



**SESSION  
FOUR**

# AN INTRODUCTION TO THE SCIENCE OF ISLAMIC ETHICS

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# SUMMARY of Session THREE

1. The supplication provides the believer with the ability to develop their spiritual connection to Allah ﷻ and at the same time, provides them with the personal stimulus, through **reading, reflecting** and **resolving** to **revert** their lives to be what the One they are calling upon is looking for.
2. "Making a supplication" does not mean that we step aside and let Allah ﷻ do everything - but rather, **ALONG SIDE** our efforts of ensuring that we have done our best and used all available means to attain what we desire.
3. The supplications taught by the Ahl al-Bayt are meant to get us to think about what matters most in life and what we need to strive to attain through His help and working hard.

## INTRODUCTION to the Course

"The human being stands between two extremes of either being the lowest of the low – descending lower than the wild animals or elevating themselves to the zenith of perfection in which they surpass even the greatest of angels. The journey between these extremes takes place under the shadow of purification (*tazkiyah*) and ethics (*akhlaq*) – an obligation which all Muslims must pursue."

## INTRODUCTION to the Course

"The Islamic tradition has tens of sciences which a believer tries to master, however all other branches of knowledge a Muslim seeks will obstruct their path towards spiritual insight and reaching Allāh ﷻ if they are not carried out after having first purified and taken firm control of the soul. The theory of how this is carried out is taught in the Science of Ethics (*'Ilm al-Akhlaq*)."

## INTRODUCTION to the Course

"As *akhlaq* is the active practice of the virtues, morality and manners which Islam has laid down through the Quran and the life of Prophet Muhammad ﷺ, the believer needs to have an excellent understanding of this discipline. "

# GREATER than the ANGELS

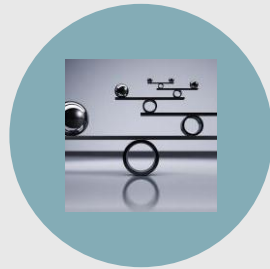
When 'Abdullah ibn Sinan asked Imam al-Sadiq عليه السلام:  
"Is the human better or the angels?" The Imam  
replied: "The Commander of the Faithful عليه السلام said,  
'Allah, the Exalted, gave the angels **intellect**  
without **desire**; He gave the animals **desire** without  
**intellect**, and He gave **both** to the offspring of  
Adam. So, a person whose *intellect* prevails over his  
*desire* is better than the angels; while a person  
whose *desire* prevails over his *intellect* is worse than  
the beasts.'" (Bihar al-Anwar, Vol. 60, Pg. 299, Trad.  
5)

الإمام الصادق (عليه السلام) وقد سأله عبد الله بن سنان:  
الملائكة أفضل أم بنو آدم؟ قال قال: أمير المؤمنين علي بن  
أبي طالب (عليه السلام) إن الله عز وجل ركب في الملائكة  
عقلاً بلا شهوة، وركب في البهائم شهوةً بلا عقل، وركب في  
بني آدم كلتيهما، فمن غلب عقله شهوته فهو خير من  
الملائكة، ومن غلبت شهوته عقله فهو شر من البهائم

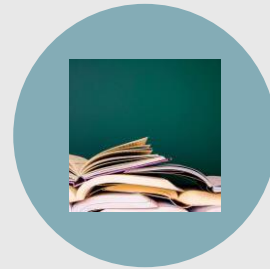
# SESSION Outline



**1**  
AN INTRODUCTION TO THE  
SCIENCE OF ISLAMIC  
ETHICS



**2**  
IS ETHICS RELATIVE OR  
ABSOLUTE? THE ROLE OF  
RELIGION IN ETHICS



**3**  
MORAL EXCELLENCE IN THE  
SUPPLICATIONS OF THE AHL  
AL-BAYT ﷺ



**4**  
A REVIEW OF PASSAGES OF  
THE SUPPLICATION  
MAKĀRIM AL-AKHLĀQ

# INTRODUCTORY STATEMENT

"The greatest manual of supplications and guide to self-building and the most important legacy of the Ahl al-Bayt عليهم السلام is the Saheefa. This book is not only a means of communication to Allāh ﷻ - it more than that. It is a means of communicating with the soul and striving to learn and implement the teachings of the Quran in our lives."





Aṣ-Ṣaḥīfah  
Al-Kāmilah  
As-Sajjādiya



# WHAT is the Sahifah?

- **AI-SAHIFA AL-SAJJADIYYA** is a book containing Imam al-Sajjad's ﷺ 54 supplications. After the Qur'an and *Nahj al-balagha*, this book has an important position among the Shi'a and is known as *Zabur Al Muhammad* (the Psalms of the Family of Muhammad ﷺ) and *Injil Ahl al-Bayt* ﷺ (the Gospel of the Household of the Prophet ﷺ).

# **WHAT** is the Sahifah?

Although this book is in the form of supplications, it contains countless Islamic teachings mentioned within the form of a supplication. In it, we ask Allāh for goodness, realizing that we must work at attaining it by learning what we need to acquire.

# WHAT is the Sahifah?

Subjects such as: Theology, Angels, Prophethood, status of Prophet Muhammad ﷺ and the Ahl al-Bayt عليه السلام, Divinely-appointed leadership, Moral Virtues and Vices, Honoring the Days of Eid, Social and Economic Issues, Historical Points, Different Blessings of Allah, Manners of Asking Allāh for the Best, How to Deal with Loans and Debts, and much more are all covered.

# **WHAT** is the Sahifah?

Out of the list of supplications taught by the 4<sup>th</sup> Imam, the most famous and detailed supplication which forms a blueprint for life from al-Sahifa al-Sajjadiyya is supplication known as Du'a #20 - **Makarim al-Akhlaq**.

# **STATUS** of the Saheefa



## **STATUS** of the SAHEEFAH

In *Manāqib Āl Abī Tālib*, Ibn Shahrāshūb (b. 488/1095 - d. 588/1192) says, "Once, sitting with one of the top scholars in literature, a discussion surrounding the eloquence of *al-Sahifa al-Sajjadiyya* came up. He said, 'I can write a similar one for you too!' Then he took the pen and dropped his head thinking [and became speechless] and passed away in that state."

## **STATUS** of the SAHEEFAH

In 1934, the now late Ayatullah Mar'ashi Najafi sent a copy of *al-Sahifa al-Sajjadiyya* to Shaykh al-Tantawi, the Mufti of Egypt, a renowned Sunni scholar and the author of *Tafsir al-Tantawi*. He praised the book saying:

وإني كلما تأملتها رأيتها فوق كلام المخلوق، ودون كلام الخالق

*"Whenever I reflect on it I see it as speech higher than the words of the creations, and lower than the Words of the Creator."*



ISLAMIC  
MORALS AND  
ETHICS IN THE  
SAHEEFAH





Islam believes in the elevation of the human being, that a human is a great and dignified creation, far above the animal world. One of the signs of this dignity is the possession of noble and magnanimous qualities. In order to achieve this behavioral excellence, the human needs to overcome his base and selfish attributes and cultivate noble qualities.



In this dū‘ā’ the fourth Imam عليه السلام specifies these qualities and shows how we can try to inculcate them in ourselves. Taken as a lesson in Islamic ethics and morality (akhlāq), the dū‘ā’ is a wonderful program for those who wish to excel in good manners...





الإمامُ عليّ (عليه السّلامُ) : إِنَّ نَفْسَكَ مَطِيَّتُكَ

إِنْ أَجْهَدْتَ تَهَا قَتَلْتَهَا وَ إِنْ رَفَقْتَ بِهَا أَبْقَيْتَهَا

Imam 'Alī عليه السلام said, "Verily your soul is your riding mount, if you make it carry more than it can bear, you will kill it; and if you treat it with kindness, you will save it."



HUMILITY AND  
HUMBLENESS





وَلَا تَرْفَعْنِي فِي النَّاسِ دَرَجَةً إِلَّا حَطَّطْتَنِي عِنْدَ نَفْسِي مِثْلَهَا

"Raise me not a single degree before the people without lowering me its like in myself.

وَلَا تُحَدِّثْ لِي عِزًّا ظَاهِرًا إِلَّا أَحَدَّثْتَ لِي ذِلَّةً بَاطِنَةً عِنْدَ نَفْسِي  
بِقَدَرِهَا

And bring about no outward exaltation for me without an inward abasement in myself to the same measure!"



PURITY AND  
SINCERITY IN  
WORSHIP



وَعَبَدْنِي لَكَ وَلَا تُفْسِدْ عِبَادَتِي بِالْعُجْبِ

"Make me worship You and corrupt not my worship with self-admiration!

وَأَجْرٍ لِلنَّاسِ عَلَى يَدَيِّ الْخَيْرِ وَلَا تَمْحَقْهُ بِالْمَنِّ

Let good flow out from my hands upon the people and efface it not by my making them feel obliged!"



# Humility of Imam ‘Alī ibn al-Ḥusayn Zain al- Abideen عليه السلام

Conduct with his everyone  
was exactly as he taught in  
his supplications - he  
“talked the talk and walked  
the walk”





PRAYING  
FOR  
PERFECTION



وَحَلِّني بِحُلِيَّةِ الصَّالِحِينَ

"Adorn me with the  
adornment of the  
righteous,

وَأَلْبِسْني زِينَةَ الْمُتَّقِينَ فِي

And clothe me in the  
ornaments of the God-  
fearing, through..."





LIVING an ETHICAL  
LIFE is **HARD WORK**

18 Moral Qualities which the Imam is  
asking us to seek from Allāh BUT that we  
need to work towards





بَسْطِ الْعَدْلِ

Spreading justice,

وَكْظِمِ الْغَيْظِ

restraining rage,

وَإِطْفِئِ النَّارَ

quenching the flame of hate,

وَضَمِّ أَهْلِ الْفُرْقَةِ

bringing together the people of  
separation,

وَإِصْلَاحِ ذَاتِ الْبَيْنِ

correcting discord,

وَإِفْشَاءِ الْعَارِفَةِ

spreading about good behavior...



وَسْتَرِ الْعَائِبَةَ

Covering faults,

وَلِينِ الْعَرِيكَهٗ

mildness of temper,

وَحَفْضِ الْجَنَاحِ

lowering the wing,

وَحُسْنِ السَّيْرِ

beauty of conduct,

وَسَكُونِ الرِّيحِ

gravity of bearing,

وَطَيْبِ الْمُخَالَفَةِ

agreeableness in disagreements...



وَالسَّبْقِ إِلَى الْفَضِيلَةِ

Precedence in reaching excellence,

وَإِيْتَارِ التَّفْضُلِ

preferring goodness,

وَتَرْكِ التَّعْيِيرِ

refraining from condemnation,

وَالْإِفْضَالَ عَلَى غَيْرِ الْمُسْتَحِقِّ

bestowing bounty on the undeserving,

وَالْقَوْلِ بِالْحَقِّ وَإِنْ عَزَّ

speaking the truth, though it be painful,

وَأَسْتِفْلَالَ الْخَيْرِ وَإِنْ كَثُرَ مِنْ قَوْلِي وَفِعْلِي

making little of the good in my words and  
deeds, though it be much...





COMPLETE  
FOCUS AND  
RELIANCE ON

ALLĀH ﷻ





وَلَا تَفْتِنِّي بِالِاسْتِعَانَةِ بِغَيْرِكَ إِذَا اضْطُرَرْتُ،

"Tempt me not to seek help from other than You  
when I am distressed,

وَلَا بِالْخُضُوعِ لِسُؤَالِ غَيْرِكَ إِذَا افْتَقَرْتُ،

(and tempt me not) to humble myself in asking  
from someone else when I am poor,

وَلَا بِالْتَضَرُّعِ إِلَى مَنْ دُونِكَ إِذَا رَهَبْتُ

(and tempt me not) to plead with someone less  
than You when I fear,

فَأَسْتَحِقُّ بِذَلِكَ خِدْلَانَكَ وَمَنْعَكَ وَإِعْرَاضَكَ

for then I would deserve Your abandonment,  
Your withholding, and Your turning away..."

# CONCLUSION of MAKARIM AL-AKHLAQ

This famous supplication from the 4<sup>th</sup> Imam, 'Alī ibn al-Husayn Zayn al-Abideen has outlined the highest moral qualities which are required for a believer if they aspire to live the life of the Prophet and the teachings of the Quran.

# CONCLUSION of MAKARIM AL-AKHLAQ

A cursory glance of this dū‘ā’ shows us that ethics is something which must be tackled in two ways: **EDUCATION** and **INSPIRATION**. We actively learn the traits but at the same time, implore Allāh ﷻ to help us apply them in our life.

# COMPREHENSIVE ONLINE RESOURCE

## Sahīfah as-Sajjādiyyah

### ✚ Lectures in Video

- Introduction to *Sahīfah Sajjādiyyah* by Sh Mohamedali Shomali – Part 1
- Introduction to *Sahīfah Sajjādiyyah* by Sh Mohamedali Shomali – Part 2a
- Introduction to *Sahīfah Sajjādiyyah* by Sh Mohamedali Shomali – Part 2b
- Introduction to *Sahīfah Sajjādiyyah* by Sh Faiyaz Jaffer
- Lessons from *Sahīfah Sajjādiyyah* by Āyatullāh Fadhil Milani
- Lessons from *Sahīfah Sajjādiyyah* by Sh Nabeel Awam – Night 1
- Lessons from *Sahīfah Sajjādiyyah* by Sh Nabeel Awam – Night 2
- Imam's knowledge and wisdom, with references to *Sahīfah* By Maulana Sayyid Muhammad Rizvi
- Contents of the *Sahīfah* and Explanation of Du'ā No. 15 by Maulana Sayyid Muhammad Rizvi
- Tafsīr of Du'ā *Makārim al-Akhilāq* by Maulana Sayyid Muhammad Rizvi
- Short 29 Clips on Du'ā *Makārimul Akhlāq* by Hasanayn Kassamali

### ✚ Articles

- Saheefa Al-Kamilah: The Perfect Epistle by A.H. Sheriff
- Intro by William Chittick
- Sahifa Intro by A Mohani
- Foreword to Sahifa M A Haider Khan
- Sample from the Original Sahifa Translation
- Unpublished Versions of Sahifa Sajjadiyyah
- Sahīfah Sajjādiyyah: the abandoned spiritual treasure
- Translations, Lexicons and Commentaries
- Imam Sajjad and Supplications by Muhammad Ali Majd Faqih
- Introduction to the Sahīfah by Muhammad Ali Majd Faqih
- Authenticity of the Sahīfah by Muhammad Ali Majd Faqih
- Intro by S.M. Baqir al-Sadr Arabic & English
- Intro by Ayt. S. M. Baqir al-Sadr
- Imam talks to God in Masjid al-Nabi

[academyofislam.com/sahifa/](https://academyofislam.com/sahifa/)

CONCLUDED -  
BY THE GRACE  
OF ALLAH بِإِذْنِ اللَّهِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ