

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَلَدِ آدَمَ 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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## To Refrain from the World

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Ibn Abid Dunya records from a long chain of narrators that someone once appeared in front of Hadrat Sayyiduna Abdullah ibn Utbah - *may Allah be pleased with him* - and the eminent scholar remained silent for a long time. He then asked, “Do you people wish to attain all good and other excellence in one single moment?” The person replied that yes, this is what he wanted. The great scholar replied, “Then do not concentrate on the world.”

Ibn Abid Dunya from Imam Zuhri - *may Allah be pleased with him* - who states that, “That person who does not allow the (consumption) of Haraam to supersede to his patience and does not allow the (consumption) of Halaal to stop him from (continuously) making Shukr to Allah, this is considered as Zuhd fid Dunya or protecting oneself from the material world.”

Ibn Abid Dunya has recorded from Hadrat Sayyiduna Ali - *may Allah be pleased with him* - who has mentioned that, “That person who does not pay attention to the world, (in other words, he turns away from material objectives), difficulties become easier for him to handle and he who waits for death, he will also be quick in doing noble deeds.”

Ibn Abid Dunya records from Hadrat Sayyiduna Hasan Basri - *may Allah be pleased with him* - who narrates that, “When the time came for Hadrat Sayyiduna Salman Farsi - *may Allah be pleased with him* - to leave this world, he began to weep. Someone asked him, ‘O Abu Abdullah, why are you crying after all, you are a blessed companion of the Holy Prophet - *may Allah’s peace and blessings be upon him?*’” He replied, “I am not weeping because I am fearful of leaving the world. I am weeping because the Holy Prophet - *may Allah’s peace and blessings be upon him* - took a promise with us and we have not upheld that promise. This is why I am weeping. We took an oath that we would be satisfied with just enough sustenance (in the world), which a traveller keeps with him.”

The most amazing thing about this blessed companion was that when he left this world and they did a calculation on the value of what he had left behind, it came to only thirty Dirhams!

There are people who leave behind thousands and millions and yet here is a blessed companion who only leaves items to the value of thirty Dirhams and still says that he has not kept his promise or oath!

Ibn Abid Dunya records from Hadrat Sayyiduna Urwah bin Zubair - *may Allah be pleased with him* - who states that the blessed Mother of the Faithful, Sayyidah Ayesha - *may Allah be pleased with her* - narrates that once the Holy Prophet - *may Allah’s peace and blessings be upon him* - mentioned to her, “O Ayesha! If you wish to meet me, then be satisfied with just enough sustenance which a traveller has. Before the clothing is not patched, do not set aside that clothing. Refrain from the company of the rich.” (Tirmidhi Shareef, Mustadrak, At Targheeb, etc)