

Ways to strengthen 'Eemaan

The Permanent Committee for Scholarly Research and Ifta'

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Question: What are the ways to strengthen one's 'Eemaan (faith/belief) in the face of the many temptations that confront us today (on televisions, in streets, from the western societies)?

Answer: There are many ways to strengthen 'Eemaan, among them:

- Observing acts of obedience and abstaining from prohibitions,
- Keeping company with pious people,
- Frequently reciting the Noble Qur'aan and contemplating its meanings,
- Studying the Sunnah (acts, sayings or approvals of the Prophet),
- Constant engaging in Dhikr (Remembrance of Allaah),
- Making Du'aa' (supplication),
- And being totally dependent on Allaah.

May Allaah grant us success. May peace and blessings be upon our Prophet Muhammad, his family, and Companions.

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