

The Secret to a Happy Marriage Life



IMC Workshop Part III



The Secret to a Happy Marriage

- ❖ Meaning of happiness
- ❖ Is complete and absolute happiness possible?
- ❖ Hedonism vs. Eudaimonism

The Secret to a Happy Marriage

And it is among His signs that He has created for you wives from among yourselves, so that you may find tranquility in them, and He has created love and kindness between you. Surely in this there are signs for a people who reflect. [Surat al-Rum, 21]

The Secret to a Happy Marriage

Taqwa is the most important action.

Misconceptions

- ❖ They say:
 - ❖ Get married when you're happy
 - ❖ Financially set
 - ❖ Independent
 - ❖ Must share 50/50
- ❖ Islam says:
 - ❖ Marriage completes happiness. Provides solace and comfort
 - ❖ Marriage gives barakah and rizq
 - ❖ Both depend on each other
 - ❖ It's 90/10, going both ways

Misconceptions

- ❖ There will be 100% compatibility
- ❖ There won't be any disagreements
- ❖ Life is going to turn out like a novel I read



What's the Secret?

The Secret to a Happy Marriage



- ❧ The best husband was Rasulullah ﷺ.
- ❧ The best wives were his wives.
- ❧ Study his seerah and follow his sunnah.
- ❧ Read the stories of the sahabah and the pious predecessors related to their marital lives.

Tazkiyah



- ❧ Tazkiyah: Purification of the Soul
- ❧ Purifying the heart of blameworthy characteristic traits
 - ❧ Anger, miserliness, pride, malice, etc.
- ❧ Adorn the heart with praiseworthy character traits
 - ❧ Patience, gratitude, contentment, etc.
- ❧ Soften your hearts through good deeds (i.e. tilawah, dhikr) and avoidance of sins

Maintain Trust



- Trust is very important to the health and stability of the marriage
- Marriage starts with mutual trust, and must be maintained
- Once trust is lost, it's hard to gain it back, but not impossible
 - Because Islam teaches forgiveness
 - Islam teaches husn al-zann

Tone and Word Choice



- ❧ Criticism is a necessary part of a successful marriage
 - ❧ Make the criticism constructive
 - ❧ Use proper words
 - ❧ Be sincere
 - ❧ Do it lovingly and kindly
 - ❧ Without shouting

Do not Neglect Each Other



- Love requires time, do not neglect each other
- The wife by nature demands attention
- The man by nature demands respect

Sabr and Shukr



- ❧ Sabr and shukr are two primary qualities of iman
- ❧ Sabr: steadfastness; inaction; do what's required of me by Allah
- ❧ Shukr: gratitude, appreciation, to notice; use Allah's blessings in His obedience

Be Careful Whom You Share With



Hasad (jealousy) and 'ayn (evil eye) are real

Remember:

ليس منّا من خيب امرأة على زوجها... رواه أبو داود وغيره

“The one who incites a woman against her husband is not from us.” [Abu Dawud]