on time. Stop following something that leads you to haram. Spend ten minutes with the Qur’an. Sit with your family without looking at your phone.

The Prophet, Sallahu Alayhi wa Salam, taught us that the most beloved deeds to Allah are those done regularly, even if they are small.

And parents, our children learn from what we do. If they always see us on our phones, how will we teach them self-control? If they see us neglect salah, how will they learn to love it?

Make your home a place where Allah is remembered. Pray together when you can. Let your children see kindness and good manners alongside our worship.

And take time to listen to what your children have to say. Let them finish speaking. Do not always interrupt them or judge them before you know what is troubling them. Make them feel heard, loved, and understood.

A child who feels safe talking to a parent is more likely to come home and ask for help when something goes wrong. But a child who feels that nobody will listen may turn to strangers online for answers. We cannot protect our children from every problem, but we can make sure they know that we are here for them.

And remember, our children also watch how we treat one another. When they see patience, respect, and forgiveness at home, those lessons stay with them. Let our actions teach the same goodness that we ask them to learn.

To our young brothers, do not let social media decide your worth. Your honour is in Islam. Follow the example of the Prophet Muhammad, Sallahu Alayhi wa Salam, not every passing trend.

My dear brothers in Islam, let us return to Allah while we still have time. May Allah forgive us, guide our families, protect our youth, and make our hearts firm upon His religion.

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