



Start Your Marriage Right: Inspiring Islamic Guidance for Newlyweds

Mufti Abdul Waheed

[e: fatawa@jkn.org.uk](mailto:fatawa@jkn.org.uk)

X: @AbdulAwm786

Facebook: JKN Fatawa & Mufti Abdul Waheed

Instagram: jkn.fatawa & muftiwaheedofficial

W: jknfatawa.co.uk

Session Overview

1

**Foundational
Principles of an
Islamic Marriage**

2

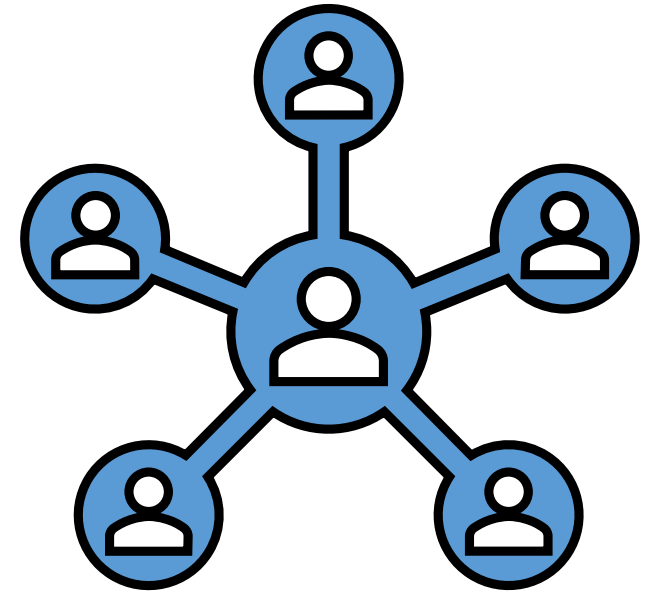
**Communication and
Islamic rights**

3

**Islamic Guide to
Conflict
Management**

Learning Outcome

- Understand the relationship goals of an Islamic marriage.
- Know the right qualities of a spouse.
- Know the Islamic rights awarded to the husband and wife.
- Cultivate positive communication according to the Sunnah.
- Know the practical steps to managing disagreements and conflicts.



A row of white chess pawns is arranged in a line, receding into the background. In the center foreground, a single red pawn stands out from the others. The background is a soft, out-of-focus light blue.

1. Foundational Principles of an Islamic Marriage

- Relationship Goals
- Common Mistakes
- Searching for a Spouse with the Right Qualities
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EXERCISE 1:

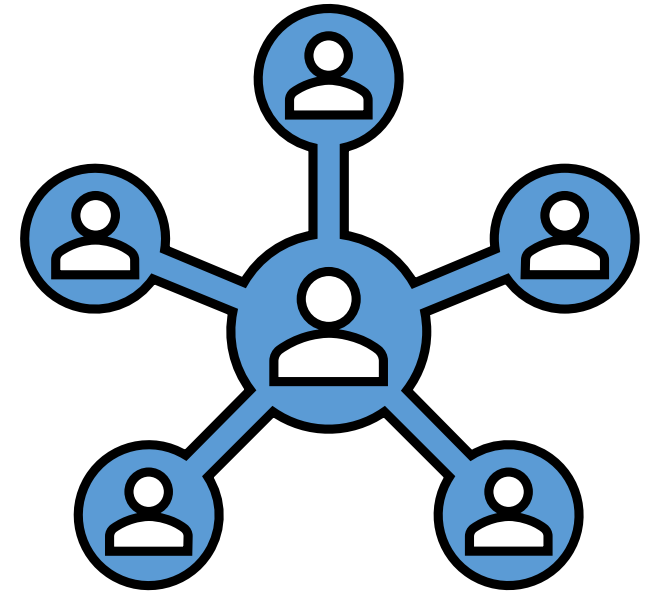
What are the relationship goals in Islam?

What common misconceptions exist about Marriage?

Should Financial stability be the primary goal in a Marriage?

What is Relationship?

- Relationships – Bonding and establishing physical or emotional connections with others.
- Humans, by nature, are social creatures



Foundations of Relationship in Islam - Deen

Compassion

Forgiveness

Patience

Tolerance

Sincerity

Leniency &
obedience

Truthfulness

Avoiding
Conflict

هُنَّ لِبَاسٌ لَّكُمْ وَأَنْتُمْ لِبَاسٌ لَّهُنَّ

“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

The Messenger of Allāh (saw) said:

عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ الرَّاحِمُونَ يَرْحَمُهُمُ الرَّحْمَنُ أَرْحَمُوا مَنْ فِي الْأَرْضِ
يَرْحَمَكُمُ مَنْ فِي السَّمَاءِ

Sayyiduna Abdullah ibn Amr (ra) reported: The Messenger of Allah, peace and blessings be upon him, said, “The merciful will be shown mercy by the Most Merciful. Be merciful to those on the earth, and the One in the heavens will have mercy upon you.”

(Sunan al-Tirmidhī, 1924)

عَنْ أَنَسِ بْنِ مَالِكٍ قَالَ مَا رَأَيْتُ أَحَدًا كَانَ أَرْحَمَ بِالْعِيَالِ مِنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Anas ibn Malik reported: I have never seen anyone more merciful to his dependents than the Messenger of Allah, peace and blessings be upon him. (Saḥīḥ Muslim, 2316)

Common Challenges in Marital Relationships

Acculturation

Unrealistic
expectations

High demands

Family
Pressure

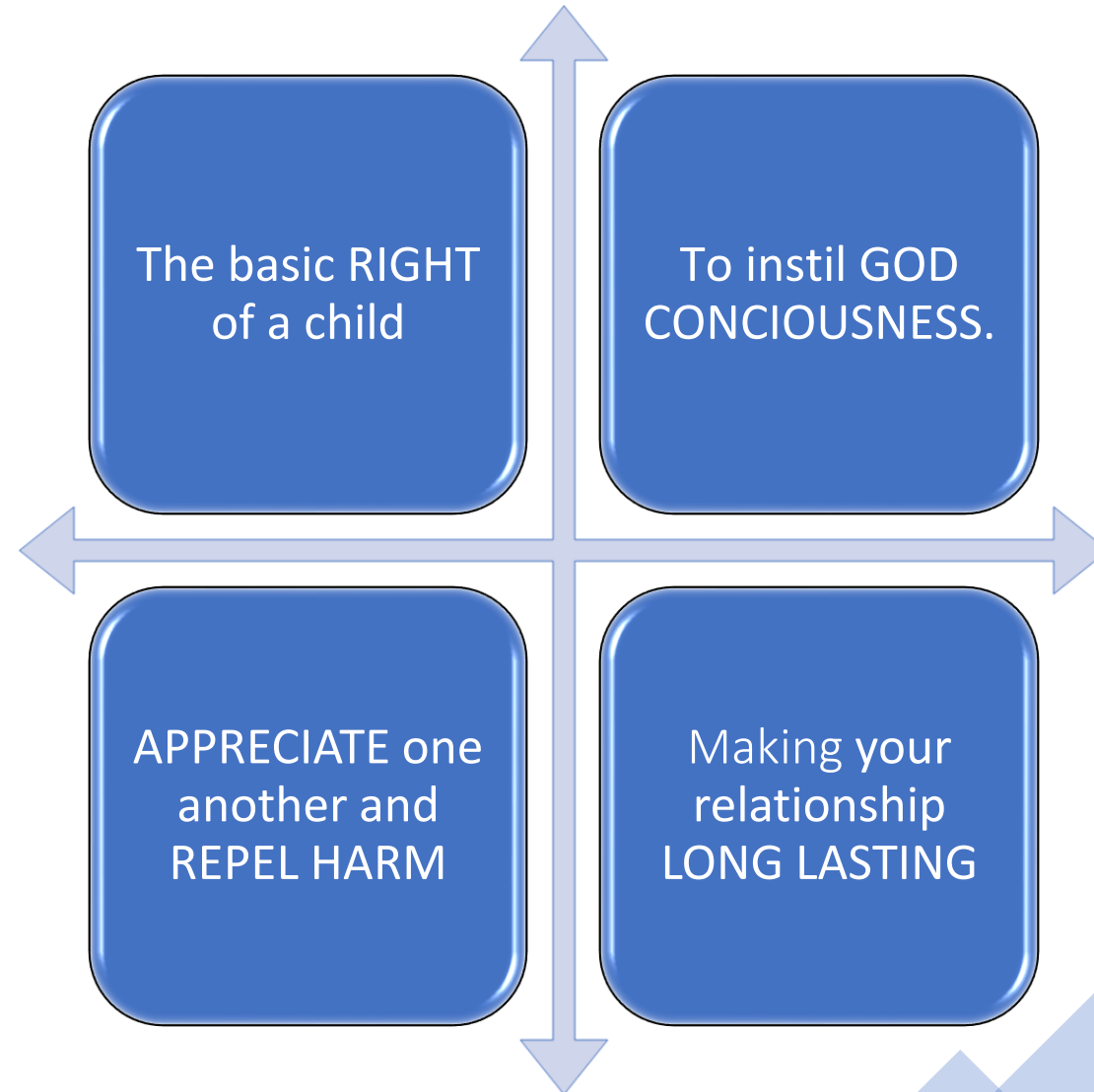
Financial
disputes

Handling
children

Lack of
healthy
boundaries

Lack of
cooperation

Why the **RIGHT QUALITIES** matter?



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?

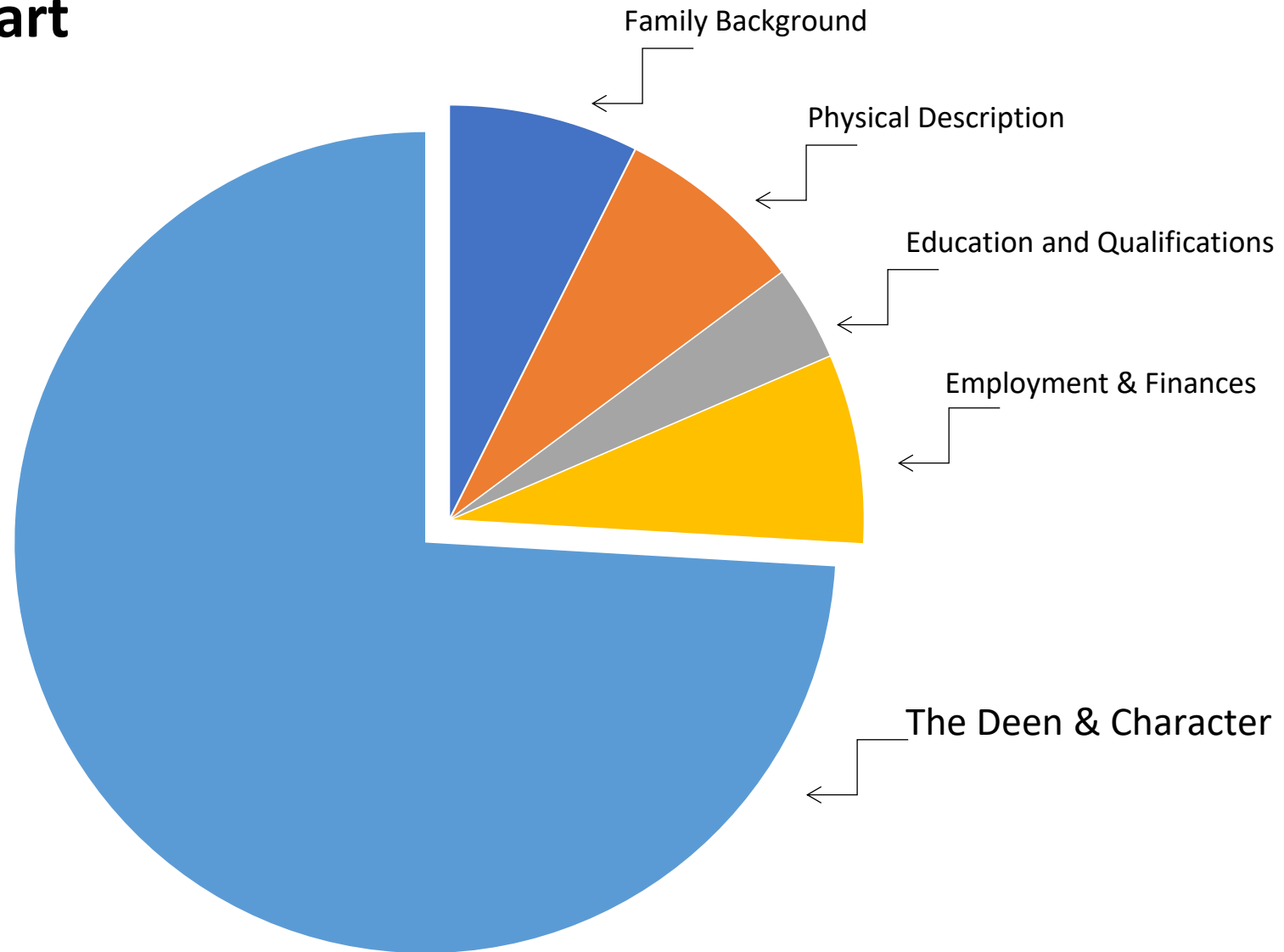
CONSCIOUSNESS of accountability with Allāh.

HONOURING your spouse and AVERTING harm.

Being a POSITIVE ROLE MODEL for children.

ISLAMIC NURTURING of children.

Criteria Chart



Important **TIPS** when meeting a Potential Spouse

1. Never RUSH in your decision. Consult reliable people if need be.
2. Compromise where possible.
3. Narrow your FOCUSS on 3 important qualities.
4. Be REALISTIC in what you seek.
5. Nobody is perfect, so search for their positive qualities.
6. Allow a formal meeting between the girl and boy under the supervision of a third person.
7. Make Istikharah at the end.
8. Don't unnecessarily procrastinate the process.
9. Do not delay the marriage date so significantly if both parties amicably agree.
10. Remember to PRIORITISE the Deen.

The Correct Intention for Marriage

For the pleasure of ALLAH

Following the SUNNAH

Protection from SIN

Being a POSITIVE ROLE MODEL for children.

Increase the UMMAH of the Prophet (saw)

Case Study 1

Zaid and Fatima have been introduced to each other from different ethnic backgrounds. Zaid prefers a loyal and a homestay wife who will prioritize domestic chores. Fatima is from an educated background searching for a spouse who is financially stable, decent salary and good character. Her parents are demanding someone from similar ethnicity and a professional background with a degree. Zaid does not have a degree but has a decent stable job. Fatima is willing to compromise but her parents are insisting on declining the match. This has caused tension between Fatima and her parent.

Questions:

Is Fatima right in disagreeing with her parents?

Are Fatima's parents correct in prioritizing profession and ethnicity?

Would you advise Fatima to accept the proposal or decline it?

Is Zaid's demands reasonable or unreasonable?

Reflective Discussion

Do love marriages predominantly succeed or fail?
Explain your reason, the causes and preventions.



2. Communication and Islamic Rights –

- Understanding each other's needs
- Healthy Communication
- Islamic rights of husband and wife

Exercise 2:



In your view, what must every newly wedded couple prioritize after marriage?



What are the common disruptors of communication?



Would you recommend the wife to demand a separate accommodation instantly after marriage?

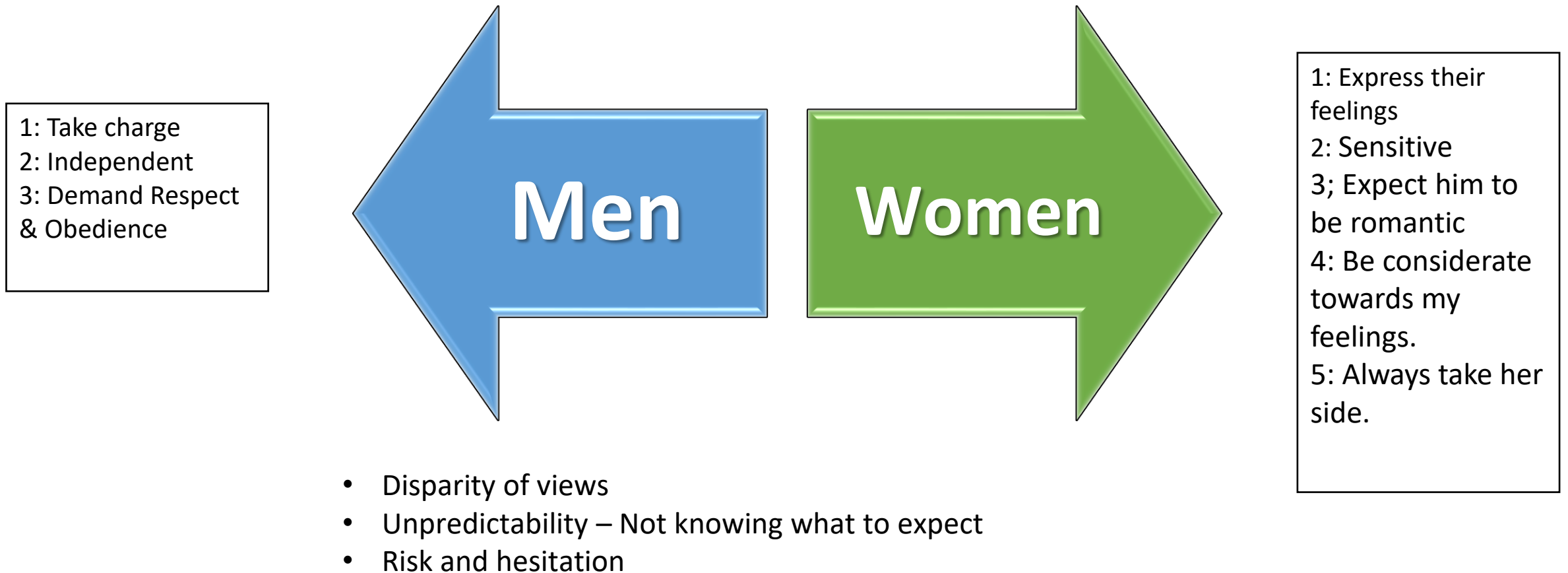


True or false? – Islamically the wife is allowed to refuse to serve her in-laws.

Things to Ensure on Your first wedding Night

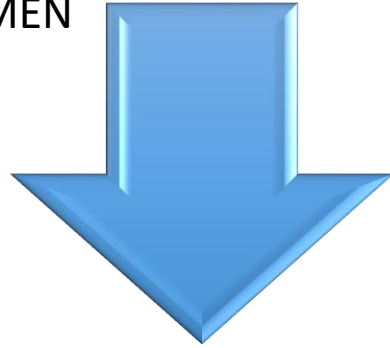
Be	Be patient and never rush into things.
Offer	Offer two rakat's Salahtu Shukr
Get	Get to know each other first.
Recite	Recite the recommended Dua; praying for each other's blessings.
Learn about	learn about the etiquettes of intimacy beforehand.
Ensure	Ensure you both study the Islamic rights of each other.
Understand	Understand the family dynamics

How Every Marriage Relationship Begins



When Couples don't Understand each other

MEN



Authoritative



**Sensitive &
High
Expectations**



WOMEN

What Women Must Know About Men?

Personal Space

- Comfort Zone
- Don't welcome unsolicited advice

Think Rationally

- Rational thinkers
- Try to make sense of things logically

Independent

- Look for ways to solve their own problems
- Take charge of things. Don't tolerate being challenged.

Protective

- Provide security and protection
- Protective jealousy (ghayrat)



How to **Communicate** **Support** to your Husband?

1. Give him his personal space when he needs it and allow him to come to you.
2. Don't challenge his authority, instead support him.
3. Don't try to be his mother.
4. Avoid questioning him about every detail matter.
5. Don't expect him to express his feelings.
6. Maintain cheerfulness.
7. Never say no to intimacy.
8. Avoid being judgmental.
9. Not to be suspicious of him.
10. Informing vs Nagging.

What Men Must 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.

Sensitive

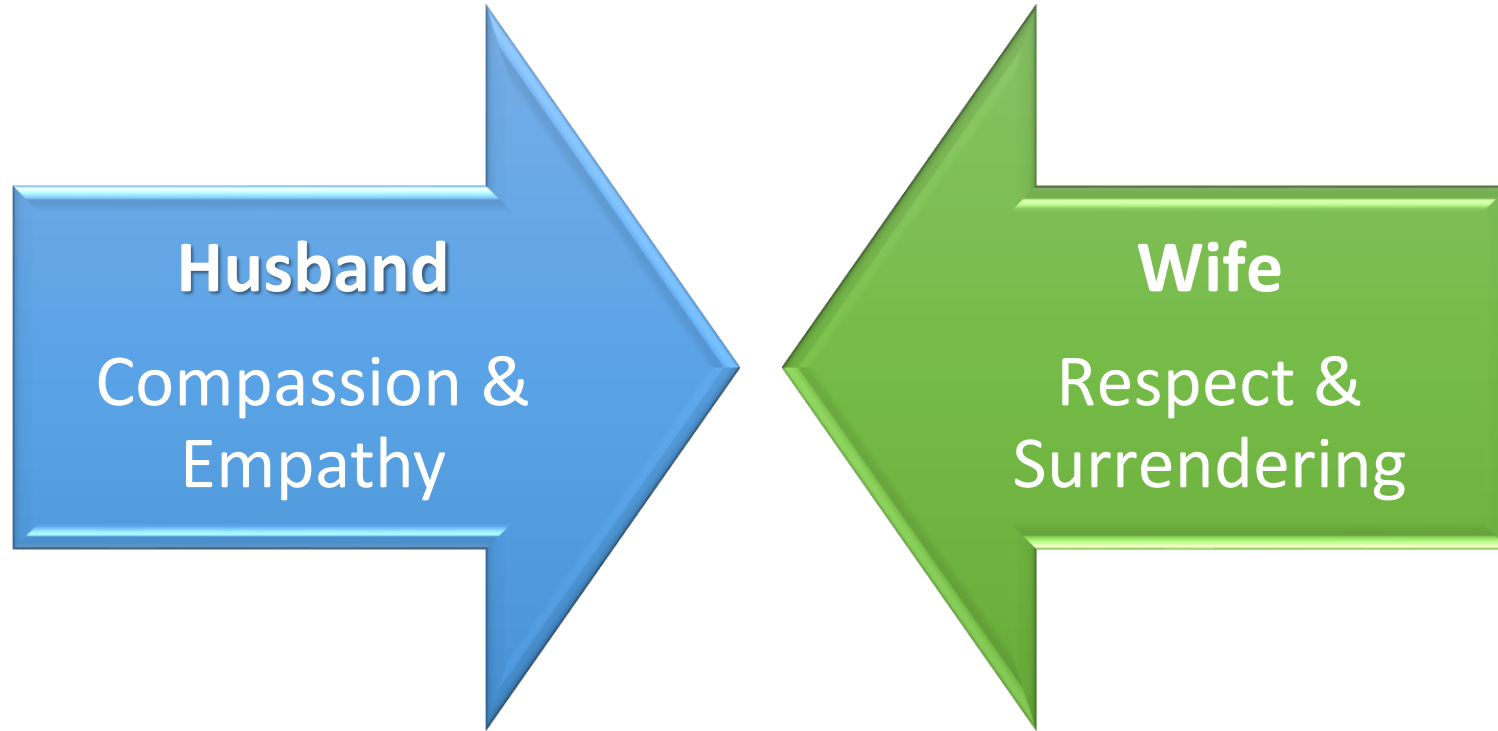
- Take things to heart
- Hurt by negative comments
- React when overburdened



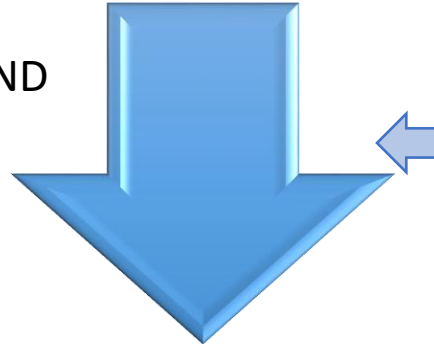
How to Communicate Support to your Wife?

1. Listen to her when she speaks to you
2. Be kind in your tone – NOT TO ALWAYS SHOUT
3. Don't neglect her when she needs you.
4. Give her quality time.
5. Don't be judgmental straight away
6. Avoid unnecessary suspicion.
7. Never expect her to communicate with you on to your level.
8. Let her be herself
9. Don't seek to rectify every (natural) shortcomings in her
10. Women attain comfort when understood.

How to build a Healthy Relationship?



HUSBAND



Consideration



Loyalty



WIFE



“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)

عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ لَمْ يَرْحَمْ صَغِيرَنَا
وَيَعْرِفْ حَقَّ كَبِيرِنَا فَلَيْسَ مِنَّا

Abdullah ibn Amr reported: The Messenger of Allah, peace and blessings be upon him, said, “Whoever does not show mercy to our young ones, or acknowledge the rights of our elders, he is not one of us.”

(Sunan Abī Dāwūd, 4943)

Kind Words

وَالْكَلِمَةُ الطَّيِّبَةُ صَدَقَةٌ

A kind word is charity.

(Ṣaḥīḥ al-Bukhārī, 2989)

Gentleness

The Messenger of Allāh (saw) said;

عَنْ عَائِشَةَ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ عَلَيْكَ بِالرِّفْقِ وَإِيَّاكَ وَالْعُنْفَ
وَالْفُحْشَ

The Messenger of Allah, peace and blessings be upon him, said, “You must be gentle, and beware of harshness and obscenity.”

(Ṣaḥīḥ al-Bukhārī, 6030)

Controlling Anger

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.

(Ṣaḥīḥ al-Bukhārī, 6114)

The Messenger of Allāh (saw) said, “Verily in Jannah there is a garret (penthouse) whose outward appearance can be seen from inside and its inside can be seen from the outside. (Sayyidunā) Abū Mālik al-Ash’ari asked, ‘For whom is this O Messenger of Allāh?’ He replied, “The one who is sweet with the tongue, feeds the people and stands the night in prayer whilst people are sleeping.

The Messenger of Allāh (saw) once advised Sayyidunā Uqbah Ibn Āmir the following when he asked the Prophet how to attain salvation. He replied, “Take control over your tongue, let your house suffice you and shed tears over your sins.”

General Tips for Bridging Connection

1. Self-control
2. Avoid aggression – passive or active
3. Controlling the tongue
4. Receptiveness
5. Admitting to one's mistakes
6. Accountability
7. Knowing one's priorities and responsibilities
8. Maintenance of the rights of your spouse
9. Loyalty/compassion
10. Honesty and Transparency
11. Seeing things from different perspectives.
12. Empathy



Common Issues in Communication

Overtalking

Not
listening

Constant
arguments

Passive
aggression

Active
aggression

Neglect

Excessive
Quarrelling

Dishonesty

Blame
game

What is Good Communication?



UNDERSTANDING
EACH OTHER'S
TEMPERMENT



IDENTIFYING
NEEDS



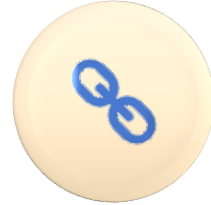
RESPECTFUL
APPROACH



LISTENING
ATTENTIVELY



CLARITY



RECIPROCAL

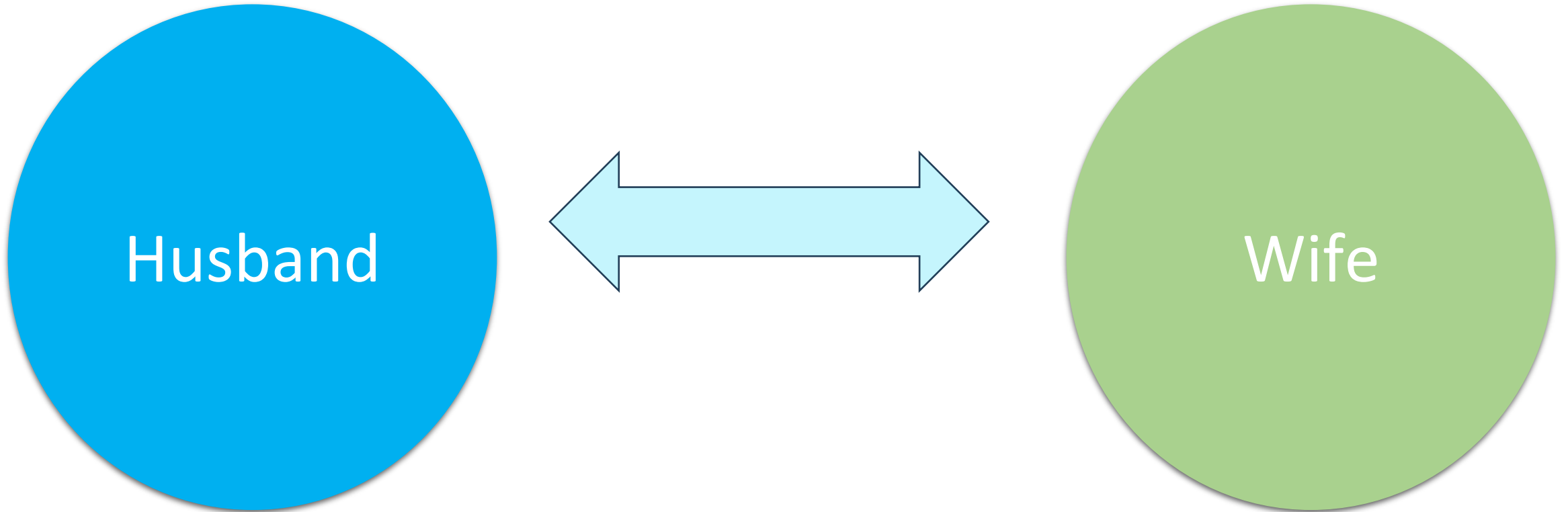


POSITIVE
ENGAGEMENT

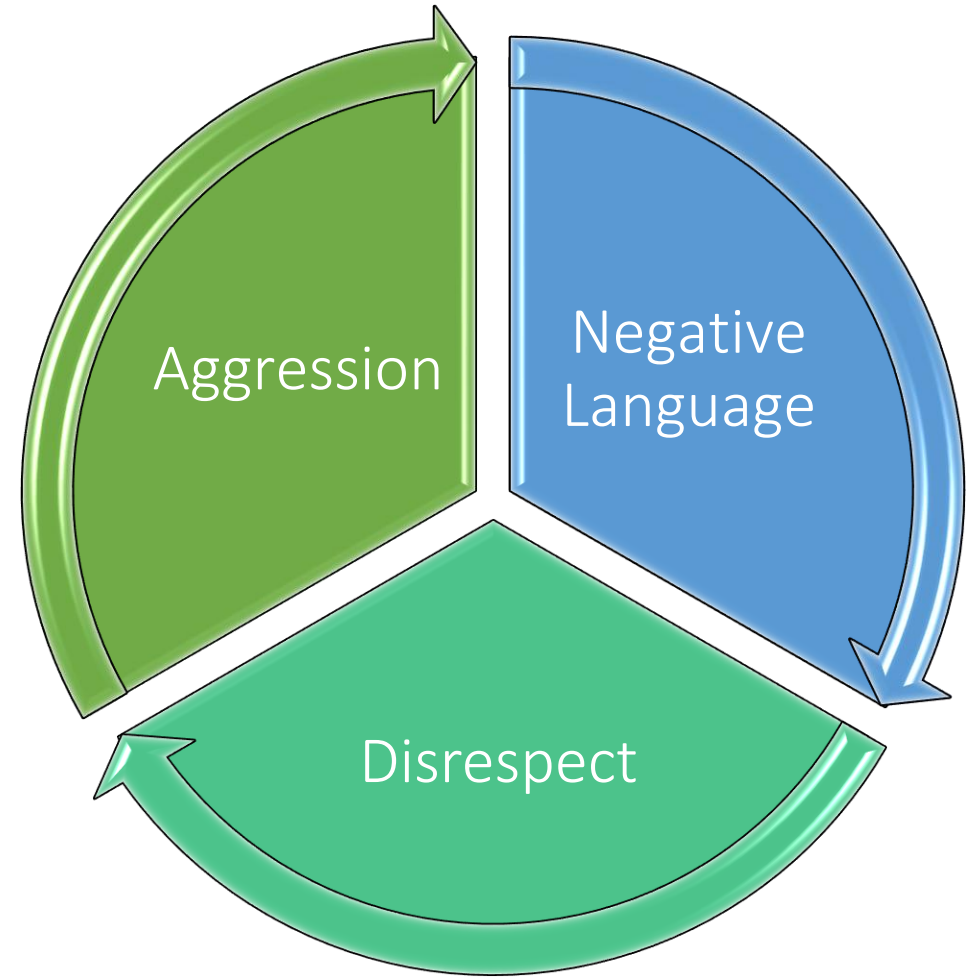
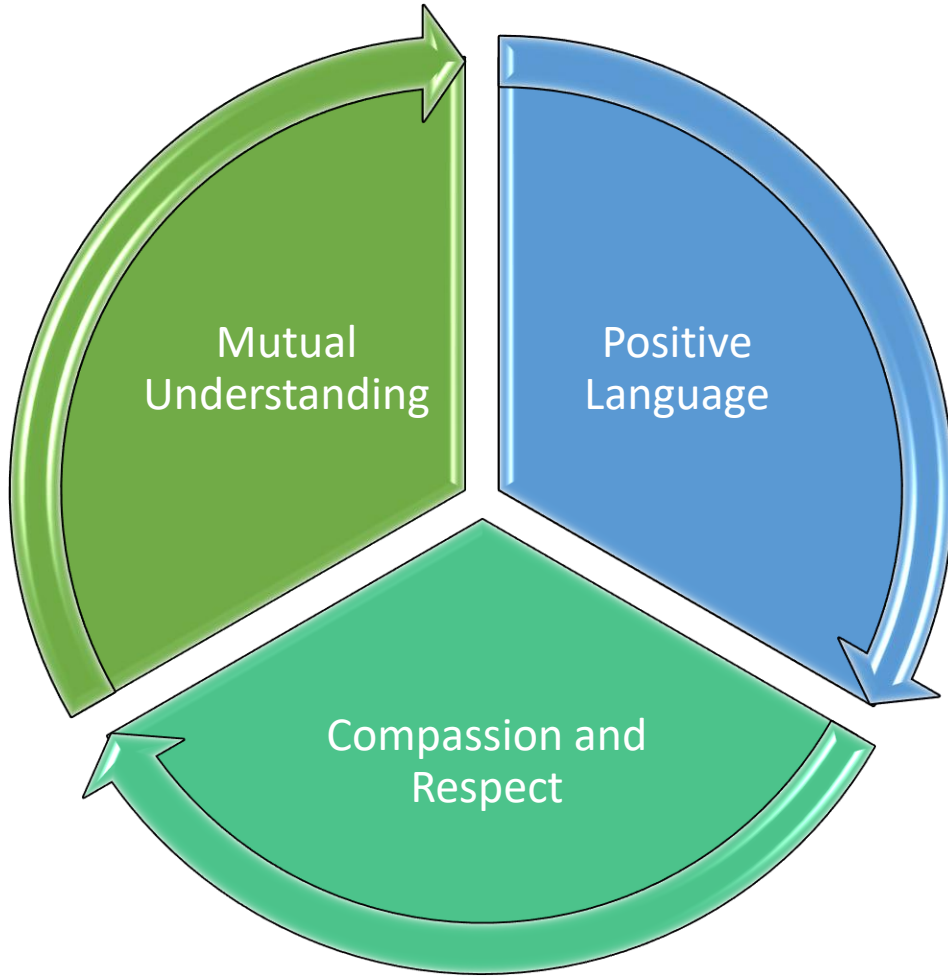


**REMEMBER! GOOD
COMMUNICATION GOES A LONG
WAY. IT REQUIRES MINIMAL
EFFORT BUT BEARS INFINITE
RESULTS.**

Communication Works Both ways



Good vs Bad Communication



“A slave (of Allah) may utter a word which pleases Allāh without giving it much importance, and because of that Allah will raise him to degrees (of reward): a slave (of Allah) may utter a word (carelessly) which displeases Allah without thinking of its gravity and because of that he will be thrown into the Hell-Fire.” (Sahih al-Bukhari)

The Messenger of Allāh (saw) said:

لَا يُرِيدُ اللَّهُ عَزَّ وَجَلَّ بِأَهْلِ بَيْتٍ رِفْقًا إِلَّا نَفْعَهُمْ، وَلَا يَحْرِمُهُمْ إِيَّاهُ إِلَّا ضَرَّهُمْ

Allāh does not intend for any household members (the act of) gentleness except that it benefits them. He does not deprive them of it except that it harms them. (Shu'bul Iman of Imām Bayhaqi; 6137)

Wife's Islamic Rights: Legally and Morally

- Kind treatment & Considerate to her needs
- Overlooking her natural mistakes
- Paying for all financial needs; bills, rents, fee etc.
- Patient over her shortcomings
- Not to burden her with chores
- Appreciates her sacrifices
- Gives quality time to her
- Safeguards her honour
- Shelters her
- Separate accommodation & privacy
- Educating her the Islamic obligations.
- Not to oppress her: physically or mentally.
- Never to evict her from the home.
- Intimacy.

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 regard to my family.” [Sunan Tirmidhi]

Husband's Islamic Rights: Legally and Morally

- Respecting his authority
- Surrendering to him
- Supportive and safeguarding his property
- Not to disobey him in lawful commands
- Being a source of peace for him
- Not to reject intimacy without necessity
- Subservient to him
- Domestic chores
- Not to leave the house without his permission
- Respecting his judgment
- Not to demand more than what he can bear

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 al-Masabih]

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

Dealing with In-laws

1. Shifting the mentality
2. Mutual co-operation
3. Adjustment
4. Set healthy Boundaries
5. Forgiveness
6. No obligation on the wife to serve in-laws but voluntary service.
7. Respect the culture that does not violate Islamic rules.
8. Don't try fixing other people's habits, instead change your own.

Case Study 2

Zaid and Fatima have been married for many years. Fatima is constantly complaining to Zaid that her in-laws pressure her with household duties. It gets to the point that she uses disrespectful language towards him. He shouts back and as a result, both stop talking to each other for weeks. Zaid's parents got involved as of which matters have further escalated between them. Fatima loves Zaid but cannot deal with family conflict. Zaid, however, does not like the way Fatima talks disrespectfully towards him and his parent.

Questions:

- 1. What underlying problem do you identify in this case?**
- 2. How would you advise Zaid and Fatima to manage communication?**



Break for 10 minutes

- ### 3. Conflict Management –
- Common reasons
 - Practical solutions, practical steps - dos and don'ts,
-



Exercise 3:

What are the
common causes of
Conflict?

Depict one
example of the
Prophet (saw)
managing conflict?



What is Conflict?

- **Definition:** Disagreement, disharmony between individuals and groups based on the above reasons
- Natural in the society. Due to different belief, way of thinking. Stem from basic differences in belief, values, interests, objectives, aspirations, purpose and goals.
- Foundational divergences lead to incompatibility.

Common Causes of Conflict

- Controlling
- Unmet Expectations
- Budgeting
- Poor Communication
- Unresolved past conflicts
- Lack of Empathy
- Lack of Intimacy
- Poor quality time
- Culture dominance
- External influences
- Lack of transparency
- Power struggle
- Stonewalling
- Aggression

Common Spiritual Barriers

Ego

Arrogance

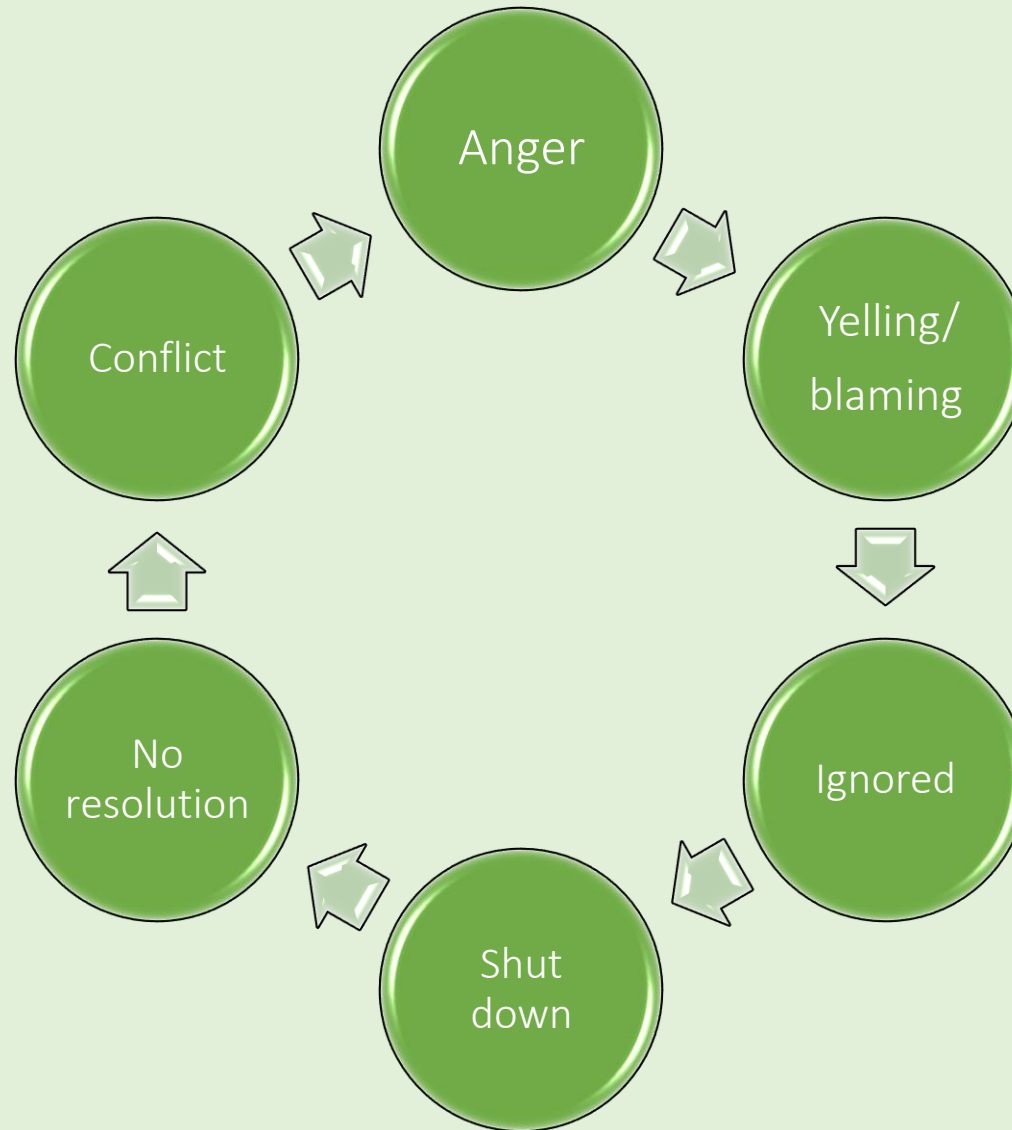
Jealousy

Quarrelling

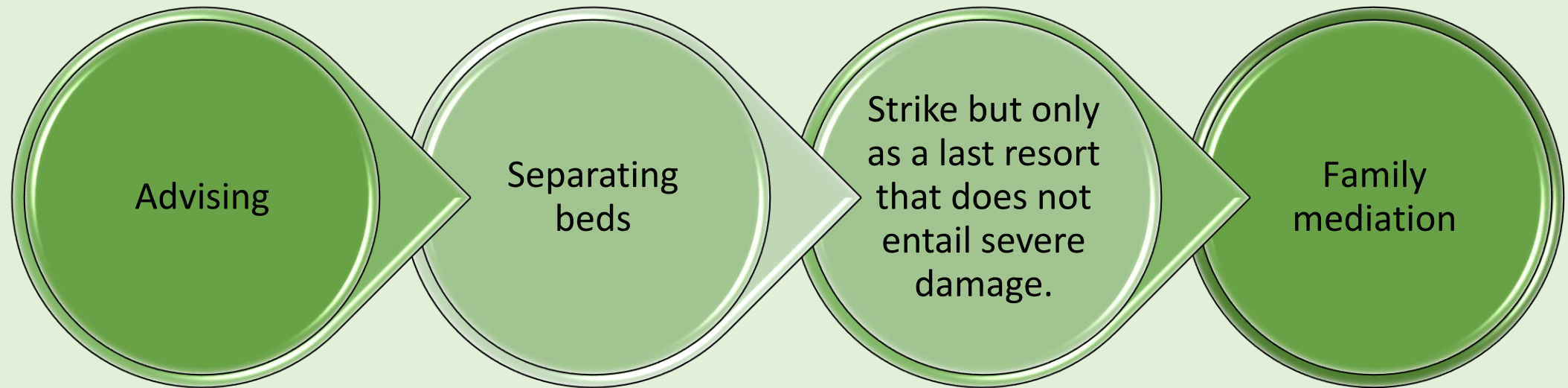
Selfishness

Injustice

The Cycle of Conflict



The Quranic Approach



How to Manage Conflict?

1. Confrontational vs Approach
2. Delay vs Instant
3. Neglecting vs Caring
4. Impulsiveness vs Calm and collectiveness
5. Interrupting vs Listening.
6. Shouting vs Clarity
7. Degrading vs Understanding
8. Assuming vs Verifying
9. Problem focussed vs Solution focussed
10. Harshness vs Assertiveness

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 FOCUSED
Don't be problem
focused

RESPECTFUL
Show that you care

NEVER to use physical strike as a resort. The Messenger of Allāh (saw) never raised his noble hands against any woman in his entire life.

NEVER to quarrel in the presence of children. Confine your disagreements to your bedroom.

Things NOT to do

NEVER to dig out the past issues once they have been settled.

NEVER to vent your frustration against one other.

PROBLEM VS SOLUTION FOCUSSED

PROBLEM FOCUSSED

- Focus constantly on what's wrong.
- Pushing guilt and wanting other to admit mistake.
- Defensive reaction.
- Emotional outbursts.
- Withdrawal and silent treatment.
- Overtalking each other.

SOLUTION FOCUSSED

- Identifying relationship goals.
- Listening then moving on.
- Clearing the air
- Defining the problem
- Communicating/conversing
- Working towards solving the problem.
- Mutual cooperation

Always
Remember
to...

- VERIFY before judging
- REMAIN CALM in situations of conflict
- LISTEN before responding. **Magic ingredient – understand the facts as well as the emotion; ‘EMPATHY’**
- BE CAREFUL WITH YOUR LANGUAGE.
- IDENTIFY the key problems
- Stay in CONTROL of the situation
- Focus on SOLUTIONS, not just problems
- Show SINCERITY and let them know you CARE for them.
- LEAVE the room if you fear matters will escalate.
- DON'T expect others to think like you
- NEVER bring up the past
- TAKE TIME OUT



THE GOAL IS NOT TO WIN EVERY
ARGUMENT BUT TO UNDERSTAND



T.A.L.K strategy – Take time out, allow
others to tell their perspectives, keep
brainstorming.

The Messenger of Allāh (saw) said:

عَنْ عَلِيِّ بْنِ أَبِي طَالِبٍ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِنَّهُ سَيَكُونُ بَعْدِي
اِخْتِلَافٌ أَوْ أَمْرٌ فَإِنْ اسْتَطَعْتَ أَنْ تَكُونَ السَّلَامَ فَافْعَلْ

Ali ibn Abi Talib (ra) reported: The Messenger of Allah, peace and blessings be upon him, said, “Verily, after me there will be conflicts or affairs, so if you can end them in peace, then do so.” (Musnad Aḥmad, 695)

The Prophet (saw) said,

أَنَا زَعِيمٌ بِبَيْتٍ فِي رِبْضِ الْجَنَّةِ لِمَنْ تَرَكَ الْمِرَاءَ وَإِنْ كَانَ مُحِقًّا وَبَيْتٍ فِي وَسْطِ الْجَنَّةِ لِمَنْ تَرَكَ الْكَذِبَ وَإِنْ كَانَ مَارِحًا وَبَيْتٍ فِي أَعْلَى الْجَنَّةِ لِمَنْ حَسَّنَ خُلُقَهُ

I guarantee a house in the surroundings of Paradise for someone who avoids quarrelling even if he is in the right, a house in the middle of Paradise for someone who avoids lying even if he were joking, and a house in the upper part of Paradise for someone who beautified his character. (Sunan Abu Dawood, 4800)

Sayyiduna Abū Darda', the Prophet (peace be upon him) 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." (Sunan Abu Dawood)

Another version of this hadith in Jami' Al-Tirmidhi adds, "It is the shaver, and I do not say that it shaves hair, but that it shaves (i.e. destroys) the Deen (i.e. religious commitment)."

"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]

CASE STUDY 3; Look at the following case and see what Prophetic prescription would you give.

Husband's Concern

Constant arguing, leading to shouting , swearing etc. disrespectful ways of talking from my wife, almost no softness. She tries to control the way our marriage works. Always using Islam to try to tell me what her rights are and what my fardh is. As if she wants to be the leader. I have tried to be more patient over time and try to defuse or say to stop talking at that moment, but she doesn't allow it to stop and carries on. Majority of the times she denies when she does wrong, or minimizes it. I feel she's overly sensitive over things. I have other commitments and she wants more quality time whilst she knows that I have long shift hours. My priority is providing for her and children but doesn't seem to understand that.

Wife's Concern

My husband doesn't honour me as a wife and value me and see the best in me, he will talk in a way where he assume the worst about me and make it seem like everything I mention or discuss has to become a battle or conflict about leadership and authority, it's difficult to reason and compromise and learn and understand each other as he will say I'm controlling him or will name call me, shut conversations down, or shout. Feels like his views of leadership, men & women roles are rigid and not based on kindness and mercy but more on leadership and control which comes across like dictating. He thinks that by being soft with me I will walk all over him and says this in arguments in different ways. Lack of romance, or empathy for my emotions, simple things like holding hands, making plans for us, buying flowers. When we go out to shops sometimes he will walk ahead of me and zoom off and leave me behind when he knows I don't like this. When I've got upset he will say I have crocodile tears, doesn't understand my feelings, dismissive to them.



Jazakallah Khayr
Any Questions?

