

help him lower his gaze and guard his modesty (i.e. private parts from committing illegal sexual intercourse, etc.). Whoever is not able to marry is recommended to fast, as fasting diminishes (his) sexual power".

[Narrated by Al-Bukhari and Muslim]

## **Women Are on the Top of Worldly Enjoyment**

### **Qur'anic verses:**

{And among His signs is this, that He created for you mates from among yourselves, that ye may dwell in tranquility with them, and He has put love<sup>7</sup> and mercy between your (hearts): Verily in that are signs for those who reflect.)}

[Al-Rum: 21]

### **Prophetic Hadiths**

"What I like (most) of your world is three things: women, perfume and prayer, which is the dearest thing to my eye."

---

A) A man who fears to approach an unlawful woman or any other forbidden sexual outlet because of sexual desire. For such a man it is obligatory to marry in order to protect his religion and keep himself away from the unlawful.

B) It is recommended for a Muslim who has desire for sexual intercourse but he can suppress it, to marry. Being occupied with marriage is better than indulging into supererogatory devotional acts. sexual intercourse but he can suppress it, to marry. Being occupied with marriage is better than indulging into supererogatory devotional acts.

C) A man, who does not need marriage i.e., he is undesirous of it because of a physical defect like impotence or he might no longer have desire because of old age or a chronic illness. Such a person may apply either one of these two opinions:

1) He is recommended to marry for the above reasons.

It is superior for him to devote himself to worship instead. This is because he cannot fulfill marital duties and further he might detain his wife who could have such duties done for her by another one.

<sup>7</sup> This glorious Qur'anic verse points out that the man-woman relationship is not merely for sexual pleasure. It is a spiritual relationship and sustains and generates love, kindness, mercy and compassion.

[Reported by Al-Nasa'i and Ahmad]

## Misconception of Worship

### Prophetic Hadiths:

Anas Ibn Malik reports:

"A group of three men came to the houses of the wives of the Prophet (pbuh) asking how the Prophet (pbuh) worshipped Allah, and when they were informed about that, they considered their worship insufficient and said, "Where are we from the Prophet (pbuh) as his past and future sins have been forgiven." Then one of them said, "I will perform Prayer throughout the night forever." The other said, 'I. will fast throughout the year." The third said, "I will keep away from women and will not marry forever." Allah's Apostle (pbuh) came to them and said, "Are you the same people who said so and so? By Allah, I fear Allah and I am conscious of Him better than you; yet I fast and break my fast, I perform Prayer and sleep, and I (also) marry women. So he who does not follow my Sunnah (tradition) is not from me (i.e. not one of my followers)."<sup>8</sup>

[Narrated by Al-Bukhari and Muslim]

"The Prophet (pbuh) declared Salman and Abu Darda' brothers. One day, Salman visited Abu Darda'. He found his wife wearing shabby clothes. He asked her, "What is the

---

<sup>8</sup> It turns out that the above Hadith encourages marriage and warns whoever neglects it. Whoever neglects it does not stick to the Islamic principles. Such a person will only be preoccupied with suppressing his desire. Ibn 'Abbas said, " You would better marry. To spend one day in marriage is better than one full-year of worship. Ibn Mas'ud said while suffering from plague, "Let me marry. I do not like to meet Allah non-married." Ahmad Ibn Hanbal also said, "I dislike to spend a night without a wife."