



JKN FATAWA
YOUR QUESTIONS ANSWERED



FINDING YOUR SOULMATE AND KEEPING YOUR RELATIONSHIP HEALTHY

*Identifying your long lasting soulmate,
Communication Building and conflict
management tool kit*

Mufti Abdul Waheed

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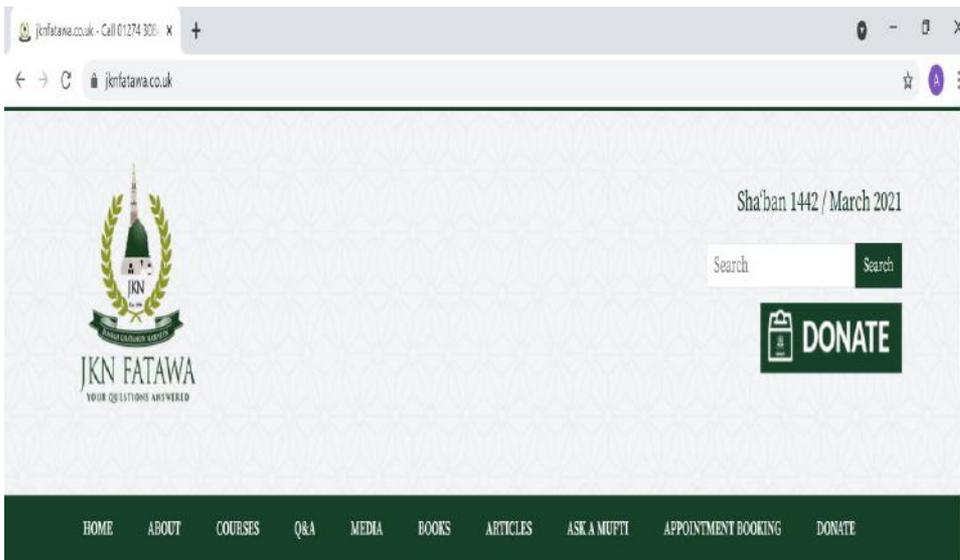
By

Mufti Abdul Waheed

Date 1-8-21

Agenda

Time	Session No:	Topic
12:00pm	Introduction	JKN Fatawa Department
12:05- 1:45pm	1 & 2	Searching for a spouse and Communication building
BREAK for 15 minutes and Salah		
2:00 - 2:40pm	3	Managing conflict
2:40- 3:00pm	4	Q&A and concluding remarks



Home

Announcements

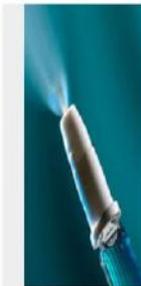
SPIRITUAL AND FIQH OF RAMADHAN COURSE FOR MALES AND FEMALES

Assalaamu alaikum Warahmatullah wa barakatuhu

JKN Fatawa department is pleased to announce three separate webinars on the spiritual and fiqh of Ramadhan.

1. Fiqh of Ramadhan for sisters - Saturday 3rd April 2-5pm by

Latest Articles



Nasal Flu Vaccination: Halal or Not?

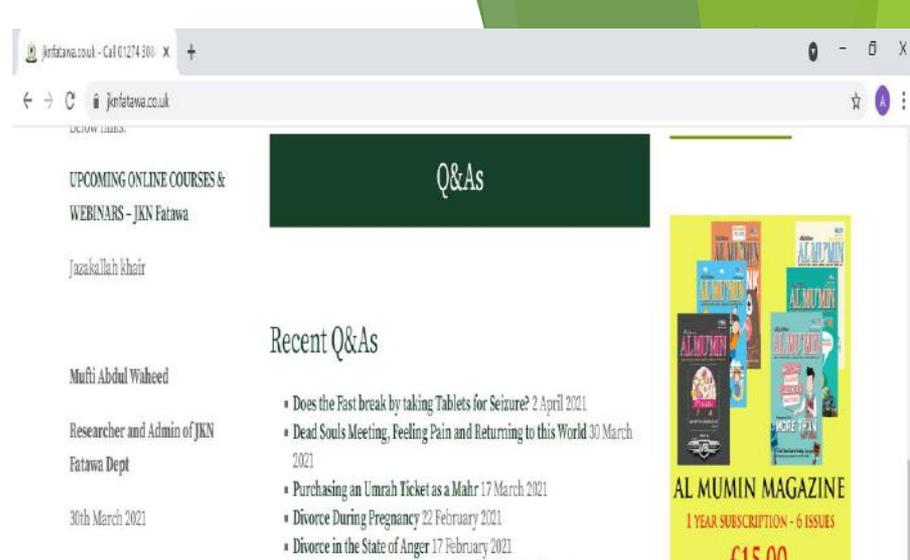
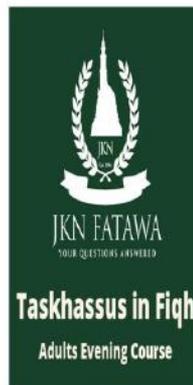
Download Article - Nasal Flu



Islamic Ruling on Alcohol Contained Products

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UPCOMING ONLINE COURSES & WEBINARS - JKN Fatawa

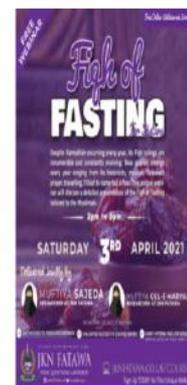
Jazakallah khair

Mufti Abdul Waheed

Researcher and Admin of JKN Fatawa Dept

30th March 2021

UPCOMING EVENT



Topic: Fiqh of Fasting for Sisters

Date: Saturday 3rd April 2021

Q&As

Recent Q&As

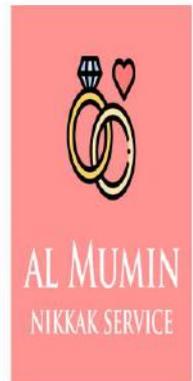
- Does the Fast break by taking Tablets for Seizure? 2 April 2021
- Dead Souls Meeting, Feeling Pain and Returning to this World 30 March 2021
- Purchasing an Umrah Ticket as a Mahr 17 March 2021
- Divorce During Pregnancy 22 February 2021
- Divorce in the State of Anger 17 February 2021
- Washing Impure Clothes in a Washing Machine 4 February 2021
- Iddah of a Woman Divorced Once 21 January 2021
- COVID Vaccine: Halal or Not? 8 January 2021
- Contraceptive Pills and Menstrual Bleeding 4 January 2021
- Can the Wife Spend Her Money Without her Husband's Permission? 28 December 2020

Latest Video



Buy Now 1 Year - 6 Issues 2021

JKN NIKKAH SERVICE



Important Areas covered in this Workshop



Soul mates

1. Searching for the Right Match



2. Healthy Communication

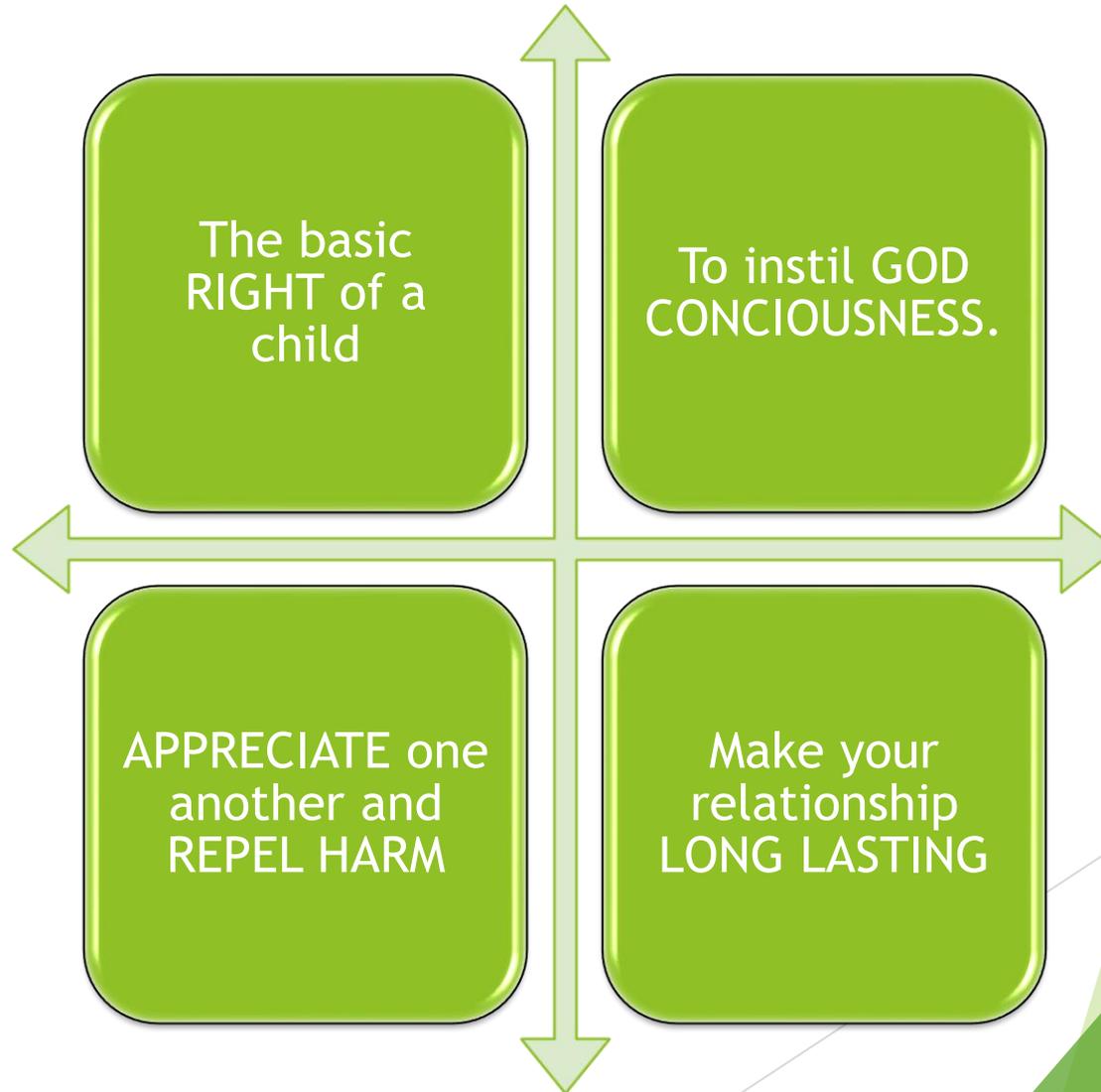


ANGER
MANAGEMENT

3. Suppressing the Storm - Dealing with Marital conflict

Session 1: Searching for the Right Quality

Why Should **QUALITY** matter?



Case Study 1:

Fatima (25yrs) receives a marriage proposal from a family (of the same ethnicity). Both come from a fairly religious background, however during the meeting between the two families, fatima's family stipulate these conditions; Zaid must have a degree like fatima, must work in a professional job earning minimum 20k a year, minimum 5.7ft in height, cannot be above 30yrs age, must move out of home immediately after marriage, small family, family oriented person, must not live within 30-40 miles radius otherwise must be willing to relocate himself.

1. Is Fatima's family being reasonable or not?
2. In your opinion do the above criteria increase or decrease her chances of success?
3. Which of the above conditions do you at least agree with?

Case Study 2

Zainab (25yrs) studies in University. During her studies, she becomes acquainted with a brother called Khalid of similar age. Both begin to have strong feelings for each other and decide they want to get married. Khalid approaches his family and agree to support him. However, Zainab's father is not accepting the proposal and instantly arrange her *rishta* in Pakistan. Zainab refuses this *rishta* on the basis of non-compatibility. In spite of her strong objection, her parents are still insisting on her marrying in Pakistan. You are a family member and Zainab approaches you for advice.

1. Is it wrong for Zainab and Khalid to meet in this way?
2. Does the authority of decision lie with Zaynab or her father? Why?
3. Would you advise Zainab to go ahead with the rishta in Pakistan or marry Khalid regardless?

Common **MISTAKES** when searching for a spouse

UNREASONABLE
Expectations

Focussing on
LESS
SIGNIFICANT
qualities

Prioritising SELF-
INTEREST over
others

MATERIELISM

Incorrect
guidance to
decision making.

Being INDECISIVE
in your
preferences

Sayyidunā Abū Hurairah (ra) relates that the Holy Prophet (saw) said, “A woman is married for (one of) four reasons; (1) Wealth (2) Beauty (3) Lineage (family nobility) (4) **Religion (piety), so choose the pious one or may your hands be covered with dust.**” (Bukhāri, Muslim)

Why prioritize the DEEN?

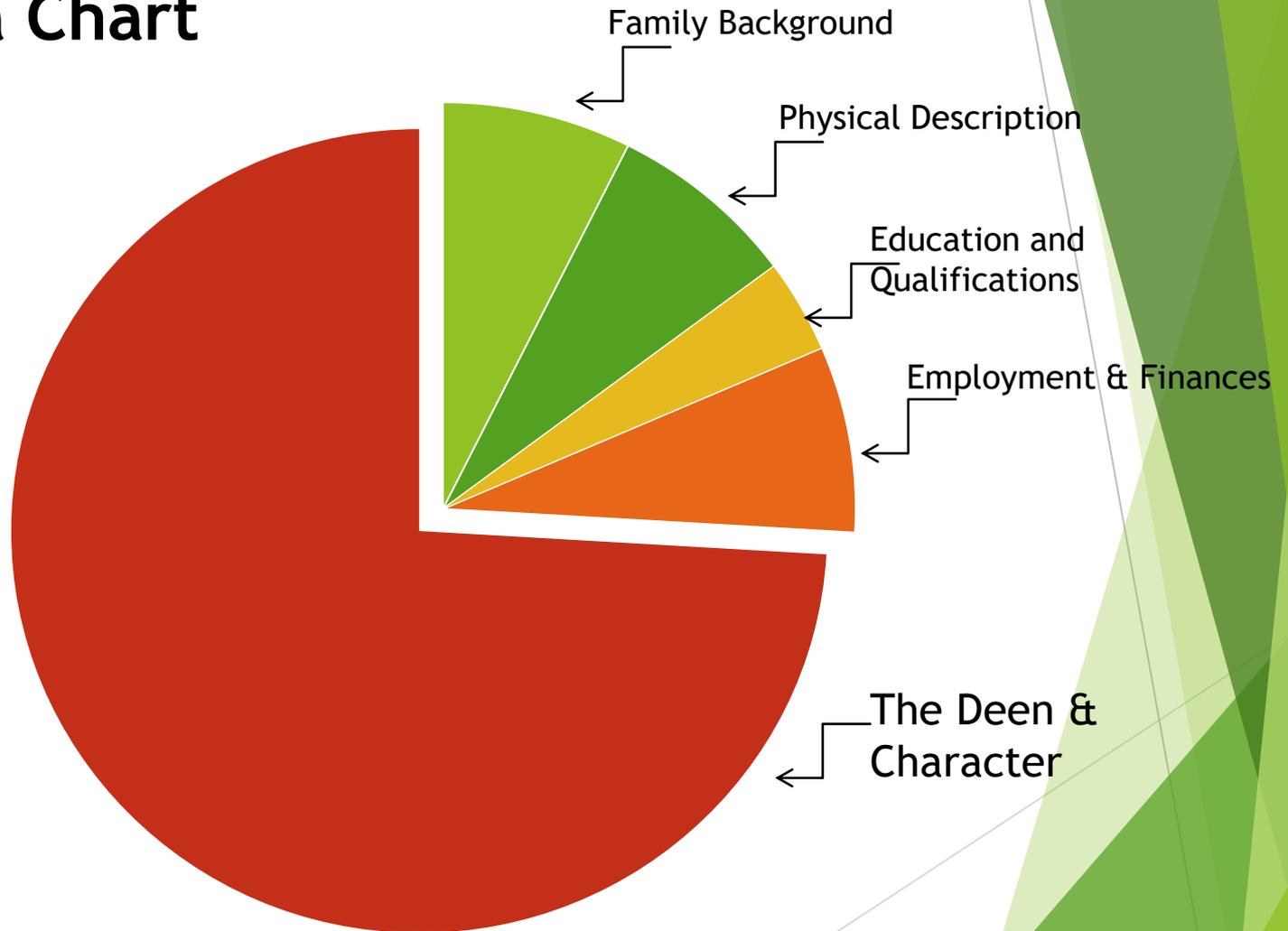
CONSCIOUSNESS of
accountability with Allāh.

HONOURING your spouse
and AVERTING harm.

Being a POSITIVE ROLE
MODEL for children.

ISLAMIC NURTURING of
children.

Criteria Chart



Important TIPS to Remember

1. Never to RUSH in your decision. Consult reliable people if need be.
2. So long as the Deen aspect is not compromised, respect their decision.
3. Be FOCUSED on what you want.
4. Know that you will never find a perfect match so always look at the positive qualities.
5. Allow a formal meeting between the girl and boy under a third person's observation.
6. Make Istikharah at the end.
7. Never to procrastinate the process.
8. Not to delay the marriage date so significantly when both parties amicably agree.
9. Remember to PRIORITISE the Deen

Session 2: Communicating Healthy

CASE STUDY 1 - CONSIDER THE FOLLOWING CASE



A couple have just been married for about two years. They both met through online marriage bureau and married through family consent. Both starting planning their marriage life each of them starting drawing their different expectations. Wife wanted to go on holidays, celebrate birthday parties and visit family and friends. Husband however wanted his wife to reduce her working hours and spend more time at home. After six months both starting having issues. She complains that her husband doesn't take her out often. She feels that he was being dishonest. He expects her to do all of the household chores. Husband on the other hand complains that she is being too demanding. Both are expecting a child very soon and want to resolve the matter.

How would you advise this couple about marriage?

CASE STUDY 2 - Identify the problems in this conversation

Wife

W: “I’m fed up of living like this. It’s too much.”

W: “It’s just getting too much for me. I feel I’m just being used with no consideration”

W: “Don’t you understand what I’m going through? I have to do everything at home and you do nothing. Your parents are not helping either.”

Husband

H: “Here we go now. It’s expected. What’s the matter?”

H: “What are you talking about?”
Who’s using you?

H: “Don’t say that. I work much harder than you think. Don’t give me that rubbish. I provide expenses, fees for children, give spending money, pay the rent and bills. I take care of all the financial responsibilities. Your job is to take care of the house. You don’t do it then who else?”

“The relationship between a husband and wife should be that of mutual friendship, not master and slave relationship. Yes a man is a leader in managing the domestic affairs but in social conduct, they are mutual friends.”

(Hakeemul Ummah Shaykh Ashraf Ali Thanwi)

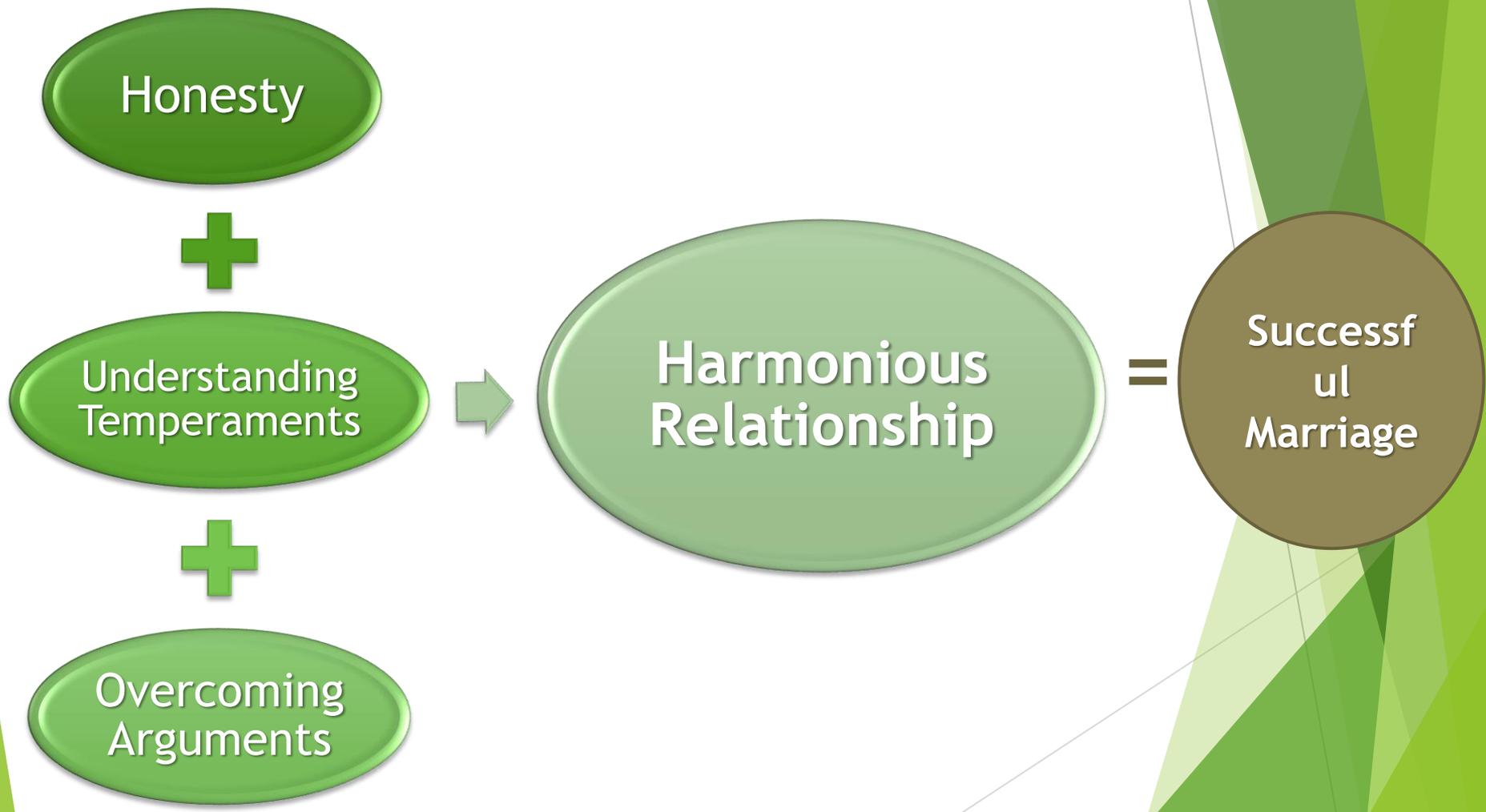
هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ لِبَاسٌ لَهُنَّ

“They (wives) are garments for you (husbands) and you are garments for them. [2:187]

Why the Resemblance to a Garment?

- ▶ Strong Connection
- ▶ Adornment in Appearance
- ▶ Concealing their Private Affairs
- ▶ Dependant on Each Other
- ▶ Solace and Comfort
- ▶ Safeguarding One another
- ▶ Rectifying their mistakes
- ▶ Leadership lies with the man

Golden Rule



1. What Entails Honesty?

1. Receptiveness
2. Understanding the situation
3. Admitting to ones mistakes
4. Never blames others constantly
5. Knowing ones priorities
6. Maintenance of rights
7. Loyalty/compassion

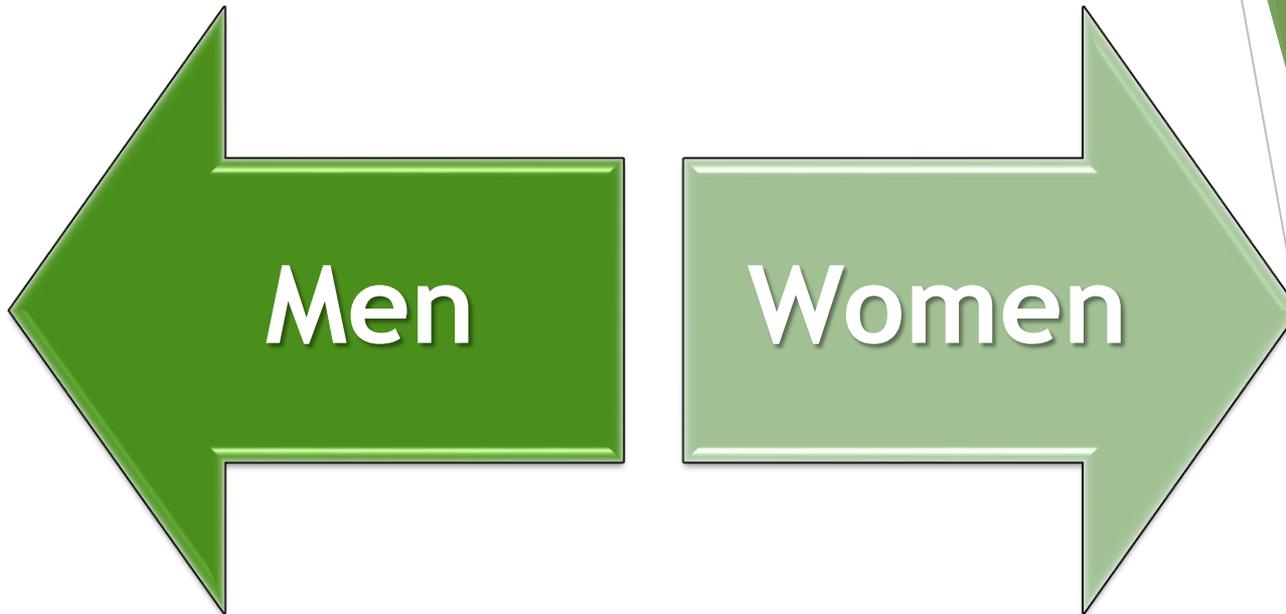
2. Different Temperaments

“Men are from Mars, women are from Venus”

(John Gray)

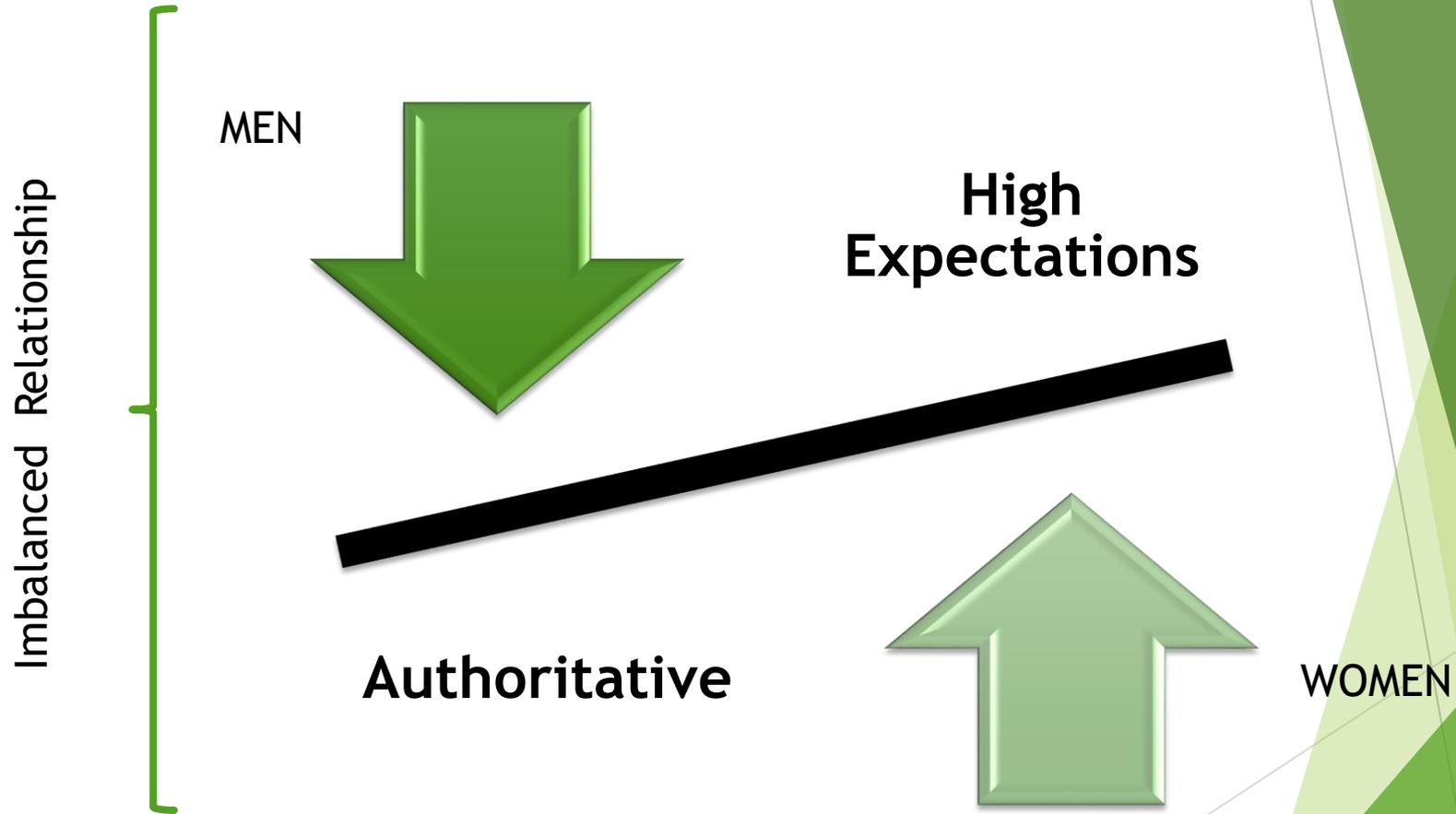
“When men and women are able to respect and accept their differences then love has a chance of blossom” *(John Gray)*

This is How Marriage Relationship Begins



- Different Understanding of one another
- Not Knowing what to expect
- Risk and hesitation

When the couple don't understand each other



What should women know about men

Personal Space

- Deal with issues by themselves
- Comfort Zone
- Don't welcome unsolicited advice

Think Rationally

- More rational thinkers than emotion
- Try to make sense of things logically

Independent

- Look for ways to solve their own problems
- Take charge of their own responsibilities

Sayyidah Aisha (ra) relates those accounts of the Holy Prophet (saw) that served as a prelude to his prophethood. Among them was that isolation became beloved to the Prophet (saw) and thus would retreat to the cave of Hira.

(Bukhari)

The Prophet's (saw) reasons for Isolation:

1. To evade the repugnant practices of his society.
2. Remembering Allāh
3. Seeking to reform his community.
4. To solve the problems of mankind
5. Prevent people from idol worship.

How to Communicate Support to your Husband?

1. Give him his personal space when he needs it
2. Let him come to you
3. Don't try to be his mother
4. Avoid questioning him about every detail matters
5. Let him be who he is.
6. Laugh and joke with him
7. Never say no to intimacy
8. Avoid being judgmental
9. Not to be suspicious over him
10. Informing vs Nagging

What Men need to know about Women

Emotions

- Get emotionally attached to pleasant things
- Seek to impress others
- Think with their heart and overwhelmed easily

Talkative

- Like talking to others
- Find comfort in expressing their feelings
- Exploring detail things

Nurturing

- Subservient, supportive, caring, altruism, concerning.

Sayyiday Aisha (ra) reports that the wife of Aws Ibn Samit (ra), Khawlah bint Tha'labah (ra), came to the Messenger of Allāh (saw) disputing with him in regards to her husband who issued *Zihār* against her. She continued disputing with him until Allāh Almighty revealed the beginning verses of Surah Mujadalah.

(Qurtubi, Ma'āriful Qur'ān)

How to Communicate Support to your Wife?

1. Listen to her when she speaks to you
2. Be soft in your tone
3. Don't neglect her when she needs you.
4. Don't be judgmental straight away
5. Avoid unnecessary suspicion.
6. Never expect her to communicate with you on to your level.
7. Let her be herself
8. Don't seek to rectify every (natural) shortcomings in her

The Messenger of Allāh (saw) said, “I command you to take care of the women in a good manner for they are created from a rib and the most crooked portion of the rib is its upper part; if you try to straighten it, you will break it, and if you leave it, it will remain crooked, so I command you to take care of the women in a good manner.” [Bukhari]

Who is an Ideal wife?

- ▶ Respects the man she loves
- ▶ Supports him and defends his honour
- ▶ Controls her anger - avoids the sins of the tongue
- ▶ Contentment
- ▶ Open about her feelings - Admits when she is hurt
- ▶ Generosity
- ▶ Subservient to him
- ▶ Safeguards his property in his absence
- ▶ Does not doubt him
- ▶ Respects his judgment
- ▶ Does not judge him
- ▶ Fulfils his needs

The Messenger of Allāh (saw) said,

“Any woman who prays her five Salahs, fasts the month (of Ramadhān), protects her chastity and obeys her husband shall enter paradise through whichever door she desires.” [Mishkāt]

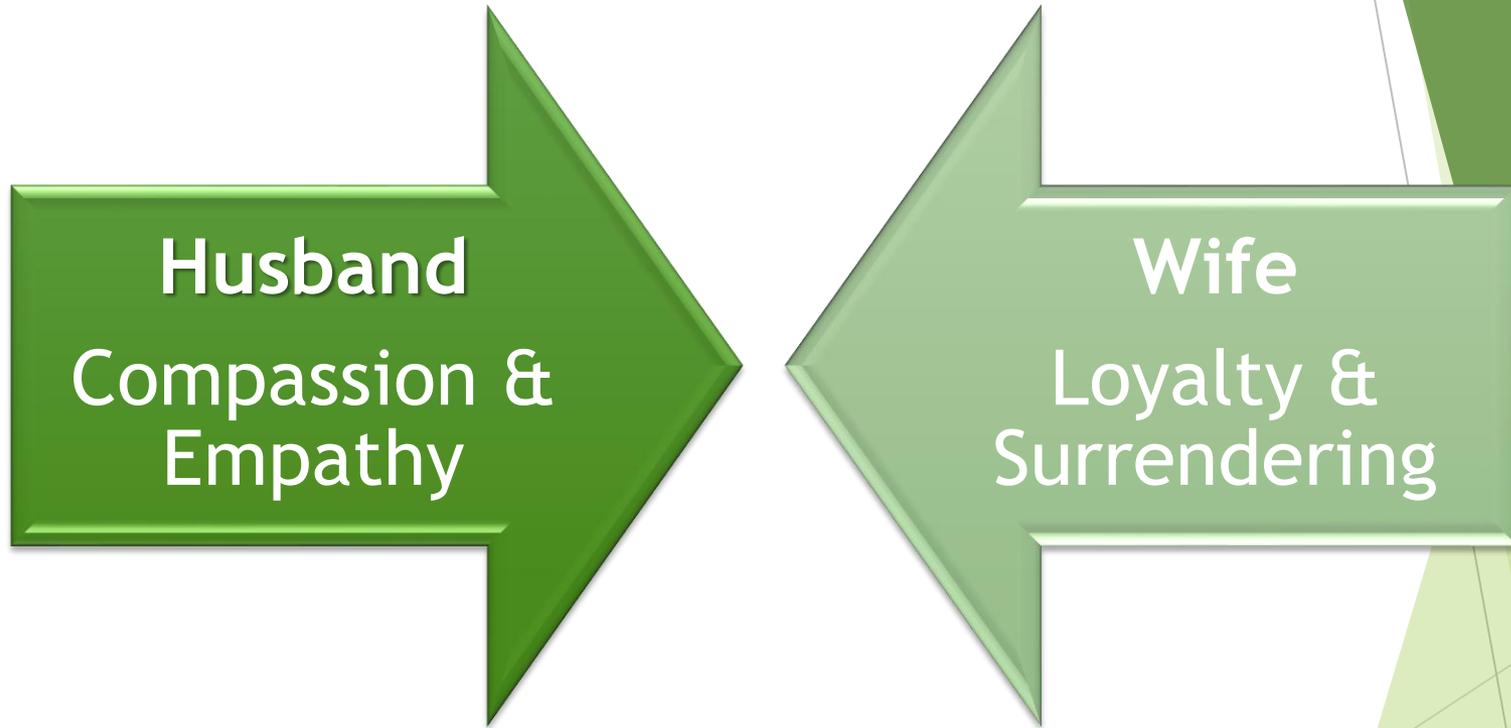
“Any woman who dies whilst her husband is pleased with her will enter paradise.” [Tirmizi]

Who is an Ideal Husband?

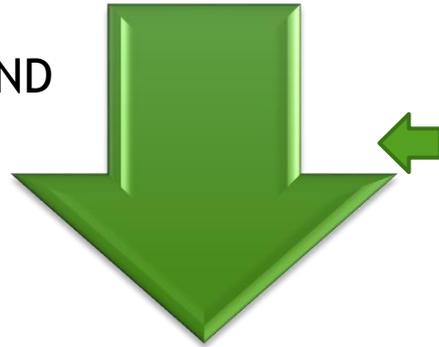
- ▶ Cheerful and sociable
- ▶ Never brings outside problem home
- ▶ Overlooks her natural mistakes
- ▶ Patient over her shortcomings
- ▶ Helps out in the chores
- ▶ Appreciates her sacrifices for his sake
- ▶ Adopts the Islamic moral ethics
- ▶ Good listener
- ▶ Cherishes and treasures her
- ▶ Gives quality time to her
- ▶ Safeguards her honour
- ▶ Provides for her
- ▶ Comforts her during her time of distress
- ▶ Manages conflict - never gets physical

The Messenger of Allāh (saw) said, “The best among you are those who are the best with their family (wife) and I am better than you (in treatment) in regards to my family.” [Tirmizi]

How a Harmonious Relationship Builds?



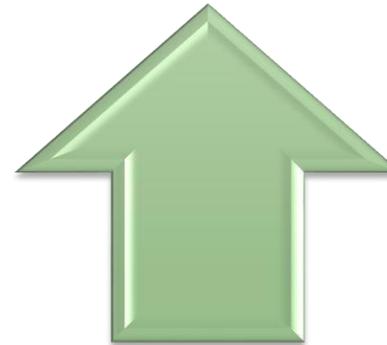
HUSBAND



Consideration

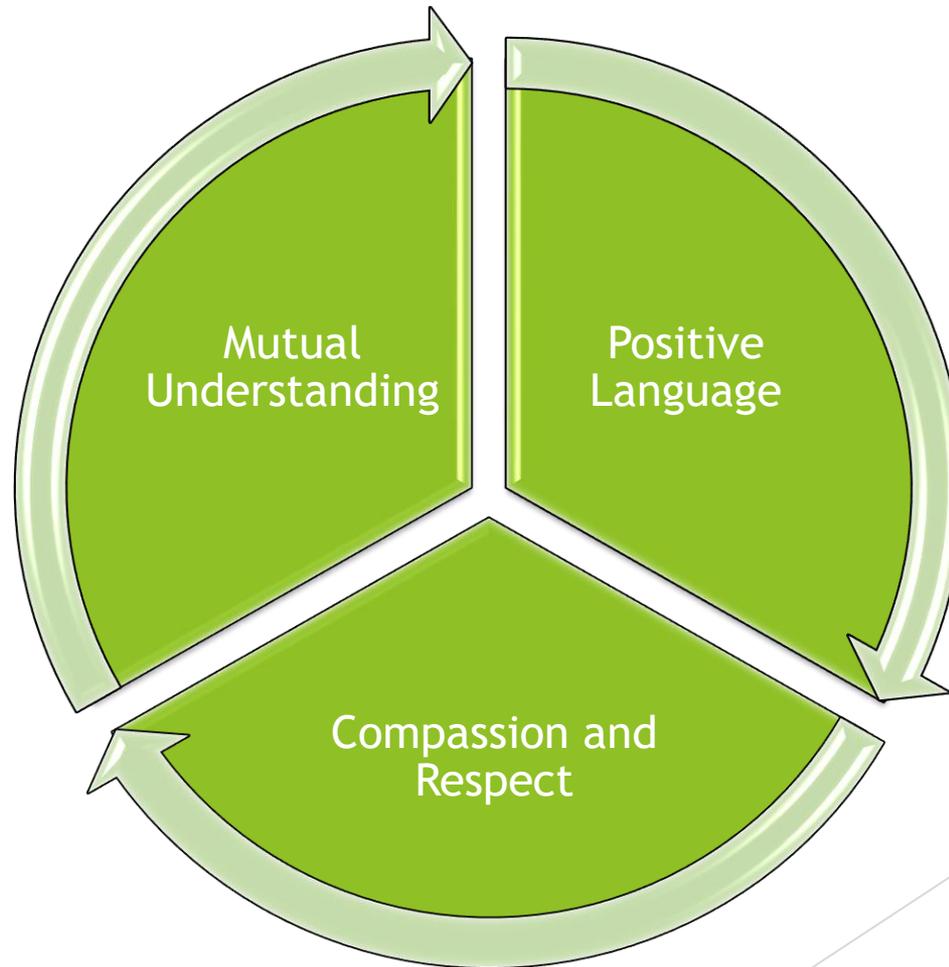


Loyalty →



WIFE

How Communication works?



The Prophet (saw) said;

“The One who does not show kindness to the young nor respect the elders is not amongst us.” (Mishkat)

“Good Word is charity” (Bukhāri & Muslim)

General Tips for Enhancing Healthy Relationship

- ▶ Always be cheerful
- ▶ Always greet each other with Salam
- ▶ Address one another with respectful names/titles
- ▶ Buy gifts for one another
- ▶ Choose an appropriate time to give quality time to each other
- ▶ Outside problems must stay out doors.
- ▶ Consult one another for any issues
- ▶ Spend graciously upon one another
- ▶ Never excavate the past mistakes once they have been resolved.
- ▶ Never allow your distress to affect your mutual relationship
- ▶ Go outing together
- ▶ Make Dua for each other
- ▶ Praise each other upon any good accomplishment
- ▶ Be content with what Allah has given you



Break for 15
minutes

Session 3: Quashing the Storm

Dealing with Marital Conflict

CASE STUDY A - Brothers

Identify the problems in the husband's approach

Husband

H: “Have you made my food?”

H: “You’re a lazy women. You should no by now what I expect on the table when I return from work.”

H: “I don’t care. Children are your responsibility anyway. Its nothing new. Besides you agreed to have my food ready at this time but not bothered. You’ve repeated this a number of times. You don’t give me the respect a husband deserves.

Wife

W: “Unfortunately No.”

W: “ Im sorry love but I've been really busy with the kids. You know that I have a lot going on at the moment”

W: “That’s untrue but, Im sorry, I will try to fulfil my duties towards you. Besides, on most occasions I fulfil my duty of presenting food. It’s only on odd occasion when I am unable to prepare food on time.”

CASE STUDY B - Sisters

Identify the problems in the wife's approach

Wife

W: “Its all your fault that we are in this predicament.”

W: “ I feel you are not there for me. You never take me out.”

W: “That’s only once you’ve taken me out. Besides I was the one who paid for it.”

W: “I expected more from you from the day we got married.”

Husband

H: “Don’t blame me for everything. There are things beyond my control”

H: “We went out for dinner last week upon your request.”

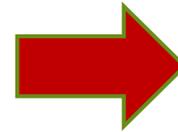
H: “That’s because you insisted on paying for it. I told you that I will repay you for you favour.”

H: “Then what is that you want from me? There is only so much I can do.”

Why do Couples Argue?

Why Men Argue?

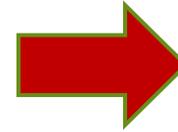
“I hate it when she gets upset over the smallest things that happen or I don’t do.”



Outcome

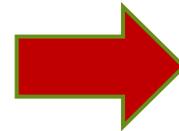
Feels that he is incapable

“Why is it that she blames me for everything all the time?”



Blamed for everything

“I don’t like it when she complains about everything I do.”



Belittled, Judged & Unappreciated

“It annoys me when she over reacts or worries about everything that goes wrong.”

Why Women Argue?

“I hate it when he dismisses my feelings. It is as if I’m unworthy.”

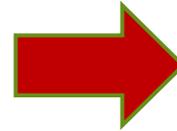
“It frustrates me when he forgets to do the things I ask. He thinks I nag. I have other things to do also.”

“I don’t like it when he blames me for being upset.”

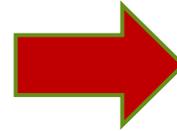
“It upsets me when he raises his voice and starts listing why he is right.”

“His attitude is such that he dismisses all my ideas.”

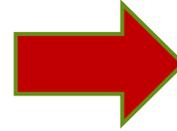
Outcome



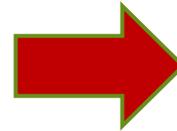
Ignored & not cherished



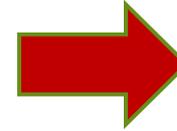
Not Validated, unsupported



Despised



Unappreciated



Rejected

Most Common Disruptors of Social Relationship

- ▶ Poor Communication
- ▶ Lack of Empathy
- ▶ Lack of Intimate Gratification
- ▶ Not knowing how to resolve conflict
- ▶ Non-Acquaintance with the Islamic Rights of the Spouse
- ▶ Poor Family time
- ▶ Culture dominance
- ▶ Anger
- ▶ Interference of outsiders
- ▶ Lack of transparency
- ▶ Power struggle

Ways to Resolving Conflict

Collaboration

Accommodate

Compromise

Forgiveness

Selflessness

**Compassion
& Love**

How to Manage Conflict?

**VERIFY
INFORMATION**
Always go to the
source

LISTENING
The magic ingredient
is Empathy

**POSITIVE
LANGUAGE**
Avoid derogatory
language

IDENTIFY PROBLEM
Not the individual

**SOLUTION
FOCUSSED**
Don't be problem
focused

SINCERITY
Show that you care

Important Tips

- Never be confrontational. Approach with deep concern
- If one argues, let the other be silent.
 - remain silent at the time and thereafter discuss when the time is right. This prevents the tension from escalating.
- Always search for the positives in the person.
- Try to understand the other person's temperament, circumstances and viewpoint.
- Never react in a manner that escalates the problem.
- Never dwell into people's past.
- Take Time out - give each other their space.
- LEAVE the room if you fear matters will escalate.

Case Study

Wife: “My issue is that he never consults me about anything and whenever I find out later, he lies to me and hides the fact. Instead of talking to solve the problem, he totally ignores me. He thinks that a wife should always obey her husband and whatever he says, goes. He talks a lot about Deen but practices very little. Always into football and whenever I’m in the other room praying Salāh, he’s in the other room watching football. Never trusts me at all which upsets me and makes me angry. “I don’t think my husband cares about me. Careless and not worried about anything. His answer is that my parents only taught me about Deen and nothing else.”

Husband: “My wife makes irrational decision making & thinking. She says a lot of bad things about my family and never apologises. She’s never compromising, creates problems. She’s rude and arrogant and makes a lot of fuss. About communication then I can’t talk to her openly about important things because I’m demoralised as she beats everything down every time and takes deficiencies and only wants her way. And that also has to be STRAIGHT away which is not feasible. Too demanding and not compromising. At this point I stopped answering or debating and given up as it never works or hits home. Its only one way. “She does care but food is not the only element in wellbeing. Always on about food but more to wellbeing than just eating... I feel she doesn’t understand pressures from work and madrasah and that to come home and just rest or even on a weekend. Its just non-stop one thing after another, demanding otherwise she boycott all chores and me and that has a very bad effect on the kids.”

Rewards and Prophetic Examples

"The Prophet (saw) was with one of the Mothers of the Believers (Aisha) when another one (Umme Salama) sent a wooden bowl which contained some food. She struck the hand of the Prophet (saw) and the bowl fell and broke. The Prophet (saw) picked up the two pieces and put them together, then he started to gather up the food and said: 'Your mother got jealous; eat.' So they ate. He waited until she brought the wooden bowl that was in her house, then he gave the intact bowl to the Messenger and left the broken bowl in the house of the one who had broken it."

[Sunan an-Nasa'i]

The Prophet (saw) said,

“Shall I not inform you of something more excellent in degree than (voluntary) fasting, prayer and almsgiving (sadaqah)?” The people replied, “Yes, Prophet of Allah!” He said, “It is putting things right between people. Spoiling relations is the shaver.” (Abu Dawud)

The Prophet (saw) said,

“Whoever controls their anger [in spite of] being capable of expressing it, Allāh will fill his heart with security and faith.”
[Jami Sagheer]

“I guarantee a palace in the midst of Paradise for the one who forsakes conflict even if he is on the truth.” [Abu Dawood]

Further references to the Prophet's (saw) Conduct with his noble wives

1. Love and Loyalty

The Prophet (saw) told Aisha (ra) in the long tradition of Um Zara' narrated by Al-Muslim : I am in my love and loyalty to you just like Abi Zara' and Um Zara" Aisha replied: You are dearer to me more than my father and mother, you are even more loyal and loving than Abi Zara' to Um Zara." [Sahih Muslim]

2. Eating and drinking with them

Aisha - May Allah be pleased with her - said: When I drink water from the pot while in menstruation period and give the pot to the Prophet - Peace be upon him - he drinks from the same place which touched my mouth, moreover, during menstruation, I was eating from the piece of meat and giving the same to the Prophet - Peace be upon him - and the Prophet puts his mouth in the same place of mine. [Sunan Al Nasai]

3. Not complaining about their circumstances

It was narrated from Zaynab bint Abi Salamah that Umm Salamah said: “I got my menses when I was lying with the Prophet (peace and blessings of Allah be upon him) under a single woollen sheet. I slipped away and put on the clothes I usually wore for menstruation. The Messenger of Allah (peace and blessings of Allah be upon him) said to me, ‘Have you got your menses?’ I said, ‘Yes.’ Then he called me and made me lie with him under the same sheet. (Bukhari)

4. Helping in the household chores

Aisha - May Allah be pleased with her - was asked about the manners of the Prophet in his home? She replied: He was helping in doing the family duties and when he hears the call of prayer he goes out. [Bukhari]

5. Consoling his Wife

Sayyidah Safiyah radiallahu anha was on a journey with the Prophet salallahu alaihi wasallam. She was late so the Prophet salallahu alaihi wasallam received her while she was crying. The Prophet salallahu alaihi wasallam wiped her tears with his own hands and tried his utmost best to calm her down. [Sunan Al Kubra]

6. Expressing Happiness upon their happiness

Aisha (r.a) said “I used to play with dolls in the house of the Prophet (peace and blessings of Allah be upon him). I had friends who used to play with me. When the Messenger of Allah (peace and blessings of Allah be upon him) came in, they would hide themselves, then he would call them to join me and play with me.” [Bukhari & Muslim]

7. Pleasing his wives

It was narrated that ‘Urwah ibn al-Zubayr said: “ ‘Aa’ishah said: ‘By Allah, I saw the Messenger of Allah (peace and blessings of Allah be upon him) standing at the door of my apartment when the Abyssinians were playing with their spears in the Mosque of the Messenger of Allah (peace and blessings of Allah be upon him). He covered me with his cloak so that I could watch their games, then he stood there for my sake until I was the one who had had enough. So you should appreciate the fact that young girls like to have fun.’ [Bukhaari]

8. Forgiving their mistakes

O ‘Aaishah, such and such [accusations regarding you] have come to my notice. If you are innocent then Allah will soon declare your innocence and if you did commit this sin then seek Allah’s forgiveness and repent, for verily when a servant confesses and repents, Allah will forgive him...”

9. Racing with his wife

Aisha radiAllahu 'anhaa said: That she accompanied the Prophet on a certain journey. At that time she was a mere girl and was neither fat nor bulky. The Prophet asked the people to move on, and they marched ahead. Then the Prophet said to me, 'Come on, let us have a race'. Aisha says that she ran and remained much ahead of him. The Prophet kept quiet for some time. Later on when Aisha grew fat and loose bodied, she forgot the previous incident. Again she accompanied the Prophet on some journey. The Prophet again asked the people to march ahead, and they moved ahead. Then the Prophet again asked her to have a race with him. This time the prophet defeated her and she lagged behind. Now the prophet laughed and said, 'This is in response to our previous defeat'

Jazakallah Khayr