

# 40 Qur'anic Advices For A Blissful Marriage

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# Contents

Foreword	1
Your Partner Is Ordained	9
Don't Be A Perfectionist In Marriage	10
Be Positive	11
Accept Diversity	12
Recognize Diversity In Temperament	13
Do Your Duty To Forgo One's Rights	14
No Person Is Perfect	15
Make A Firm Commitment	16
Be Considerate	17
Be Grateful	18
Be Reasonable And Objective	19
Avoid Suspicions	20
Give Opportunity	21
Avoid Justification	22
Suppress Your Anger	23

Make Up Quickly	24
Listen Attentively	25
Good Communication	26
Compromise	27
Consultation With Each Other	28
Balance Rights	29
Humour	30
Romance	31
Be Polite	32
Forgive And Overlook	33
Forget The Past	34
Show Respect	35
Assist Each Other	36
Take Interest	37
Beware Of Abuse	38
Maintain Confidentiality	39
Spend Time Away	40
Free Time	41

Adopt Piety	42
Money Matters	43
Medical Checkups	44
Black Magic And Misinformation	45
Introspection	46
Accountability	47
Supplication	48





# FOREWORD

Mufti Zubair Bayat (Hafizahullah)

*Ameer of Darul Ihsan Humanitarian Centre*

*Durban - South Africa*

Marriage is an injunction of Allah Ta'ala, a great Sunnah of the Ambiya ﷺ and the very foundation of family life and indeed human life on earth.

Every means must be adopted to strengthen marriages and to remove possible factors of disruption to the harmony of marital life.

Education relating to the factors of success in marriage is absolutely essential. Marital counselling for couples experiencing marital conflict is imperative.

Over the years, I had to mediate in many cases of marital dispute between couples. Relevant advices were given to the couples to help and guide them overcome their challenges. These were then

published in the form of a leaflet titled, '40 Secrets for a Blissful Marriage'. Subsequently, Moulana Muhammad Ameer (Hafizahullah) developed this leaflet into a booklet, embellishing it with appropriate verses of Qur'an Shareef and supplications from Qur'an and Sunnah.

May Allah Ta'ala accept this effort and make it very beneficial for the Ummah.

Was Salam

Zubair Bayat

1 May 2024 – 21 Shawwal 1445



# FOREWORD

Moulana Yusuf Patel (Hafizahullah)

*Secretary General of United Ulama Council of South Africa*

## Marriage is a Skilled Based Relationship

Marriage can be a source of enormous tranquility, and self-fulfilment, yet can become the root of the greatest heartbreaks, pain, and sorrow. The very bond that is meant to provide joy and happiness, can also produce the deepest hurt and sorrow. A marriage certificate, a grand wedding, or a sparkling diamond ring is no guarantee of everlasting bliss. It takes more than money and dreams to make a marriage work.

Human beings are neither perfect nor perfectly matched. The quest for zero defect in our spouses is therefore neither practical nor possible. A prosperous union has less to do with forging compatibility and more to do with how we deal with incompatibility. Even the most trying moments in marital relations can be overcome by following this one piece of prophetic

advice. "No believing man should totally detest a believing woman (who is his wife). If he dislikes something in her, there would be something else in her that he would like." (Sahih Muslim)

We often tend to overlook the ninety-nine good qualities in our spouses and focus on the one bad quality or habit of our spouse. What we see in our spouses depends on what we look for. If we consciously look for the good in our spouses, we will find a reservoir of good!

The dominant need of the male in marriage is to feel respected; whilst the dominant need of the female is to feel loved. 'The 40 Qur'anic Advices for a Blissful Marriage' is meant to help couples nurture the twin pillars of respect and love in their marriage. It provides a formula to personify the Qur'anic verse that says: "...They are your garments and you are their garments." (2:187)

A garment offers comfort, warmth, dignity and beauty. It conceals our shameful parts and gives us respectability. The topics covered in this short treatise is to help us harness skills so that we may serve as 'garments' to our spouses. Garments are not held together

by a few big knots, but by thousand little stitches of thread. Likewise, it is the continuous thread of small words and acts each day of our lives that 'weave' us together. May this compilation serve as a beacon of hope and guidance for both married couples and those contemplating marriage. It is an invaluable summation of the years of experience in the field of counselling and psychotherapy of our respected Mufti Zubair Bayat. (May Allah prolong his life and reward him for his services)

Was Salaam

Yusuf Patel

5 May 2024 – 25 Shawwal 1445



# FOREWORD

Moulana Abdus Samad I. Daya (Hafizahullah)

*Lecturer, Author and Prominent Scholar – South Africa*

نحمده ونصلي علي رسوله الكريم

Alhamdulillah, I am humbled and honoured to be given this opportunity to pen a foreword for this booklet. I have perused through this insightful booklet on marriage, a timeless institution that has been the cornerstone of human society for centuries. In an era marked by rapid change and evolving norms, the essence of Nikah remains steadfast - a union of hearts, minds, and souls, bound by love, commitment, and mutual respect.

In the ensuing pages, you will embark on a journey through the myriad facets of marriage, with pertinent corroboration from the Noble Qur'an and Ahadith, exploring its joys, challenges, and profound significance in our lives. Whether you are embarking on this journey for the first time or reflecting on years of partnership, this booklet offers wisdom, guidance, and encouragement for the various stages of the marital adventure.

Nikah is not merely a legal contract or social convention; it is a sacred covenant between two individuals, a promise to journey together through life's triumphs and tribulations, to support each other's dreams, and to grow together as individuals and as partners. It is a bond forged in the crucible of shared experiences, laughter, tears, and the everyday moments that define our lives.

Marriage is an evolving dynamic that requires nurturing, communication, and a willingness to embrace change. In these pages, you will find practical advice on communication, conflict resolution, and a myriad of ingredients that contribute to a fulfilling and enduring marriage.

As you immerse yourself in the wisdom contained within these pages, may you find inspiration, encouragement, and a renewed appreciation for the sacred bond. Whether you are embarking on this journey, deepening your commitment or celebrating a lifetime of love, may this booklet serve as a guiding light, illuminating the path to a marriage filled with joy, fulfilment and love.

I wish to express my profound gratitude to Darul Ihsan Centre for this enlightening booklet. May it be a source of spiritual benefit to the Ummah and may it find acceptance in the Court of Allah. Aameen.

MI. Abdus Samad I. Daya

09 May 2024 – 29 Shawwaal 1445

#1

## YOUR PARTNER IS ORDAINED

### Qur'anic Guidance

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا  
زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً، وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ  
وَالْأَرْحَامَ، إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا

*O mankind, fear your Lord, who created you from one soul and created from it its partner and dispersed from both of them many men and women. And fear Allah, through whom you ask one another, and the wombs. Indeed, Allah is ever watching over you, all Observing.*

(Surah An-Nisa - Verse 1)

Regard your partner as someone ordained for you by your Creator, so accept His decree willingly.

### Supplication

اللَّهُمَّ ارْضِنِي بِقَضَائِكَ وَبَارِكْ لِي فِيمَا قُدِّرَ لِي

*O Allah! Grant me contentment with your decisions and bless me in what has been ordained for me.*

(Tabarani)

#2

# DON'T BE A PERFECTIONIST IN MARRIAGE

## Qur'anic Guidance

وَنَبْلُوكُمْ بِالشَّرِّ وَالْخَيْرِ فِتْنَةً، وَإِلَيْنَا تُرْجَعُونَ

*And we will test you with difficulty and goodness as a form of a trial, and you shall return to us (to give accountability)*

(Surah Ambiya - Verse 35)

No marriage is perfect. All marriages could have some problems, till the end. This should be regarded as a test from Allah which requires Sabr (patience), tolerance and forgiveness.

## Supplication

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Our Lord! Give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the fire.*

(Surah Al Baqarah - Verse 201)

#3

## BE POSITIVE

### Qur'anic Guidance

وَأِنْ تَعَدُّوا نِعْمَةَ اللَّهِ لَا تُحْصَوْهَا، إِنَّ اللَّهَ لَغَفُورٌ رَحِيمٌ

*And if you try to enumerate the favours of Allah, you will never be able to count them (due to them being innumerable). Indeed, Allah is most forgiving, most merciful.*

(Surah An-Nahl - Verse 18)

Always focus on the positive aspects of marriage and regard it as a blessing from Allah Ta'ala which requires Shukr (gratitude). Many only realise when its too late.

### Supplication

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

*O Allah, help me to remember You, to give You thanks, and to perform Your worship in the best manner.*

(Abu Dawood)

#4

# RECOGNISE DIVERSITY IN TEMPERAMENT

## Qur'anic Guidance

وَلِلرِّجَالِ عَلَيْهِنَّ دَرَجَةٌ

*Allah Ta'ala has granted man a rank (of responsibility) above  
woman.*

(Surah Al-Baqarah - Verse 228)

Realise that Allah has made man and woman different; man is to be the kind and compassionate protector of a woman, not her tormentor. Don't expect the traits of men in women and vice-versa.

## Supplication

اللَّهُمَّ اجْعَلْنِي أَحْشَاكَ كَمَا نِيَّ أَرَاكَ أَبَدًا

*O Allah! Make me from those that fear You as if I see You.*

(Tabarani)

#5

## ACCEPT DIVERSITY

### Qur'anic Guidance

فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

*If you dislike them (your spouse) for some reason, perhaps you dislike some aspect, whereas Allah has kept a lot of good in in it.*

(Surah An-Nisa-Verse 19)

Realise that people are different in temperament, habits and background. The challenge of marriage is learning to accept and adapt. Don't force your ways on others.

### Supplication

اللَّهُمَّ اِرْحَمْنِي بِتَرْكِ الْمَعَاصِي أَبَدًا مَا أَبْقَيْتَنِي

*O Allah, have mercy on me by abandonment of sins forever, as long as you keep me alive.*

(Tirmizi)

#6

## DO YOUR DUTY AND FORGO ONE'S RIGHTS

### Qur'anic Guidance

وَيُؤْتِرُونَ عَلَىٰ أَنفُسِهِمْ وَلَوْ كَانَ بِهِمْ خَصَاصَةٌ

*They give them preference over themselves, even if they themselves are needy.*

(Surah Hashr - Verse 9)

Each partner must try to fulfil rights of the other and forgo his/her own rights; one partner must not fight for and demand rights. Both must be willing to compromise.

### Supplication

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَنْ أَظْلِمَ أَوْ أُظْلَمَ

*O Allah! I seek refuge in You from oppressing or being oppressed.*

(Abu Dawood)

#7

## NO PERSON IS PERFECT

### Qur'anic Guidance

فَلَا تُزَكُّوا أَنْفُسَكُمْ

*So do not acclaim your own virtue.*

(Surah An Najm - Verse 32)

Accept that no person is perfect; all have some faults. Focus on one's own faults. Do not look for faults or highlight the next person's faults all the time.

### Supplication

اللَّهُمَّ اجْعَلْنِي فِي عَيْنِي صَغِيرًا وَفِي عَيْنِ النَّاسِ كَبِيرًا

*O Allah make me small in my own eyes and great in people's eyes.*

(Musnad Al Bazzar)

#8

## MAKE A FIRM COMMITMENT

### Qur'anic Guidance

وَآخِذْنَ مِنْكُمْ مِّيثَاقًا غَلِيظًا

*And they have taken a strong pledge from you*

(Surah An-Nisa - Verse 21)

Make a firm commitment to make marriage work; affirm this by word and deed. Do not say or do things that may damage the marriage. Do not take the institution of marriage lightly. Marriage is not a disposable commodity.

### Supplication

اللَّهُمَّ اهْدِنِي وَسَدِّدْنِي

*O Allah guide me and make me adhere to the straight path.*

(Muslim)

#9

## BE CONSIDERATE

### Qur'anic Guidance

وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ

*And live with them (your wives) with kindness.*

(Surah An-Nisa - Verse 19)

Be considerate of one's partner and be sensitive to one's partner's likes and dislikes. Do not hurt feelings.

### Supplication

اللَّهُمَّ اجْعَلْنَا شَاكِرِينَ لِنِعْمَتِكَ مُشْنِينَ بِهَا قَابِلِيهَا وَأَتَمِّهَا عَلَيْنَا

*O Allah, make us from those that are thankful to your bounties, praisers and accepters of it, and complete it (bounties) upon us.*

(Abu Dawood)

#10

## BE GRATEFUL

### Qur'anic Guidance

لَعْنُ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

*If you are grateful I will surely increase you.*

(Surah Ibrahim - Verse 7)

Appreciate each other and express it now and then. Do not take the next person's favours for granted. Be grateful for every good act.

In a Hadith it is stated, whoever is not grateful to people has not shown gratitude to Allah. (Tirmizi)

### Supplication

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ

أَعْمَلَ صَالِحًا تَرْضَاهُ وَأُدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

*My Lord, inspire me that I should be thankful for Your blessing with which You have blessed me and my parents, and that I may do good works that will please You. Admit me, by Your Mercy, among Your*

*righteous servants.*

(Surah An-Naml - Verse 19)

#11

## BE REASONABLE AND OBJECTIVE

### Qur'anic Guidance

إِعْدِلُوا، هُوَ أَقْرَبُ لِلتَّقْوَىٰ

*(O Believers) Be just for the sake of Allah, it is closer to piety.*

(Surah Ma'idah - Verse 8)

Always be objective, not emotional; be rational, balanced and just.  
Don't be unreasonable and uncompromising.

### Supplication

اللَّهُمَّ اجْعَلْنِي مِمَّنْ يَخَافُ مَقَامَكَ وَيَخَافُ وَعَيْدَكَ

*O Allah make me from those who fears your position and fears  
your caution.*

(At-Targheeb)

#12

## AVOID SUSPICIONS

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ، إِنَّ بَعْضَ الظَّنِّ إِثْمٌ

*O Believers, abstain from a lot of suspicion, verily some suspicion is a sin.*

(Surah Hujurat - Verse 12)

Avoid assumptions, suspicions and a negative perception of one's partner. Always give benefit of doubt. Verify facts before jumping to conclusions or making accusations. It is stated in a Hadith, “Beware of suspicion.” (Muslim)

### Supplication

اللَّهُمَّ قِنِّي شَرَّ نَفْسِي

*O Allah! Save me from the evil of my Nafs.*

(Nasai)

#13

# ACCEPT YOUR WEAKNESSES

## Qur'anic Guidance

وَأَخْلَقَ الْإِنْسَانَ ضَعِيفًا

*And man was created weak.*

(Surah An Nisa - Verse 28)

Gradually work towards overcoming one's weaknesses; give the next person a chance; be accommodating, not harsh, nor hasty.

## Supplication

اللَّهُمَّ إِنِّي ضَعِيفٌ ، فَقَوِّ فِي رِضَاكَ ضَعْفِي

*O Allah! I am weak (in pleasing you) so grant me strength, lead me to do good (for your pleasure).*

(Tabarani)

#14

## AVOID JUSTIFICATION

### Qur'anic Guidance

إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ وَيَنْهَىٰ عَنِ الْفَحْشَاءِ  
وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُم لَعَلَّكُمْ تَذَكَّرُونَ

*Certainly, Allah commands justice, the doing of good, and generosity towards kith and kin, and He forbids all shameful deeds, injustice and rebellion, He instructs you, that you may receive admonition.*

(Surah An Nahl - Verse 90)

Never be defensive and stubborn; Allah alone is perfect. Avoid cynicism, pessimism, aggression and negativity and justification if you are wrong. Accept when you are at fault.

### Supplication

اللَّهُمَّ اجْعَلْنِي أَخْشَاكَ كَأَنِّي أَرَاكَ

*O Allah! Make me fear You as if I see You.*

(Tabarani)

#15

## SUPPRESS YOUR ANGER

### Quranic Guidance

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ  
النَّاسِ ، وَ اللَّهُ يُحِبُّ الْمُحْسِنِينَ

*Those who spend (generously), whether in prosperity, or in adversity,  
who restrain anger, and pardon others, for Allah loves those who do good.*

(Surah Al Imran - Verse 134)

Anger is dangerous; it is also Haram. Control it by reading, drinking water, making wudhu, etc. Work towards the reformation of anger.

Anas bin Malik رضي الله عنه narrates, 'I served the Prophet ﷺ in Madinah for ten years. Never did he say to me: "Uf" (a minor harsh word denoting impatience) and never blamed me by saying, "Why did you do so or why didn't you do so?'" (Abu Dawood)

### Supplication

اللَّهُمَّ اذْهَبْ غَيْظَ قَلْبِي

*O Allah! Remove anger from my heart.*

(Tabarani)

#16

## MAKE UP QUICKLY

### Qur'anic Guidance

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ

*And do not turn your face away from people with pride.*

(Surah Luqman - Verse 18)

Do not walk away out of pride and in anger for more than a few hours; try to make up as quickly as possible with loving gestures. The longer the delay, the greater the harm.

### Supplication

اللَّهُمَّ إِنَّا نَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ

*O Allah! I seek from you, pardon and wellbeing.*

(Tabarani)

#17

## LISTEN ATTENTIVELY

### Qur'anic Guidance

فَاتَّقُوا اللَّهَ مَا اسْتَطَعْتُمْ وَأَسْمِعُوا وَأَطِيعُوا

*So fear Allah as much as you are able to and listen and obey.*

(Surah Taghabun - Verse 16)

Listen to the next person attentively, calmly, patiently; do not comment right away; think it over; take time to respond. Do not stifle the next person.

### Supplication

اَللّٰهُمَّ اجْعَلْنَا سَامِعِيْنَ مُطِيعِيْنَ

*O Allah! Make us obedient listeners to You.*

(Al Qowlul Badee)

#18

## GOOD COMMUNICATION

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا تَنَاجَيْتُمْ فَلَا تَتَنَاجَوْا بِالْإِثْمِ وَالْعُدْوَانِ وَمَعْصِيَتِ  
الرَّسُولِ وَتَنَاجَوْا بِالْبِرِّ وَالتَّقْوَى ، وَاتَّقُوا اللَّهَ الَّذِي إِلَيْهِ تُحْشَرُونَ

*O You who believe, when you hold secret counsel, do not whisper for sinful acts and wrongdoing and disobedience of the Messenger ﷺ, and do whisper for righteousness and Taqwa (piety), and fear Allah unto Whom you shall be gathered.*

(Surah Mujadalah - Verse 9)

Lots of communication is required; communication requires skill, tact and wisdom. Say the right thing at the right time in the right tone.

### Supplication

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

*My Lord! Grant me wisdom, and join me with the righteous.*

(Surah Shu'ara - Verse 83)

#19

## COMPROMISE

### Qur'anic Guidance

ادْفَعْ بِالَّتِي هِيَ أَحْسَنُ

*Repel (evil) with what is best.*

(Surah Fussilat - Verse 34)

Compromise is essential; marriage is not a one-way street. Give and take is necessary. Initially one will need to compromise, however over time this leads to strengthening the bond.

### Supplication

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

*Allah is sufficient for us and the best one to depend upon.*

(Surah Al Imran - Verse 173)



#20  
**MUTUAL  
CONSULTATION**

**Qur'anic Guidance**

وَأَمْرُهُمْ شُورَىٰ بَيْنَهُمْ

*And whose affairs are (settled) with mutual consultation.*

(Surah Shura - Verse 38)

Consultation in a friendly manner in all major issues is important. Do not take unilateral decisions. Mashwarah is a great Sunnah. Abu Hurairah رضي الله عنه said, “I never saw anyone consult his companions more often than the Messenger of Allah.” (Ahmad)

**Supplication**

اللَّهُمَّ أَلْهِمْنَا مَرَأَشِدَ أُمُورِنَا، وَاعِدْنَا مِنْ شُرُورِ أَنْفُسِنَا

*O Allah, inspire us to guide our affairs and protect us from the evils  
of ourselves.*

(Ahmad)

#21

## BALANCE RIGHTS

### Qur'anic Guidance

وَاعْتَصِمُوا بِحَبْلِ اللَّهِ جَمِيعًا وَلَا تَفَرَّقُوا

*And hold onto the rope of Allah together and do not be divided*

(Surah Al Imran - Verse 103)

Balance the rights of everyone; be co-operative and help one another to fulfil rights. Parents, siblings, in-laws, relatives, all have rights that must be fulfilled along with the rights of the spouse.

Our Nabi ﷺ divided his time into three parts, one part for Allah, one for his family and one for himself.

### Supplication

وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ الرَّحِيمُ

*And show us our rites (of worship) and accept our repentance, truly,*

*You are the One who accepts repentance, the Most Merciful.*

(Surah Al Baqarah - Verse 128)

#22

## HUMOUR

### Qur'anic Guidance

يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ

*Allah wants ease and not hardship for you.*

(Surah Al Baqarah - Verse 185)

Learn to relax and unwind; be humorous, not tense and uptight all the time. This is healthy for the body, mind and marriage.

### Supplication

رَبِّ يَسِّرْ وَلَا تُعَسِّرْ وَتَمِّمْ بِالْخَيْرِ

*O my Lord! Make (the task) easy and do not make it difficult and grant completion with goodness.*

(Saheeh Ibn Hibban)

#23

## ROMANCE

### Qur'anic Guidance

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ  
بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ، إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

*And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought/ponder.*

(Surah Rum - Verse 21)

Romance is necessary for the marriage. Display loving gestures. Send loving messages. It is an important Sunnah.

### Supplication

اللَّهُمَّ الْفِ بَيْنَ قُلُوبِنَا

*O Allah grant affection between our hearts.*

(Abu Dawood)

#24

## BE POLITE

### Qur'anic Guidance

وَاعْضُضْ مِنْ صَوْتِكَ إِنَّ أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ الْحَمِيرِ

*Lower your voice, the worst of sounds is the braying of the donkey.*

(Surah Luqman - Verse 19)

Be polite and courteous in speech. Do not be abrupt; do not scream or shout.

### Supplication

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّقَاقِ وَالتَّفَاقِ وَسُوءِ الْأَخْلَاقِ

*O Allah, I seek refuge in You from divisiveness, hypocrisy, and evil character.*

(Nasai)

#25

## FORGIVE AND OVERLOOK

### Qur'anic Guidance

قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ،  
إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا، إِنَّهُ هُوَ الْعَفُورُ الرَّحِيمُ

*O My servants who have acted recklessly against themselves, do not despair of Allah's mercy. Indeed He is the Most Forgiving Most Merciful.*

(Surah Zumar - Verse 53)

Forgive and forget; everyone makes mistakes. Allah loves to forgive and loves those who forgive. Be big hearted.

### Supplication

رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا

*Our Lord, do not take us to task in case we forget or we make mistakes.*

(Surah Al Baqarah - Verse 286)

#26

## FORGET THE PAST

### Qur'anic Guidance

وَلْيَعْفُوا وَلْيَصْفَحُوا، أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ، وَاللَّهُ غَفُورٌ رَحِيمٌ

*They should forgive and overlook, Do you not love that Allah should forgive you.*

(Surah Noor - Verse 22)

Do not bring up the past; look forward, not backward. Let bygones be bygones. Just as we want Allah to forgive us, forgive others.

It is stated in a Hadith, 'Anyone who conceals a Muslim's fault, Allah will conceal his faults on the Day of resurrection.' (Muslim)

### Supplication

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

*My Lord! forgive and have mercy, and You are the best of the merciful.*

(Surah Mu'minun - Verse 118)

#27

## SHOW RESPECT

### Qur'anic Guidance

هُنَّ لِبَاسٌ لَّكُمْ وَأَنْتُمْ لِبَاسٌ لَّهُنَّ

*They (wives) are garments unto you and you (husbands) are garments for them.*

(Surah Al Baqarah - Verse 187)

Mutual respect is important; never run down one's partner, especially in front of others.

### Supplication

اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنْ مُنْكَرَاتِ الْاَخْلَاقِ

*O Allah, I seek refuge in You from evil character.*

(Tirmizi)

#28

## ASSIST EACH OTHER

### Qur'anic Guidance

وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَىٰ

*Assist one another in righteousness and piety.*

(Surah Al-Ma'idah - Verse 2)

Help each other in housework and domestic chores. This is a great Sunnah. It strengthens the bond of marriage. The wife is not a servant. Maintain a high level of hygiene. Maintain a neat and attractive appearance.

Ayesha رضي الله عنها narrates that Nabi صلى الله عليه وسلم used to keep himself busy serving his family, He صلى الله عليه وسلم worked as any man works in his house.

(Bukhari)

### Supplication

اللَّهُمَّ الطُّفَّ بِي فِي تَيْسِيرِ كُلِّ عَسِيرٍ فَإِنَّ تَيْسِيرَ كُلِّ عَسِيرٍ عَلَيْكَ  
يَسِيرٌ

*O Allah! Make easy for me every difficulty with your special favour and kindness, for it is easy for you to make every difficulty easy.*

(Tabarani)

#29

## TAKE INTEREST

### Qur'anic Guidance

فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

*Then if you dislike them, it may be that you dislike a thing while  
Allah has placed abundant good in it.*

(Surah An Nisa - Verse 19)

Take interest in the next person's matters. Do not be selfish and self-centered. This will impact negatively on the marriage.

### Supplication

وَلَا تَجْعَلْ مُصِيبَتَنَا فِي دِينِنَا

*And do not make affliction in our religion.*

(Tirmizi)

#30

## BEWARE OF ABUSE

### Qur'anic Guidance

وَلَا تُمَسِّكُوهُنَّ ضِرَارًا لِّتَعْتَدُوا

*And do not restrain them, intending harm, to transgress (against them).*

(Surah Al Baqarah - Verse 231)

Physical, mental, verbal, financial and psychological abuse is absolutely unacceptable. This is tantamount to Zulm (oppression) which is a major sin.

### Supplication

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ الْمُنْكَرَاتِ

*O Allah, I ask You for good actions and for leaving what is disapproved of.*

(Muwattah Imam Malik)

#31

## MAINTAIN CONFIDENTIALITY

### Qur'anic Guidance

فَاسْأَلُوا أَهْلَ الذِّكْرِ إِنْ كُنْتُمْ لَا تَعْلَمُونَ

*“And ask those who have knowledge if you do not know.*

(Surah Ambiya - Verse 7)

Nabi ﷺ said: The most wicked among the people in the eye of Allah on the Day of judgment is the man who goes to his wife and she comes to him, and then he divulges her secret. (Muslim)

Confidentiality is important. Never discuss your personal life with unrelated people. Maintain strict confidentiality between spouses. Consult a pious elder or learned Alim if problems occur. Go for counselling if necessary.

### Supplication

اللَّهُمَّ أَحْسِنْ عَاقِبَتَنَا فِي الْأُمُورِ كُلِّهَا، وَأَجِرْنَا مِنْ خِزْيِ الدُّنْيَا وَعَذَابِ  
الْآخِرَةِ

*O Allah! grant us a good outcome in all of our affairs and save us from the disgrace of this world and the punishment of the Hereafter.*

(Ahmad)

#32

## SPEND TIME AWAY

### Qur'anic Guidance

وَالْعَصْرِ، إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ

*By the passage of time! Surely humanity is in grave loss.*

(Surah Al Asr – Verse 1)

Time away from each other occasionally is healthy for the relationship. But it should be for short durations only.

It is stated in a Hadith, 'Travel! and you will gain health.' (Tabarani)

### Supplication

اللَّهُمَّ إِنِّي أَسْأَلُكَ الصِّحَّةَ وَالْعَافِيَةَ

*O Allah! I seek from You health and wellbeing.*

(Tirmizi)

#33

## FREE TIME

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ

*O Believers, fear Allah and be with those who are Truthful.*

(Surah Taubah - Verse 119)

Try and spend free time together, especially evenings and most weekends. Do fun things together. Enjoy each other's company.

### Supplication

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ يَوْمِ الشُّوْءِ، وَمِنْ لَيْلَةِ الشُّوْءِ، وَمِنْ سَاعَةِ

الشُّوْءِ، وَمِنْ صَاحِبِ الشُّوْءِ، وَمِنْ جَارِ الشُّوْءِ

*O Allah! I seek refuge in You from an evil day, evil night, evil time, evil companion, and from an evil neighbour.*

(Sunan Tabarani)

#34

## ADOPT PIETY

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنفُسَكُمْ وَأَهْلِيكُمْ نَارًا

*'O believers, save yourselves and your families from the fire of hell.'*

(Surah Tahreem - Verse 6)

Come onto Deen fully. Perform Salah, Zikr, Tilawah, etc. Attend Deeni programmes. Read an Islamic book at home even for a few minutes. Avoid sins. Adopt a Sunnah lifestyle. Connect with pious personalities. Follow their advices.

### Supplication

اللَّهُمَّ آتِ نَفْسِي تَقْوَاهَا، وَزَكِّهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا، أَنْتَ وَلِيِّهَا  
وَمَوْلَاهَا

*O Allah! Grant my soul piety. And purify it You are the best to purify it, You are its Guardian and Master.*

(Muslim)

#35

## MONEY MATTERS

### Qur'anic Guidance

لِيُنْفِقْ ذُو سَعَةٍ مِّن سَعَتِهِ ، وَمَنْ قُدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ

*And every person should spend according to his ability, and whoever finds his wealth less, should spend whatever Allah has given him.*

(Surah Talaq - Verse 7)

Money matters must be done with consultation. Save and be thrifty, do not be extravagant nor miserly. Take the middle path. Spend generously on one's family.

### Supplication

وَأَصْلِحْ لِي دُنْيَايَ الَّتِي فِيهَا مَعَاشِي

*And rectify for me the affairs of this world wherein is my sustenance.*

(Muslim)

#36

## MEDICAL CHECKUPS

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا خُذُوا حِذْرَكُمْ

*“O Believers be on your guard.”*

(Surah An Nisa - Verse 71)

Have a medical checkup for hypertension, diabetes, etc. which can cause anger and frustration. Go for counselling to deal with psychological issues, if required. In some cases, even psychiatric assessment may be required. Drug abuse is a serious problem that requires intervention and rehabilitation.

### Supplication

اللَّهُمَّ عَافِنَا فِي أَبْدَانِنَا، اللَّهُمَّ عَافِنَا فِي أَسْمَاعِنَا، اللَّهُمَّ عَافِنَا فِي  
أَبْصَارِنَا، لَا إِلَهَ إِلَّا أَنْتَ

*O Allah grant us wellbeing in our bodies, in our hearing and in our sight, there is no deity besides You.*

(Abu Dawood)

#37

## BLACK MAGIC & MISINFORMATION

### Qur'anic Guidance

قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا، هُوَ مَوْلَانَا، وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ  
الْمُؤْمِنُونَ

*Say nothing shall afflict us but what Allah has decreed for us. He is our Maula (Protector), And in Allah let the believers put their trust.*

(Surah Taubah - Verse 51)

Do not attribute all problems to Sihr (Jadu). Avoid doubts and suspicion. If necessary, consult only an authentic Aamil. Read Manzil for protection. Resign oneself to Allah's decree with dignity.

### Supplication

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمْزِهِ وَنَفْحِهِ وَنَفْثِهِ  
*I seek refuge in Allah, All-Hearing and All-Knowing from the accursed devil, from his evil suggestion, from his puffing up, and from his spitting.*

(Tirmizi)

#38

## INTROSPECTION

### Qur'anic Guidance

يَا أَيُّهَا الَّذِينَ آمَنُوا تَوْبُوا إِلَى اللَّهِ تَوْبَةً نَّصُوحًا، عَسَىٰ رَبُّكُمْ أَن يُكَفِّرَ

عَنكُمْ سَيِّئَاتِكُمْ

*O believers, turn to Allah in sincere repentance, Your Lord may well  
remove from you your misdeeds.*

(Surah Tahreem - Verse 8)

When things go wrong, always ask: Where have we gone wrong?  
Rectify wrongs, give up sins, repent, seek advice. Allah's help is  
near for those who are dear.

### Supplication

رَبِّ تَقَبَّلْ تَوْبَتِي وَاغْسِلْ حَوْبَتِي وَأَجِبْ دَعْوَتِي وَثَبِّتْ حُجَّتِي وَسَدِّدْ

لِسَانِي وَاهْدِ قَلْبِي وَاسْلُلْ سَخِيمَةَ صَدْرِي

*My Lord, accept my repentance, wash away my sin, answer my  
supplication, clearly establish my evidence, make true my tongue,  
guide my heart, and draw out the malice in my chest.”*

(Tirmizi)

#39

## ACCOUNTABILITY

### Qur'anic Guidance

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ، وَإِنَّمَا تُؤَفَّفُونَ أَجُورَكُمْ يَوْمَ الْقِيَامَةِ

*“Every sole shall taste death, and indeed you will be given your recompense on the Day of Judgement for what you did.*

(Surah Al Imran - Verse 185)

Each one will go to one's own grave and stand alone before Allah Ta'ala to answer for oneself, not for others. With this in mind, do one's duty and leave the rest to Allah.

### Supplication

اللَّهُمَّ حَاسِبِنَا حِسَابًا يَسِيرًا

*O Allah! Grant us an easy reckoning.*

(Tabarani)

#40

## SUPPLICATION

### Qur'anic Guidance

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

*And your Lord says, supplicate to me and I shall answer your prayer.*

(Surah Ghafir - Verse 60)

Never underestimate the power of Dua. Ask Allah for His help at all times, especially when things are not going well.

### Supplication

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

*“Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous.”*

(Surah Al Furqan - Verse 74)