



Deen aur Hum

Short Term Religious Course-IX

Ramadhan-ul-Mubarak, 1446/2025, Lucknow (INDIA)



Lecture Number: 26

Date: 27/03/2025

SUMMARY (Level 1)

Topic: Akhlaqi Achaiya

Aayaat: Surah Baqrah [02], Aayat: 152 to 156

Waqar

- Guftar o raftar mein mutanat aur sanjhidgi ikhtiyar krna aur jaldbazi aur besbri se parhaiz
- Bawaqar shaks mushkilaat o masaib mein ghbrata nahi

Sabr

- Mushkilat aur aazmaishon mein sabit qadmi
- Ita'at pr sbr krna, Ma'siyat par sbr aur musibat pr sbr krna

Shukr

- Allah ki naimaton ka aitiraaf aur unhein durust tareeqe se istemaal krna
- Shukr sirf zubani nahi balki amali taur pr bhi zaruri hai

Qana'at

- Allah ki di hui rozi par raazi rehna aur gair zaruri khwahishat se bchna
- Yeh sifat dil ko sukoon deti hai aur hirs se bachati hai

Adalat

Har cheez ko uski jagah par rkhna aur sab ko unke huqooq dena hi adalat hai

Saaf-Dili

- Dil ka keena, hasad, aur badgumani se pak hona.
- Dil ki safai qalb ko munawwar karti aur Allah se qareeb karti hai.

Sakht Koshi

- Mehnat aur mustaqil mizaji se kaam krna.
- Akhlaqi faza'il hasil karne ka aik ahem zariya mehnat hai.

Khush Ikhlaiq

- Logon se narmi aur khush guftari se pesh aana aur chehre par muskurahat rakhna.
- Husn e khulq insan ko logo mein azeed aur Allah ke nasdeeq krta hai.

In Sifaat Tak Kaise Pohuncha Jaye?

1. Muhasba-e-Nafs (Apne Amaal Ka Jaiza Lena):

- Har roz apne aamaal par ghoor karein ke kya hum in sifaat par amal kar rahe hain ya nahi.
- Apni kamzoriyaan pehchanein aur behtari ki koshish karein.

2. Amali Mashq (Practice):

- Sabr ke liye mushkil halat mein apne jazbat par qabu paana seekhein.

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- Qana'at ke liye chhoti chhoti cheezon par shukar ada karna shuru karein.
- Khush ikhlaqi ke liye har shakhs se narmi aur tabassum ke saath baat karein.

3. study aur Ghoor o Fikr (Ilmi Idraak):

- In sifaat ki ahmiyat aur unke asraat ko samajhne ke liye Qur'an, hadees, aur buzurgon ki kitaabein padhein.
- Falsafa-e-akhlaq aur islami taalimaat ko samajhne ki koshish karein.

4. Dua aur Tawassul (Allah se Madad Talab Karna):

- Allah se dua karein ke yeh sifaat humein ata kare.
- Imam Sajjad (A.S.) ki "Dua-e-Makarim al-Akhlaq" rozana parhne ki aadat banayein. (Bhale hi kuch line)

5. Naik Logon Ki Sohbat (Achhi Company):

- Sabar, qana'at aur husn-e-akhlaq wale logon ke sath waqt guzarna chahiye.
- Aise logon ki nishani yeh hai ke unka rawayya hamesha ikhlaqi hota hai.
- Achhi sohbat insaan ke akhlaq ko behtar bana deti hai.