

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَدِدِ أَدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,  
The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon  
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his  
companions – *may Allah be pleased with them all*

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# Protect yourself from the Dunya

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Imam ibn Abid Dunya from a chain of narrators records from Ash'as bin Ishaq that Nabi 'Isa - *peace be upon him* - has stated that, "Do not place yourself in destruction by running after the Dunya. Or where you divorce yourself from religious things and run after the Dunya. Bear in mind that you came with nothing in this world (like a naked person) and in the same manner, you will leave this world. Today, you are extremely busy acquiring the Dunya, but tomorrow, you will be busy giving account for each thing." (Musnad Imam Ahmed)

The same narrates that once, Nabi 'Isa - *peace be upon him* - was asked to build a house. He then replied, "Those who were before us, their destroyed bones should be a sufficient lesson for us." (Qasar Al Amal)

Ta'us mentions that the Holy Prophet - *may Allah's peace and blessings be upon him* - has stated that, "Refraining from the Dunya is a means of peace for the body and heart and turning towards the Dunya increases sadness and grief." (Kanzul Ummaal)

The Holy Prophet - *may Allah's peace and blessings be upon him* - has also stated that, "Protect yourself from the world because it is a greater magician than even Harut and Marut". (Al Ihya)