

Practical steps to avoid sins

Allah has ordained the nature of man to be fallible. We are constantly subjugated to the pulls and desires of this worldly life. While we have the ability to steer our “free will” in any direction, we remain exposed to Satan’s attacks and whispers that can stray us from the straight path.

How to repel Satan’s Attacks and our own sinful desires?

We can counter Satan’s plan of pulling us down with sins by increasing our faith, knowledge, and good deeds and that can then elevate us to a level which can merit our meeting with Allah with bright and shining faces. Alternately, we can ignore Allah’s commandments and burden ourselves with sins thus bringing in darkness and sadness on our faces. As Allah says in the Quran:

وُجُوهُ يَوْمَئِذٍ نَّاصِرَةٌ
إِلَىٰ رَبِّهَا نَاظِرَةٌ
وَوُجُوهُ يَوْمَئِذٍ بَاسِرَةٌ
تَظُنُّ أَنْ يُفْعَلَ بِهَا فَاقِرَةٌ

Some faces that Day shall be Nadirah (shining and radiant).

Looking at their Lord (Allah).

*And some faces, that Day, will be Basirah (dark, gloomy, frowning, and sad),
Thinking that some calamity is about to fall on them (Quran, Al-Qiyama:22-*

- For those of us who believe, the anticipation of meeting Allah alone should invigorate us to straighten our acts and to stay clear from all types of sins. But again, the fallibility of our essential nature makes us either forget or neglect our obligations and drives our *nafs* (self) to sin. To shield ourselves from misguidance, therefore, we should look at the root causes that can help us become aware of Satan’s tactics and accordingly prevent our *nafs* from being misguided.

Six causes of committing sins are common in one’s life:

- Lack of knowledge about religious matters.
- Social pressures drives toward sins.
- Sense of pride and arrogance drives toward sins.
- Failure to see the impact of sin in one’s life in this world and hereafter, in his/her health, his family life, friendship and the environment one lives in.

- **Not taking minor sins seriously.**
- **Abandoning the practice of enjoining good and forbidding evil.**

In addition to fixing the issues mentioned above to address the root cause, below are some practical steps listed to avoid sins especially in day to day life:

1. Any time you have any inclination of committing any sin (Like whisper (waswasa) by Satan, or your inner self (nafs) thoughts pushes you to commit any sin), immediately start reciting

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Keep reciting this until the inclination of the sin disappears from the mind.

2. Think seriously sin you intend to commit, Allah will be watching it and He knows even what is going in your heart and mind. He is fully aware of it, do not think that the sin you will commit, nobody will see it because you are doing it secretly, in darkness or in your completely privacy.

Allah says in Quran: Surah 50/16

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسْوِسُ بِهِ نَفْسُهُ وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ
Indeed, 'it is' We 'Who' created humankind and 'fully' know what their soul whisper to them, and We are closer to them than 'their' jugular vein.

3. Think what will happen if you die (which is very possible) while committing/ traveling to commit sin or die right after it and you do not get any chance to repent with Allah (SWT). You are depriving yourself of not dying in the state of reciting "Kalima" but dying in the state of committing sin/ disobeying Allah (SWT) and what will be the reaction of angels of death.

4. While contemplating to commit sin, think immediately the scene of graveyard when you will be put there, all your dear and loved ones will leave you under ton of earth in 6x4 ditch in pitch darkness and you are alone there to answer the questions of Angeles. Your good or bad deeds will determine opening up of paradise window or Hellfire window in your grave.

5. Imagine/visualize scenes of paradise and Hell (For this you must continuously read and understand Quran to familiarize the scenes of Paradise and Hell which are very vividly mentioned in Quran in numerous verses.) and contemplate the outcome of the sin you are going to commit will take you to paradise or Hellfire?

NOTE: Reader can read my comprehensive research paper in this section on "Description of Paradise and Hell according to Quran". I have collected lot of verses of Quran in this paper which vividly describes scenes from paradise and Hell.

6. Start counting blessing of Allah (Although all human beings together cannot even count a fraction of Allah's bounties to us) which are very obvious to you, like your health, wealth, home, family, parents, kids, job/business, friends and all other luxuries of life. Allah has given you so much blessings and He is very capable of taking it all away instantly. Is it worth it after all these blessing and bounties that you should disobey Allah and His Messenger (SAW) by committing this sin? In most cases the so called enjoyment of sins are very short lived anyway.

7. Spend more and more time in Remembrance (Zikr) of Allah (SWT) , reading and understanding Quran, Avoid , useless and vain talks, do not waste time in watching movies, video games, dramas, all these things corrupt your mind and expel you towards violent, immoral sexual behavior , which ultimately lead to committing sins.

Following above tips and with your will power, In Sha Allah, you will be able to avoid sins.

But in case we are still overcome by our inner self desires and attack of Shaitan to commit any sin, then do the following right away after transgressing Allah's commandments.

a) Start reciting **لَا إِلَهَ إِلَّا اللَّهُ** immediately.

b) Do Wadu and Pray Two Rakat prayer for Istighfar (Repentance) and sincerely ask Allah for forgiveness and do sincere intension not to repeat that sin again.

c) Do any good deed as soon as possible, like give money for charity (Sadaqa) or kaffara, help someone in need of any type of help, act of goodness to parents and start remembrance (Zikr) of Allah (SWT) etc. As Allah says in holy Quran Surah 11/114

وَأَقِمِ الصَّلَاةَ طَرَفِي النَّهَارِ وَزُلْفًا مِّنَ اللَّيْلِ إِنَّ الْحَسَنَاتِ يُذْهِبْنَ السَّيِّئَاتِ ذَلِكَ ذِكْرَى
لِلذَّاكِرِينَ

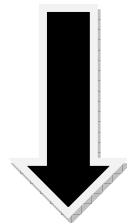
Establish prayer 'O Prophet' at both ends of the day and in early part of the night, **surely good deeds wipe out evil deeds.** That is a reminder for the mindful.

Note: Remember committing sins are not only you do bad deeds, but not doing your obligatory obligation as commanded by Allah and His Prophet are also great sins, like not praying 5 times a day, not giving Zakat or not fasting in the month of Ramadan without genuine excuse etc. The tips mentioned above are also relevant when Shaitan or your inner self compels you to not fulfill these obligatory commandments.

The golden rule of Life:

Always remember two things all the time: 1) Allah 2) Your death.

Always forgets two things all the time: 1) if somebody harmed or hurt you. 2) Whatever favors (Ehsan) you have done to someone.



Please print these tips of avoiding sins and put in easily accessible place, so when you have urge to commit sin, immediately start reading these tips.