

THE FIRST STEP TO GOODNESS:

# Setting Sincere Intentions





*Salam Intentional One,*

We are beyond grateful that you are here to browse through the notes from our In Focus Lecture on **"Setting Sincere Intentions" with Ustazah Farhana Munshi!** We held this session at the beginning of 2022, and today, it has remained to be one of our most popular events amongst our AA Plus Champs.

This only goes to show how much we as a community truly do want to set better, grander, more sincere Intentions, so we hope this PDF Publication will give you an idea and a headstart on **how to make beautiful intentions.** May Allah SWT raise us all to be from the People of Ikhlas and Niyyah, Amin!

Until we actually  
understand the  
greatness of  
setting  
intentions,  
we will never  
be motivated  
to start nor  
make proper  
intentions.

## 1. Allah SWT fully knows our intentions

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قُلْ إِنْ تَخَفُوا مَا فِي صُدُورِكُمْ أَوْ بُدُوهُ يَعْلَمُهُ اللَّهُ وَيَعْلَمُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٩﴾

Say, 'O Prophet, ' "Whether you conceal what is in your hearts or reveal it, it is known to Allah. For He knows whatever is in the heavens and whatever is on the earth. And Allah is Most Capable of everything."

(Ali Imran:29)

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We have to ask ourselves:

A. Is our intention something righteous?

B. Or is our intention something foul?

Whatever it is, Allah knows.

You cannot hide nor fake intentions, as Allah SWT knows best what is in our chest.

## *2. The Hadith on the first three people to be flung into hellfire:*

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The Messenger of Allah (ﷺ) said: The first of men (whose case) will be decided on the Day of Judgment will be **a man who died as a martyr**. He shall be brought (before the Judgment Seat). Allah will make him recount His blessings (i. e. the blessings which He had bestowed upon him) and he will recount them (and admit having enjoyed them in his life).

(Then) will Allah say: "What did you do (to requite these blessings)?" He will say: "I fought for Thee until I died as a martyr."

Allah will say: "**You have told a lie. You fought so that you might be called a 'brave warrior'. And you were called so.**"

(Then) orders will be passed against him and he will be dragged with his face downward and cast into Hell.

Then will be brought forward **a man who acquired knowledge and imparted it (to others) and recited the Qur'an.** He will be brought and Allah will make him recount His blessings and he will recount them (and admit having enjoyed them in his lifetime).

Then will Allah ask: "What did you do (to requite these blessings)?" He will say: "I acquired knowledge and disseminated it and recited the Qur'an seeking Thy pleasure."

Allah will say: **"You have told a lie. You acquired knowledge so that you might be called 'a scholar', and you recited the Qur'an so that it might be said 'He is a Qari' and such has been said."**

Then orders will be passed against him and he shall be dragged with his face downward and cast into the Fire.

Then will be brought **a man whom Allah had made abundantly rich and had granted every kind of wealth.** He will be brought and Allah will make him recount His blessings and he will recount them and (admit having enjoyed them in his lifetime).

Allah will (then) ask: "What have you done (to requite these blessings)?"

He will say: "I spent money in every cause in which Thou wished that it should be spent."

Allah will say: "**You are lying. You did (so) that it might be said about you 'He is a generous fellow' and so it was said.**"

Then will Allah pass orders and he will be dragged with his face downward and thrown into Hell.

([Sahih Muslim 1905a](#))

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## *Lesson Point:*

These people had used the three greatest and most noble deeds in Islam to raise their names for their own pride instead of for Allah's sake: Jihad, Seeking Knowledge, and Charity.

So even if the deeds are good, if the intentions are foul, it will still be foul.



### *3. Our intentions are Syaitan's first point of attack*

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All of us do things for a reason (i.e. our intention), and if we don't sit down and think about our intentions, if we don't pen them down, **it will be easy for our intentions to veer off course.** Syaitan is ever ready to ruin your good deeds; and his very first point of attack will be the intentions. #scary

Syaitan will influence you in regards to your intentions; making you turn your reason into **pride, popularity, money, and "what would people say?"**.

*If we don't write our own intentions, Syaitan will write them for us!*



## 4. The Hadith on Intentions:

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*The Messenger of Allah (ﷺ) said, "The deeds are considered by the intentions, and a person will get the reward according to his intention. So whoever emigrated for Allah and His Messenger, his emigration will be for Allah and His Messenger; and whoever emigrated for worldly benefits or for a woman to marry, his emigration would be for what he emigrated for".*

[Al-Bukhari and Muslim]

This Hadith is comprehensive as it covers the three different types of intentions:

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1. Doing it **for Allah + His Messenger SAW**

2. Doing it **for something in this dunia**  
(name, fame, money, favors)

3. Doing it **for people or a person**

## *Important Note:*

The scholars highlighted that there is wisdom and purpose when Rasulullah SAW separated "intending something for the Dunia" and "intending something for other people" in this Hadith.

Because the fastest way to mess up your intentions is to do it for other people, so he SAW placed emphasis on this in the Hadith. #ohdear

## 5. Allah looks at our hearts

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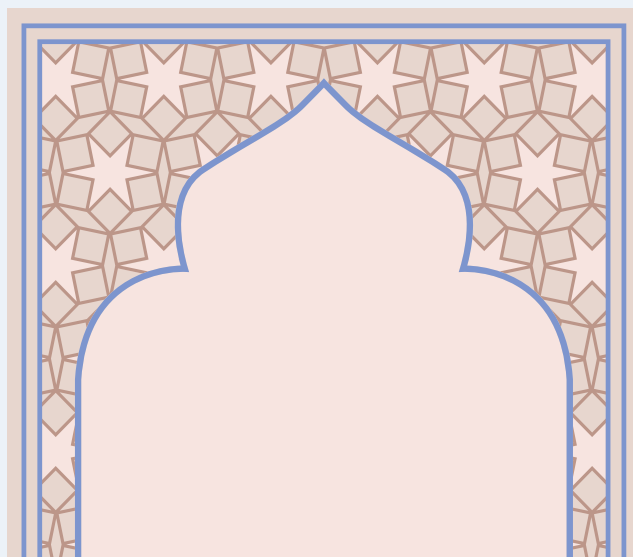
*Messenger of Allah (ﷺ) said, "Allah does not look at your figures, nor at your attire but He looks at your hearts and accomplishments".*

[Muslim]

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Rasulullah SAW will always remind us to work on our inward worship, not just focus on our outward worship. Having said this, there is also an importance of outward obedience and our Prophet SAW had always demonstrated this balance of both.

To ponder: How has my inward worship been? My ikhlas? My taqwa? My trust in Allah?



## 6) Making a good intention = A good deed recorded!

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*The Messenger of Allah (ﷺ) said: "Allah, Blessed and Most High, has said - and His saying is the Truth: 'When My slave considers doing something good then write it as one good for him.*


*[at-Tirmidhi]*

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In another hadith, Rasulullah SAW said that on the day of judgment, when the angel presents to Allah SWT all of what they have written for a person, Allah SWT will say "I have from Myself, a gift". Allah SWT then will present a **mountain** of good deeds to this individual; and this represents all of the **intentions** of the person.

(\*Note: In another narration, the mountain is also said to be the duas that the person made in dunia, but were never answered.)





*Every good  
virtue needs  
training,  
so train  
yourself to  
make good  
intentions*

## 7) *The world is 4 types of people:*

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Rasulullah (ﷺ) said, "Remember well what I am going to tell you: *The world is for four kinds of people.*

1. *One upon whom Allah has bestowed wealth and knowledge and so he fears his Rabb in respect to them, joins the ties of blood relationship and acknowledges the Rights of Allah on him (and fulfills them); this type will have the best position (in Jannah).*

2. *One upon whom Allah has conferred knowledge but no wealth, and he is sincere in his intention and says: 'Had I possessed wealth, I would have acted like so-and-so.' If that is his intention, his reward is the same as that of the other. [cont.]*

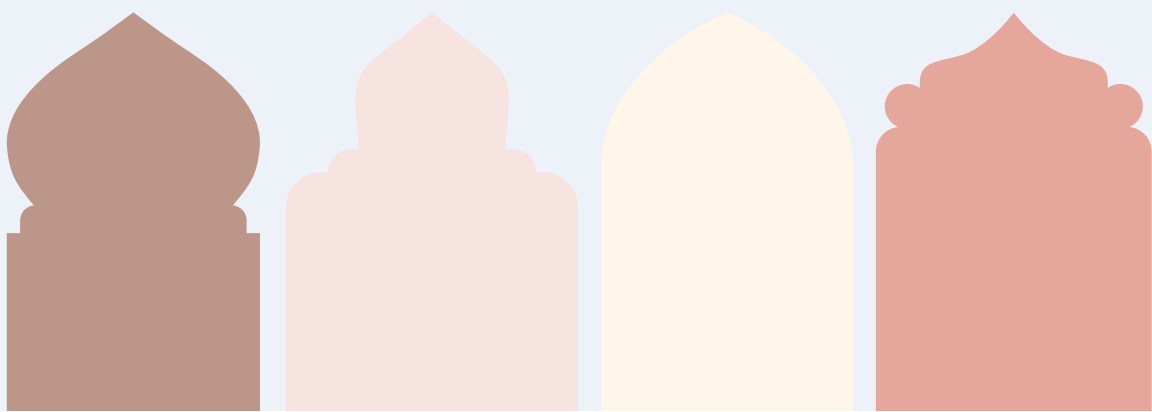
**Wealth:** more ability to do good deeds.

**Knowledge:** knows the greatness of doing good deeds.

**But just by his good intention, the second person will end up getting the same reward as the first person. Ma Sha Allah. All because of the power of intentions.**

*3. One whom Allah has given wealth but no knowledge and he squanders his wealth ignorantly, does not fear Allah in respect to it, does not discharge the obligations of kinship and does not acknowledge the Rights of Allah. Such a person will be in the worst position (in the Hereafter).*

*4. One upon whom Allah has bestowed neither wealth nor knowledge and he says: 'Had I possessed wealth, I would have acted like so-and-so (i.e., he would squander his wealth).' If this is his intention, both will have equal sin."*





## 8) *When bad intentions can kill (pun intended)*

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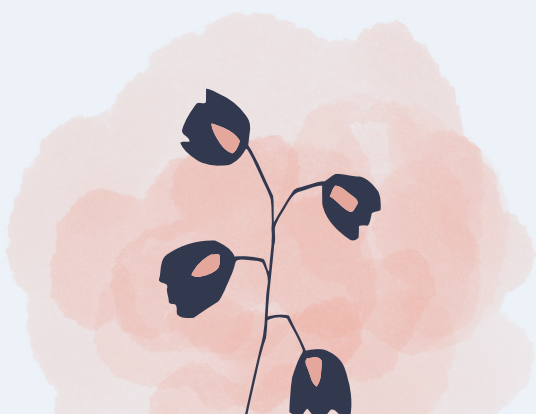
*It was narrated that Abu Bakrah said:*

*"If two Muslim men bear weapons against each other, then they are both on the brink of Hell. And if one of them kills the other, they will both be in Hell."*

*[Sunan an-Nasa'i]*

Why is the one who was killed admitted into hell as well? This is because he came out with the same intention (which is to kill) as the killer who killed him.

The only reason that he did not pursue his intention is that he got killed first, and not because he was a righteous person.



## 9) *When good intentions allows you to be a warrior*

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*Jabir bin Abdullah Al-Ansari (May Allah be pleased with them) reported:*

*We accompanied the Prophet (ﷺ) in an expedition when he said, "There are some men in Al-Madinah who are with you wherever you march and whichever valley you cross. They have not joined you in person because of their illness." In another version, he said: "They share the reward with you."*

*[Muslim]*

This Hadith highlights that even though there were people who could not fight alongside Rasulullah SAW and the Sahabahs during a battle because of illness, but because of their full and sincere intentions, they share the same reward as the ones who did, Ma Sha Allah.

## Conditions of Intentions

- It has to be doable (eg: one cannot intend to be a prophet)
- Has to put in some effort
- It has to be a good deed  
(ie: cannot intend to annoy your spouse)

## *Pillars of Intentions*

- The one who intends has to be present/exist
- You have to either say it in your heart or on your tongue or write it out
- To be done at the point of doing the deed

## 10) Follow through!

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'Abdullah bin 'Abbas (May Allah be pleased with them) reported:

Messenger of Allah (ﷺ) said that Allah, the Glorious, said: *"Verily, Allah (SWT) has ordered that the good and the bad deeds be written down. Then He explained it clearly how (to write): He who intends to do a good deed but he does not do it, then Allah records it for him as a full good deed, but if he carries out his intention, then Allah the Exalted, writes it down for him as from ten to seven hundred folds, and even more. But if he intends to do an evil act and has not done it, then Allah writes it down with Him as a full good deed, but if he intends it and has done it, Allah writes it down as one bad deed".*

*[Al-Bukhari and Muslim]*

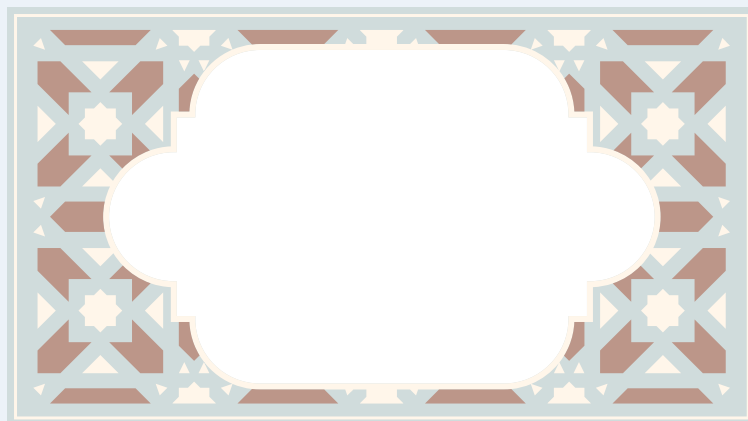
**If you were able to do the bad deed, but you walked away from it, you will then get a reward. And Allah loves whoever is able to sin but still chooses to walk away.**

Perhaps a  
small deed is  
made great by  
its intention  
and a great  
deed is made  
small by its  
intention.

## *11) From the Righteous*

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- Learn how to make intentions because the intentions of a believer are greater than his actions.
- **Put in one righteous intention and Allah will open for you 70 doors of ability (tawfeeq)**
- The trade of intentions is the trade of the scholars. This means that the scholars know how to deal with their Lord SWT and to gain as much as possible from Him SWT with the greatest of profits. As for acts of obedience, intend many intentions for one act.



*A reassuring Hadith for  
the unintended  
sleepyheads!*

"Whoever goes to bed intending to wake up and pray during the night, but is overwhelmed by sleep until the morning comes, what he intended will be recorded for him, and his sleep is a charity given to him by his Lord."

*[Sunan Ibn Majah]*



## 12) How do we pen down intentions?

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If you feel extremely discouraged or lazy or overwhelming resistant to do a good deed, setting and **writing intentions really, really helps**

Intend to do \_\_\_\_\_ ,

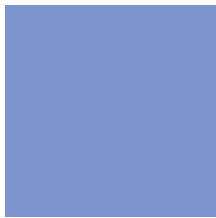
1. for Allah SWT and the Prophet SAW.
2. for the one that you are benefiting from.
3. for our own souls.
4. for the souls of our loved ones.
5. for the souls of all around us.

**IMPORTANT**

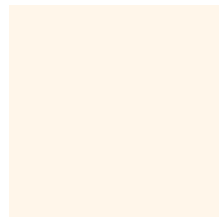
**LET'S NOT MAKE BASIC INTENTIONS, CHAMPS!**

## 13) How do we repent?

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*Remorse*



*Resolve*



*Remove*



*Rectify*



*Return*

The 5 Rs:

1) **Remorse** (feel regret for what you did)

2) **Resolve**

3) **Remove** yourself from circumstances/people that made you do the bad deeds that you are repenting from

4) **Rectify** (Follow bad deeds with good deeds)

5) **Return** (if something is stolen/broken)

## 14) How do we know if our repentance is accepted?

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If you are inspired to do these 5 things, you won't be denied from another 5 things:

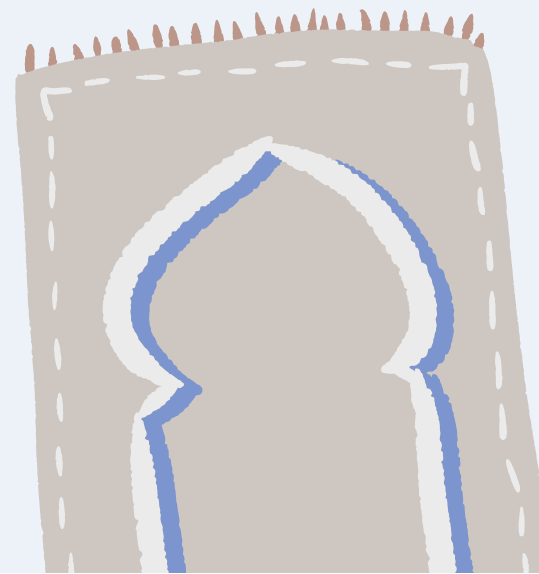
1) If you are inspired to **make dua**, you won't be denied from it being answered

2) If you are inspired to **make syukur**, you won't be denied from being increased

3) If you are inspired to **give out charity**, you won't be denied of follow up (there'll be goodness following it up)

4) If you are inspired to **istighfar**, you won't be denied from having forgiveness

5) If you are inspired to **repent**, you won't be denied from it being accepted



## *Final Takeaway*

We should not be "minimal muslims", i.e just content with doing the minimum. As believers, we need to remember that we are worthy of striving more, and that starts with setting grand, epic intentions.