



FUSSILAT
ACADEMY

Seeking Tranquility

Relationship between Husband and Wife in the light of the Quran
and Sunnah

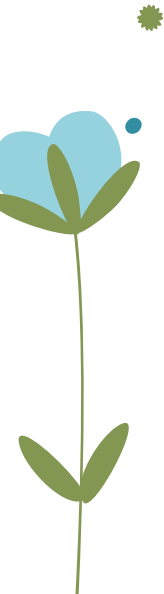
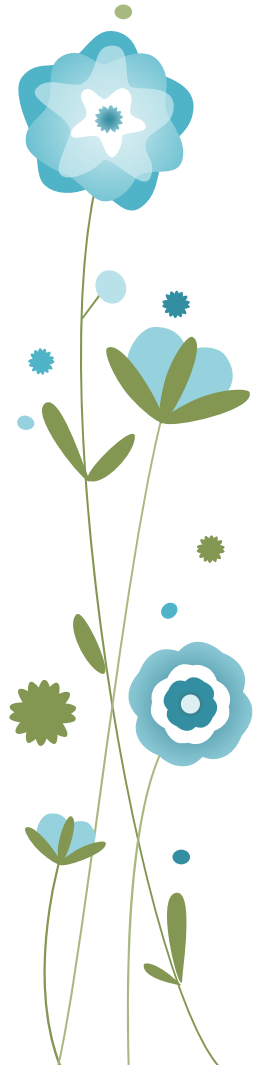
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Overview

- Purpose of Life
- Purpose of Marriage
- Husband and Wife
- Responsibilities of Husband
- Responsibilities of Wife
- Some Important Issues
- Tips for a successful marriage



Purpose of Life

- Allah ﷻ created us to worship Him
- Life is a test
- Allah ﷻ wants to test who will do the best in good deeds
- Our main goal is to please Allah ﷻ and secure Jannah

[51:56] وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

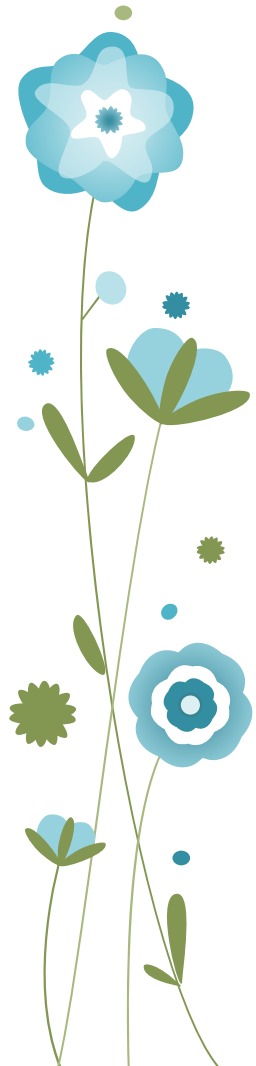
I did not create jinn and humans except to worship Me.

[51:57] وَمَا أُرِيدُ مِنْهُمْ مِنْ رِزْقٍ وَمَا أُرِيدُ أَنْ يُطْعَمُونِ

I seek no provision from them, nor do I need them to feed Me.

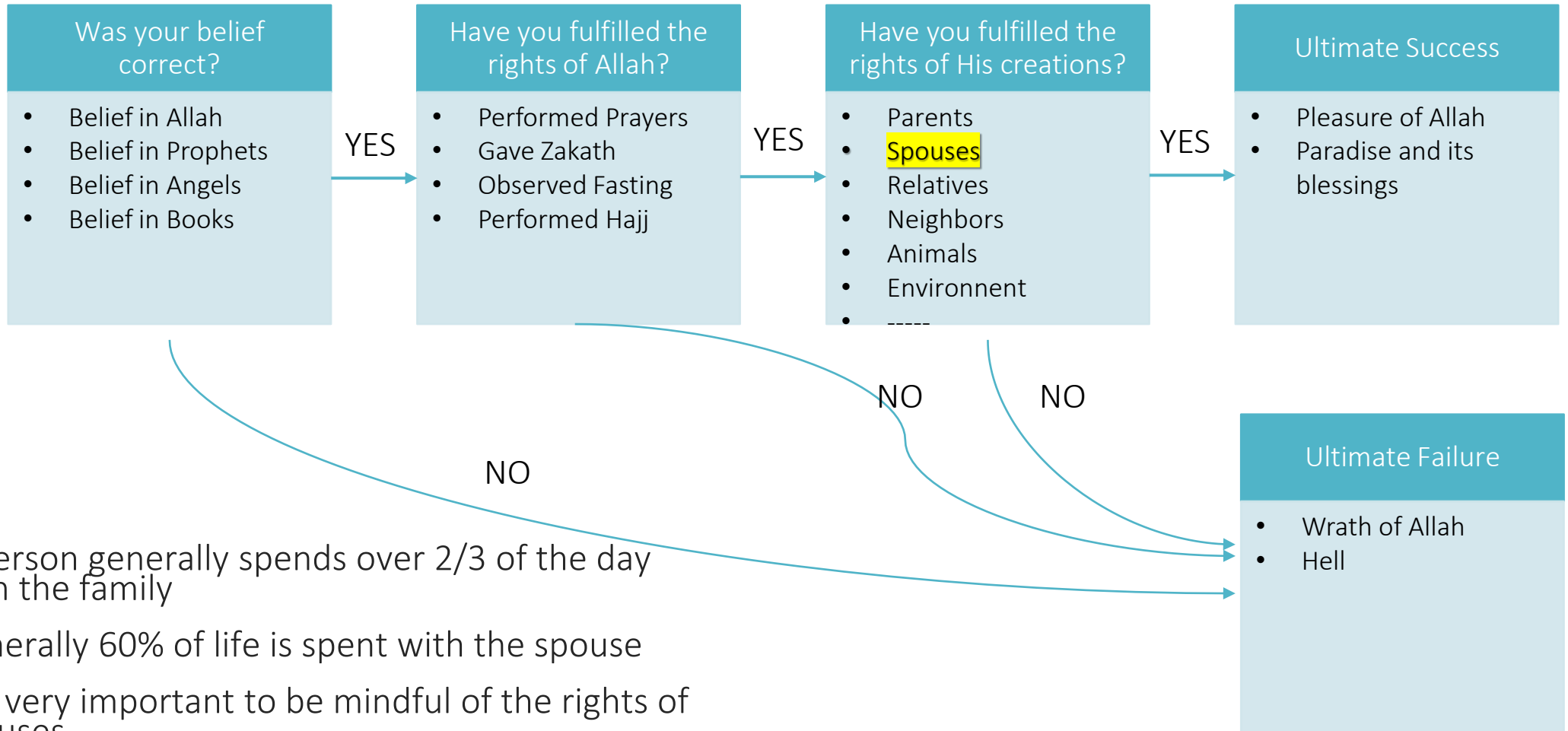
[67:2] الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَهُوَ الْعَزِيزُ الرَّحِيمُ

«He is the One¹ Who created death and life in order to test which of you is best in deeds. And He is the Almighty, All-Forgiving.

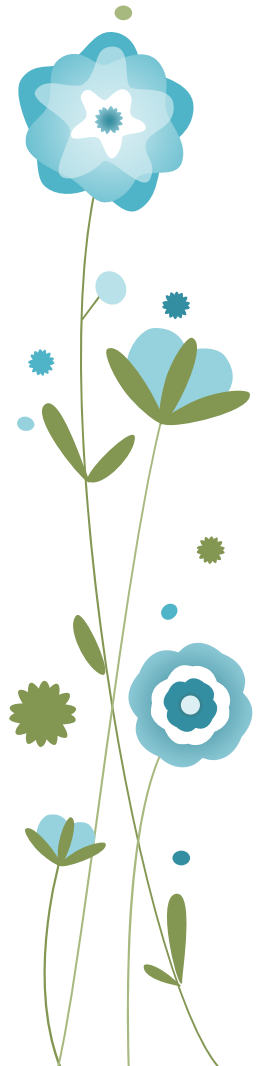


Ultimate Success

Questions in Hereafter

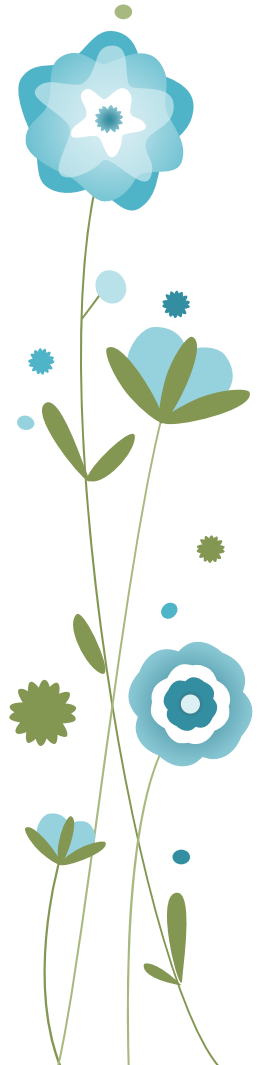


- A person generally spends over 2/3 of the day with the family
- Generally 60% of life is spent with the spouse
- It is very important to be mindful of the rights of spouses



Exercise

- 10 questions
- Purpose is check how much you know about marriage and its commitment
- It is to judge yourself
- Do not disclose to anyone including your spouse



Exercise

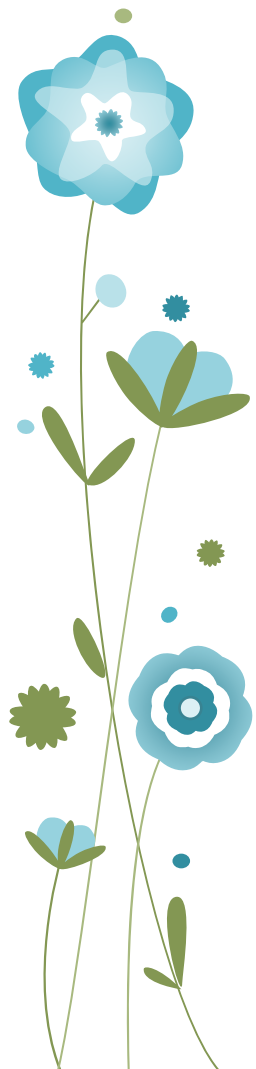
1. What were looking for when you were selecting spouse?
 - a) Religion (100)
 - b) Beauty (10)
 - c) Education (10)
 - d) Wealth (0)
2. In everything you do, how many times you think that you are answerable to Allahﷻ?
 - a) Every time (100)
 - b) Sometimes (10)
 - c) Rarely (10)
 - d) Never (0)
3. What is your understanding about Nikah i.e. marriage contract?
 - a) It is a strong commitment (100)
 - b) It is just a traditional ceremony (10)
 - c) Do not have any understanding (0)
4. Do you give peace, comfort and love to your spouse?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)
5. Are you merciful to your spouse?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)
6. Are you like a garment to your spouse?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)
7. If you are husband, have you given dowry (mahr) to your wife? If you are a wife are you fulfilling all responsibilities of husband?
 - a) Yes (100)
 - b) No (0)
8. Are you taking care of each others relatives?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)
9. Are you faithful to your partner?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)
10. If you are husband, do you take care of all the provisions of your wife? If you are wife are you doing everything to keep your husband happy?
 - a) Yes (100)
 - b) Sometimes (10)
 - c) No (0)

Scores:

800 – 1000 ---> Good job, keep it up

500 – 800 ---> Ok, try to improve

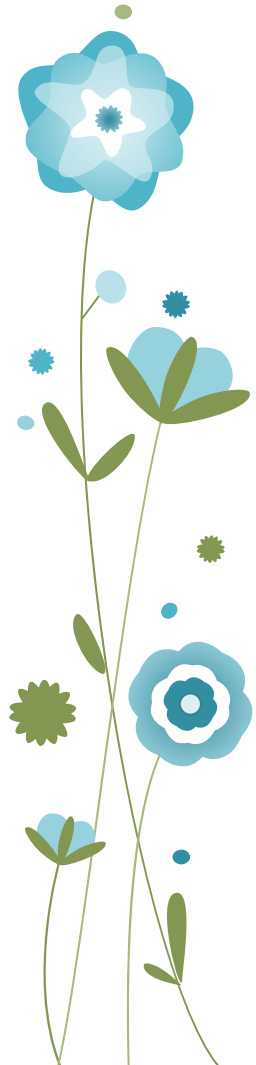
<500 ---> Not ok, must try to improve



Purpose of Marriage

- It is a strongly recommended Sunnah of the Prophet ﷺ
 - “Whoever does not follow my Sunnah has nothing to do with me”
- Protection from Haraam
- Ensure preservation of human species
- Provide spiritual and legal foundation of society

It was narrated from Aishah that: the Messenger of Allah said: “Marriage is part of my sunnah, and whoever does not follow my sunnah has nothing to do with me. Get married, for I will boast of your great numbers before the nations. Whoever has the means, let him get married, and whoever does not, then he should fast for it will diminish his desire.”
[[Ibn e Majah](#)]



What is a Marriage

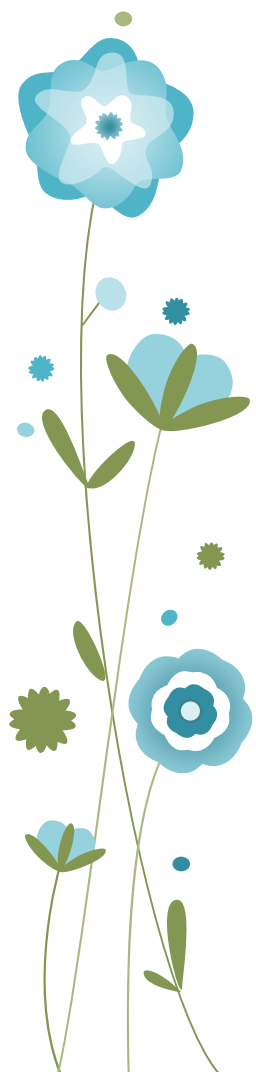
- Nikah is a Contract
- It is a **Firm Commitment** or strong covenant
- Same word (**Firm Commitment**) used by Allah to take covenant with the prophets
- The words used by Allah for the bonding of husband and wife are strong and important
- Zouj – association and joining together both physically and mentally
- Marriage is a fortress of chastity
- You don't own when you marry it is not like buying a property

وَكَيْفَ تَأْخُذُونَهُ وَقَدْ أَفْضَى بَعْضُكُمْ إِلَى بَعْضٍ وَأَخَذْنَ مِنْكُمْ مِيثَاقًا غَلِيظًا

And how could you take it back after having enjoyed each other intimately and she has taken from you a firm commitment? [4:21]

وَإِذْ أَخَذْنَا مِنَ النَّبِيِّينَ مِيثَاقَهُمْ وَمِنْكَ وَمِنْ نُوحٍ وَإِبْرَاهِيمَ وَمُوسَىٰ وَعِيسَىٰ ابْنِ مَرْيَمَ وَأَخَذْنَا مِنْهُمْ مِيثَاقًا غَلِيظًا

And 'remember' when We took a covenant from the prophets, as well as from you 'O Prophet', and from Noah, Abraham, Moses, and Jesus, son of Mary. We did take a solemn covenant from 'all of' them [33:7]



Elements of a Happy Marriage

Tranquility (Sukoon)

- Peace
- Comfort
- Solace

Compassion (Muwadda)

- Tender love
- Compassionate
- Care for other person

Mercy (Rahma)

- Sacrifice
- Commitment
- Forgiveness

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

And one of His signs is that He created for you spouses from among yourselves so that you may find comfort in them. And He has placed between you compassion and mercy. Surely in this are signs for people who reflect. [30:21]

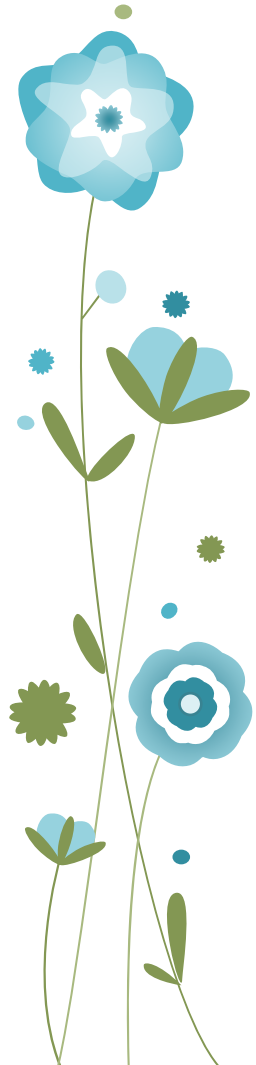
- Mercy & Compassion will lead to Tranquility
- A happy marriage should have more mercy than compassion

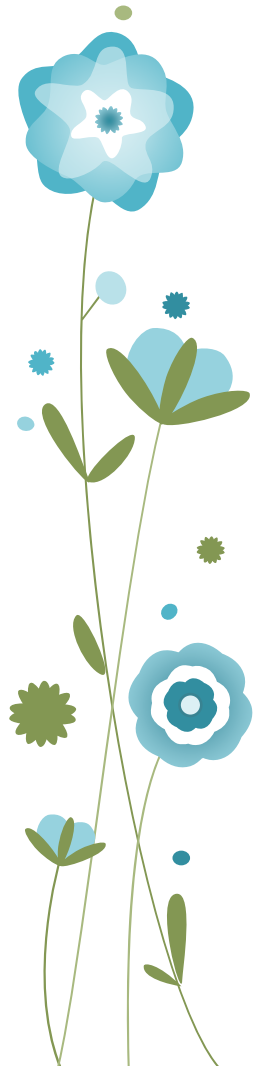
Spouses like a Garment

- Characteristics of a Garment
 - Covers aura
 - *Spouse should be a barrier*
 - Protects outside element
 - *Spouse should protect each other from the outside dangers*
 - Without garment one feels incomplete
 - *Person is incomplete without marriage*
 - Beautifies, completes one another
 - *Spouses should be source of beautification of each others characters*

﴿ هُنَّ لِبَاسٍ لَّكُمْ وَأَنْتُمْ لِبَاسٌ لَّهُنَّ ﴾ ...

...Your spouses are a garment for you as you are for them...[2:187]





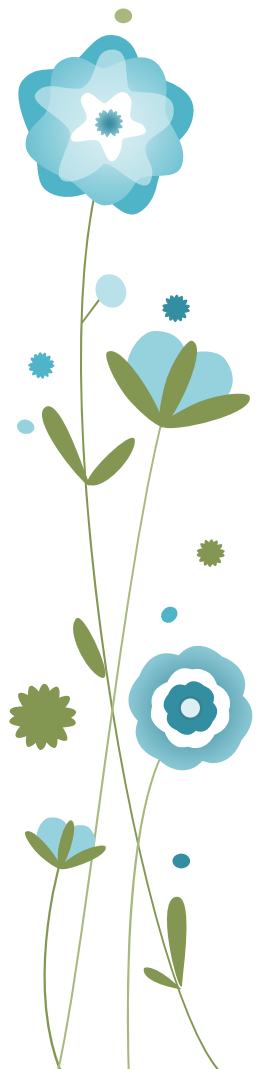
Responsibilities

Responsibilities of a Husband

- Caretaker (Qawwamun)
 - The word comes from Allah's name Al-Qayyum
 - It means to
 - *Stand, support, commit*
 - *Actively take care of something*
- Men should
 - Stand to take care of wives
 - Support her in all aspects
 - Commit to the relationship
 - Make sure the relationship is active and live

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ بِمَا فَضَّلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ
وَبِمَا أَنْفَقُوا مِنْ أَمْوَالِهِمْ فَالَّذِينَ حَسِبْتُمْ أَنَّهُمْ خَافُوا لِلْغَيْبِ
بِمَا حَفِظَ اللَّهُ وَاللَّيْنِ تَخَافُونَ نُشُوزَهُنَّ فَعِظُوهُنَّ وَأَهْجُرُوهُنَّ
فِي الْمَضَاجِعِ وَاصْرَبُوهُنَّ فَإِنْ أَطَعْنَكُمْ فَلَا تَبْغُوا عَلَيْهِنَّ
سَبِيلًا إِنَّ اللَّهَ كَانَ عَلِيمًا كَبِيرًا

Men are the **caretakers** of women, as men have been provisioned by Allah over women and tasked with **supporting them financially**. And righteous women are devoutly obedient and, when alone, protective of what Allah has entrusted them with. And if you sense ill-conduct from your women, advise them 'first', 'if they persist, do not share their beds, 'but if they still persist, then discipline them 'gently'.² But if they change their ways, do not be unjust to them. Surely Allah is Most High, All-Great [4:34]



Responsibilities of a Husband

Financial

Non
Financial

I hold my wife's hand when we go out. She thinks i'm being romantic but really it's to stop her running off to do shopping.



Kind Treatment

وَأَتُوا النِّسَاءَ صَدَقَاتِهِنَّ نِحْلَةً فَإِن طِبْنَ لَكُمْ عَن شَيْءٍ مِّنْهُ
نَفْسًا فَكُلُوهُ هَنِيئًا مَّرِيًّا

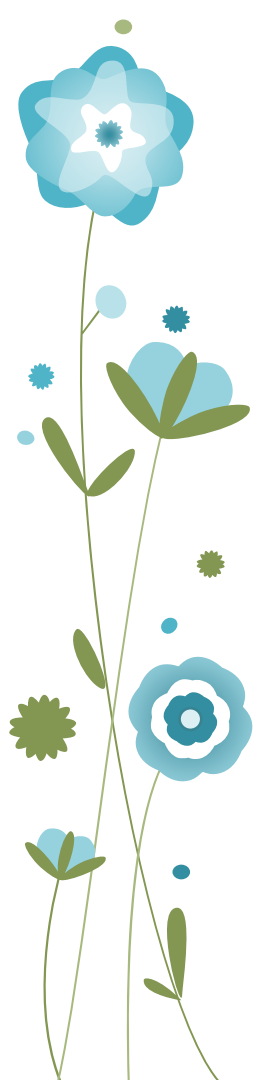
Give women 'you wed' their due dowries graciously. But if they waive some of it willingly, then you may enjoy it freely with a clear conscience. [4:4]

يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا يَحِلُّ لَكُمْ أَن تَرِثُوا النِّسَاءَ كَرِهًا وَلَا
تَعْضُلُوهُنَّ لِيَتَذَهَبْنَ بِبَعْضِ مَا ءَاتَيْتُمُوهُنَّ إِلَّا أَن يَأْتِيَنَّ بِفَحِشَةٍ
مُّبِينَةٍ وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ فَإِن كَرِهْتُمُوهُنَّ فَعَسَىٰ أَن
تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

O believers! It is not permissible for you to inherit women against their will¹ or mistreat them to make them return some of the dowry 'as a ransom for divorce'¹ — unless they are found guilty of adultery.² **Treat them fairly.** If you happen to dislike them, you may hate something which Allah turns into a great blessing.

[4:19]

Manifestation of Kind Treatment

- 
- Be the best to your wife
 - It's the completion of faith
 - Understand your wife
 - The Prophet ﷺ used to know the mood of his wives
 - Be jovial, play and have fun with wife
 - The Prophet ﷺ used to be jovial with wives and used to race for fun

Abu Hurairah narrated that The Messenger of Allah said: "The most complete of the believers in faith, is the one with the best character among them. And the best of you are those who are best to your women." [\[Tirmidhi\]](#)

She told that God's Messenger said to her, "I know when you are pleased with me and when you are angry with me." She asked how he knew that and he replied that when she was pleased with him she said, "No, by Muhammad's Lord," but when she was angry with him she said, "No, by Abraham's Lord." She then said, "I swear by God, Messenger of God, that that is so; it is only your name that I omit." [\[Bukhari & Muslim\]](#)

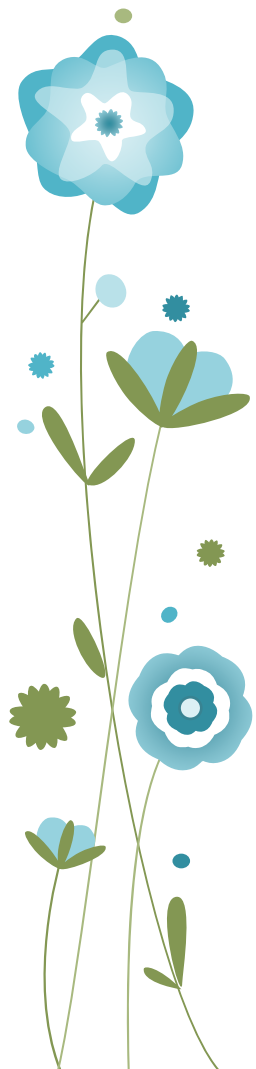
Manifestation of Kind Treatment

- Feed your wife with love
 - Putting in morsel in wife's mouth is rewarded
 - Eat and drink together
- Participate in household chores
 - The Prophet ﷺ used to serve his family

Narrated Sa'd bin Abi Waqqas: Allah's Messenger ﷺ said, "You will be rewarded for whatever you spend for Allah's sake even if it were a morsel which you put in your wife's mouth." [Bukhari]

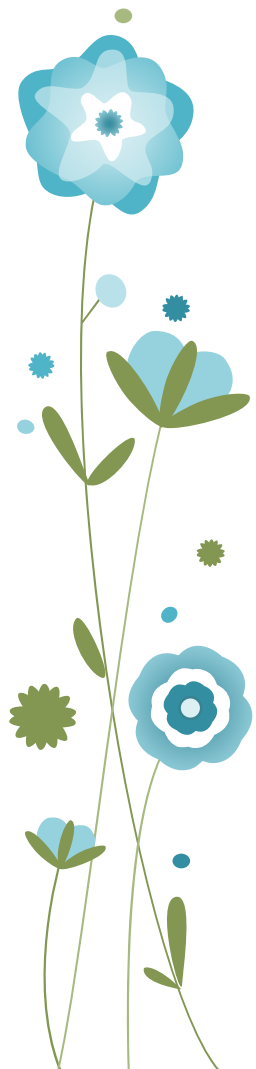
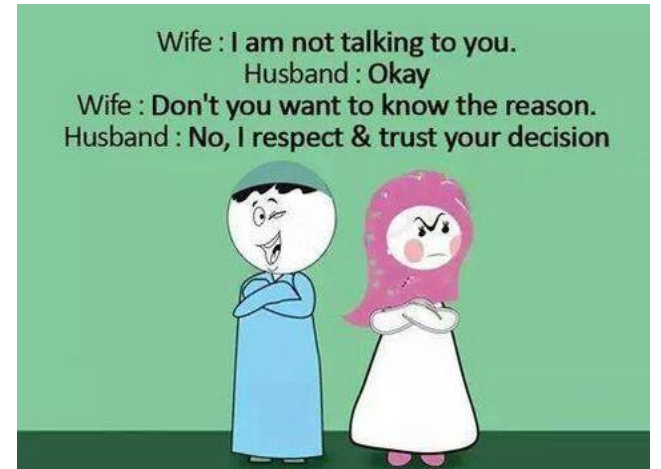
'A'isha reported: I would drink when I was menstruating, then I would hand it (the vessel) to the Apostle ﷺ and he would put his mouth where mine had been, and drink, and I would eat flesh from a bone when I was menstruating, then hand it over to the Apostle ﷺ and he would put his mouth where mine had been. Zuhair made no mention of (the Holy Prophet's) drinking. [Muslim]

Narrated Al-Aswad: That he asked `Aisha "What did the Prophet ﷺ use to do in his house?" She replied, "He used to keep himself busy serving his family and when it was the time for prayer he would go for it." [Bukhari]



Manifestation of Kind Treatment

- Respect and be mindful of her feelings
- Provide all reasonable needs
- Overlook minor short comings
- Make sure trifles do not lead to fights
- Shun every act which will displease her
- Show utmost sympathy to her
- Should not object to her meeting relatives and friends
- Have outing with her



Responsibilities of a Wife



Obeying

Obey husband in everything that is not unlawful

Guarding

Husband's property, dignity and honor

Running the house

Running the house and children as favor

Beautifying

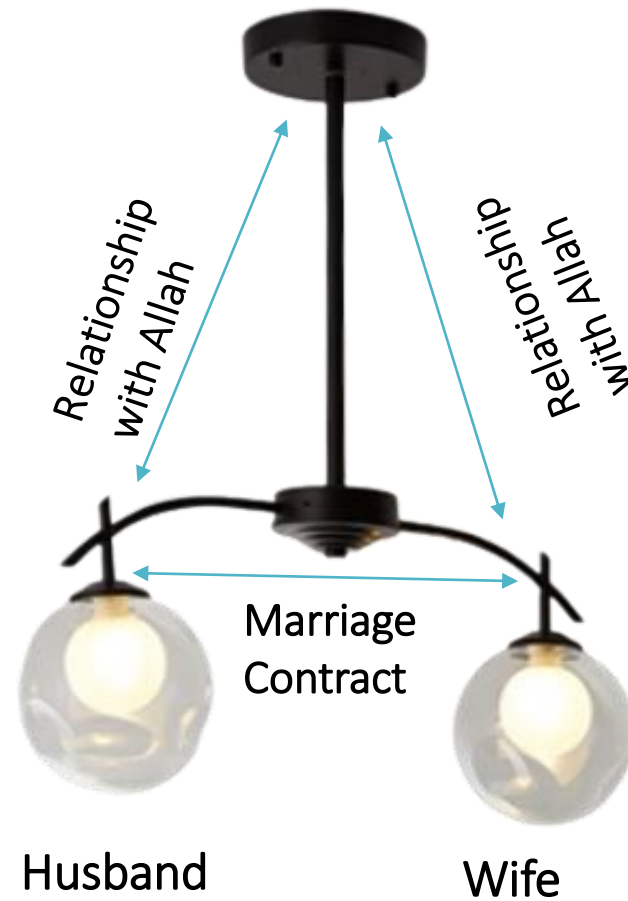
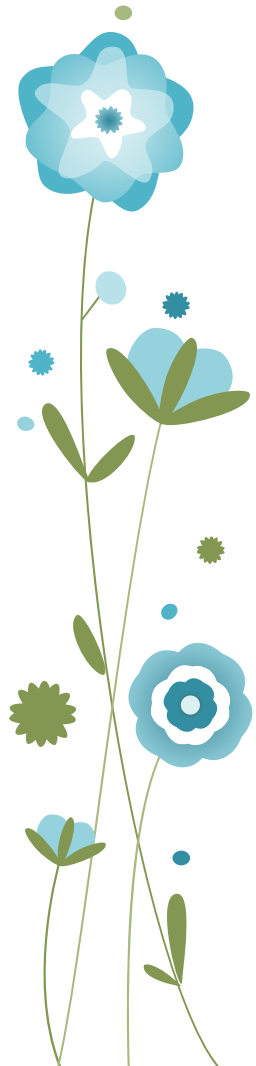
Take care of appearance

Anas reported God's Messenger as saying, "When a woman observes the five times of prayer, fasts during Ramadan, preserves her chastity and obeys her husband, she may enter by any of the gates of paradise she wishes." [[Mishkath](#)]

It was narrated from 'Ali that the Prophet ﷺ said: 'There is no obedience to any created being if it involves disobedience to Allah, may He be glorified and exalted.' [[Musnad](#)]

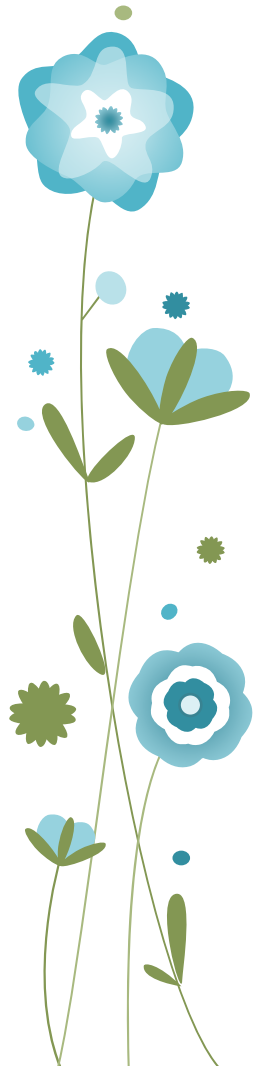
Narrated Ibn 'Umar: The Prophet ﷺ said, "All of you are guardians and are responsible for your wards. The ruler is a guardian and the man is a guardian of his family; the lady is a guardian and is responsible for her husband's house and his offspring; and so all of you are guardians and are responsible for your wards." [[Bukhari](#)]

Secret of a Successful Marriage



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

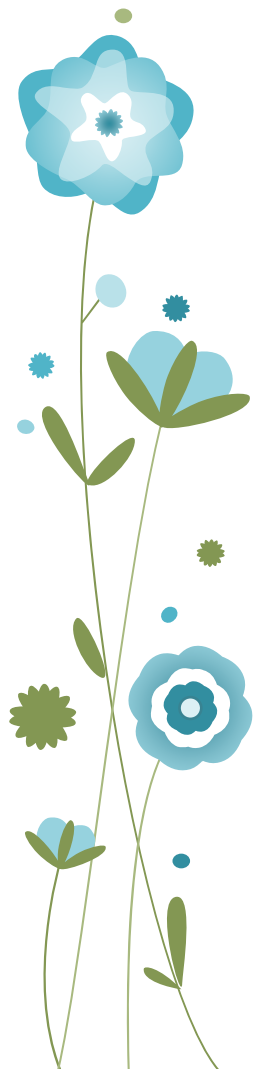
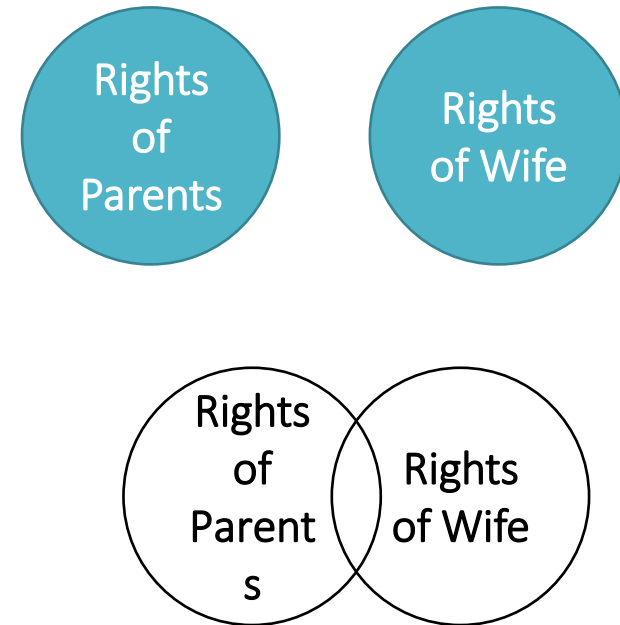
O mankind, **fear your Lord**, who created you from one soul and created from it its mate and dispersed from both of them many men and women. **And fear Allah**, through whom¹ you ask one another,² and the wombs.³ Indeed Allah is ever,⁴ over you, an Observer [4:1]



Some Important Issues

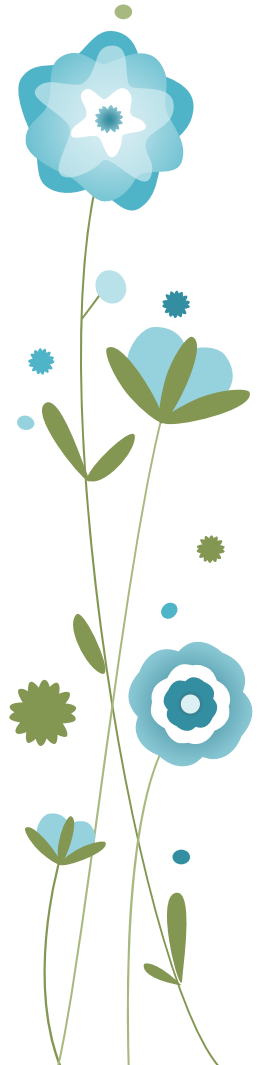
Wife vs Parents

- Parents rights are of utmost importance (after Allah ﷻ and his Messenger ﷺ)
- Husband should fulfill filial duties, wife should be understanding of it
- Rights are separate, husband should balance it smartly
- If it conflicts, men must try to resolve amicably
- Parents should understand that they have rights on their son not on his wife
- Men has to tactfully explain this to their parents
- Wife should have sacrificial attitude



Anger

- Anger is a psychological state that results from inner agitation and desire for revenge
- One of the key causes of marital disputes
- Types of anger
- Anger management



Types of Anger

Aggressive Anger

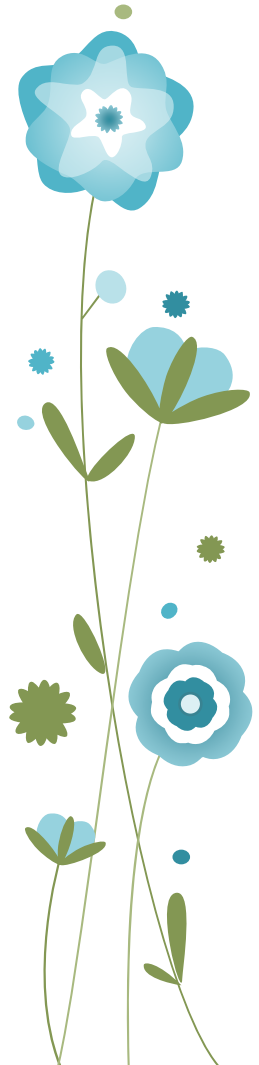
- Directed at the other person to hurt him/her emotionally, physically or psychologically.
- Yelling, put-downs, and hitting
- **Verbal Signs**
 - Shut up, Get lost etc.,
- **Non Verbal Signs**
 - Finger pointing
 - Glaring
 - Fingers clenched into a fist
 - Increase in the volume of voice

Passive Anger

- Internalizes the expression when he/she avoids dealing with it
- This can result in holding grudges in future
- **Verbal Signs**
 - Please don't get angry with me..
 - I am sorry to have to tell you..,
- **Non Verbal Signs**
 - Biting lips
 - Looking away or down
 - Apologetic tone

Assertive Anger

- Best way to communicate feeling
- Anger is expressed in non-threatening way
- **Verbal Signs**
 - I am angry about..
 - I feel..
 - I think...
 - I don't understand..
- **Non Verbal Signs**
 - direct but non-invasive eye contact
 - modulated voice
 - respect for spatial boundaries
 - use of illustrative gestures
 - an erect but relaxed posture



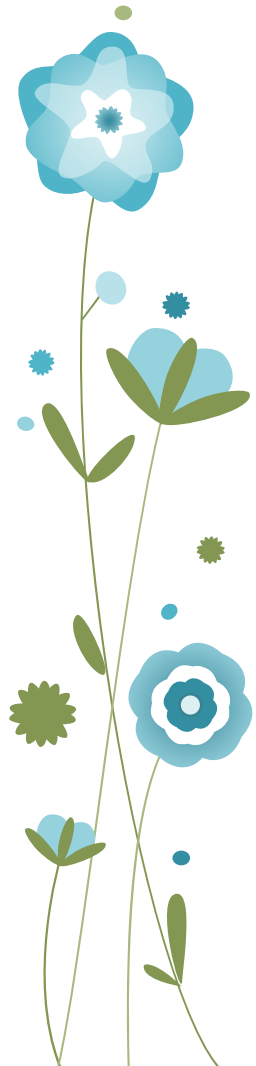
Anger Management

- Seek refuge with Allah from Shaitan [[Al-Tirmidhi](#)]
- Keep silent [[Al-Adab Al-Mufrad](#)]
- Change the position [[Abi Dawud](#)]
 - Stand --> Sit
 - Sit --> Lie down
- Remember the advice of the Prophet ﷺ
 - Prophet ﷺ repeatedly emphasized not to get angry
- Make dua
 - O Allah, cause me to fear You in secret and in public. I ask You to make me true in speech in times of pleasure and of anger. [[Sunan Nasai](#)]
 - Umm Salamah reported: I said, “O Messenger of Allah, teach me a supplication with which I can pray for myself.” The Messenger of Allah, peace and blessings be upon him, said, “Say: O Allah, forgive my sins, remove the anger in my heart, and protect me from the trials of misguidance.” Source: al-Du’ā lil-Ṭabarānī 1340

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

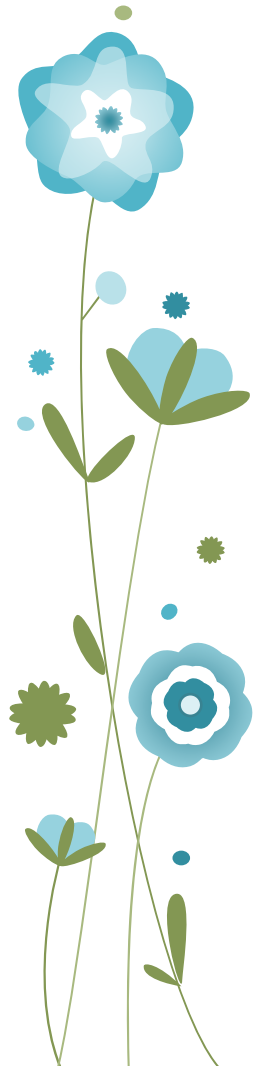
They are¹ those who donate in prosperity and adversity, control their anger, and pardon others. And Allah loves the good-doers. [[3:134](#)]

Narrated Abu Huraira: A man said to the Prophet ﷺ Advise me! "The Prophet ﷺ said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet ﷺ said in each case, "Do not become angry and furious." [[Bukhari](#)]



Signs to watch

- You always criticize each other
- You have the same argument over and over
- You don't enjoy spending time together
- You start keeping secrets
- Spouse is not the first person you call
- No or limited communication
- There is no intimacy
- You don't like being around each other

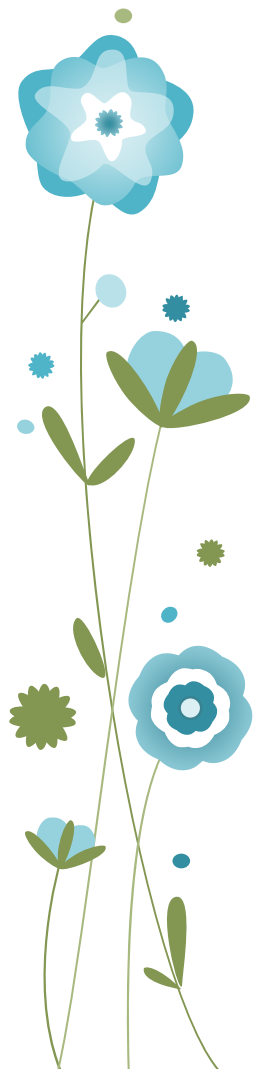


Reconciliation

- Remember
 - Both parties are not perfect
 - No marriage is without any strife
- Look for positive
 - Let no husband despise his wife [[Muslim](#)]
- Desire for reconciliation ---> Allah will restore harmony
- Both partners keep Allah in the picture, else ego will come into effect
- Communicate with right phrases
- Arbitrators
- Marriage counselling
- Never underestimate the power of Dua

وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِّنْ أَهْلِهِ وَحَكَمًا مِّنْ أَهْلِهَا إِنْ يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

If you anticipate a split between them, appoint a mediator from his family and another from hers. If they desire reconciliation, Allah will restore harmony between them. Surely Allah is All-Knowing, All-Aware. [[4:35](#)]



Tips for Happy MARRIAGE



M

Maintain the relationship (Keep an effort to keep the relationship cordial)

A

Activities with spouses (Do fun activities with spouses)

R

Remember the good times and protect each other

R

Regards and kindness (show regards and kindness)

I

Invest in quality time (spend quality time with each other)

A

Allow your spouses to be themselves (give their personal space)

G

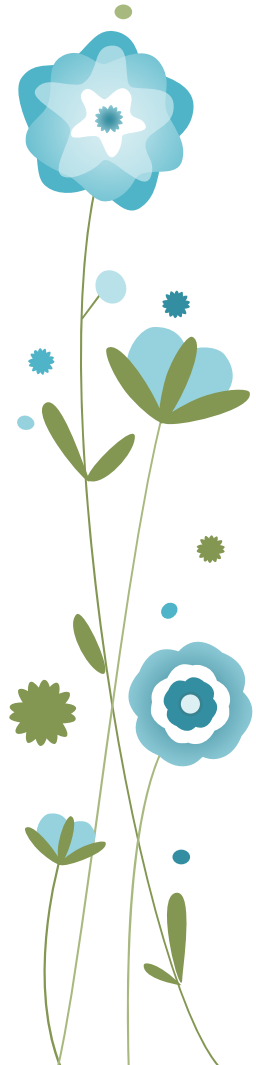
Give Gifts and be grateful to each other (give gifts often)

E

Express your love both by words and actions (say and mean it)

Some more tips

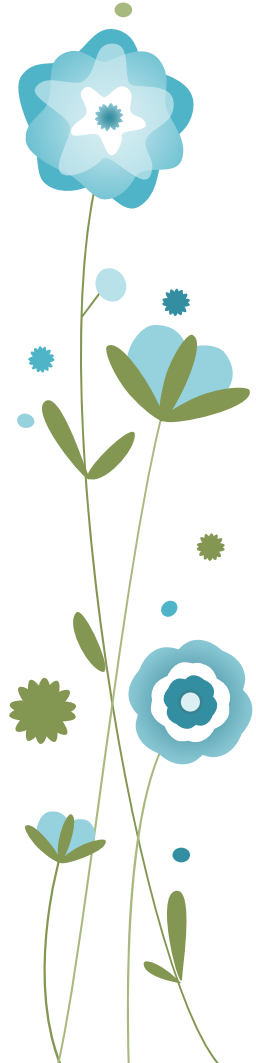
- Dos
 - Forgive and forget
 - Respect each other and give space to each other
 - Communicate, dream, pray together
 - Exercise patience and show humility
 - Accept mistakes and
 - Trust each other
- Don'ts
 - Use bad and big words
 - Compare
 - Lie or cheat
 - Be rigid
 - Be selfish
 - Give priority to others even children





وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

And those who say, "Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader [i.e., example] for the righteous."



Resources

- <https://justdawah.org/life-of-the-muslim/marriage-in-islam/rights-responsibilities-of-husbands-wives>
- <https://www.youtube.com/watch?v=S0vfiYe7YCs>
- <https://www.youtube.com/watch?v=EOxEKlarVdw>
- <https://happymuslimfamily.org>
- <https://backtojannah.com/anger-management/>
- https://www.creducation.net/resources/anger_management/understanding_anger_expression.html

