



A GIFT FOR THE VIRTUOUS YOUNG MAN - THE EVILS AND HARMS OF MASTURBATION -

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All praise is for Allaah, who said in His Noble Book,

“And if you differ in anything amongst yourselves, refer it to Allaah and His Messenger if you believe in Allaah and in the Last Day. That is better and more suitable for final determination.” [Sooratun-Nisaa', 4:59]

And He also said,

“And in whatsoever you differ, the decision thereof is with Allaah.”
[Sooratush-Shooraa, 42:10]

May the Peace and Blessings be upon our Prophet Muhammad, who received Revelation, and about whom Allaah said,

“But no, by your Lord, they can have no Faith until they make you judge in all disputes between them, and find in themselves no resistance against your decisions, and accept them with full submission.” [Sooratun-Nisaa', 4:65]

And the Messenger of Allaah said, ‘Indeed I have left you one thing, which if you cling to it, you will never go astray, the Book of Allaah (al-Qur‘aan).’

May the Peace and Blessings be upon the family of Muhammad, his Companions and those who follow them in a good way, until the Day of Reckoning; from the One who confirms this upon them, Allaah the Mighty and Exalted said,

“The only saying of the faithful believers, when they are called to Allaah (His Words, the Qur’aan) and His Messenger to judge between them, is that they say: ‘We hear and we obey.’ And such are the prosperous ones (who will live forever in Paradise). And whosoever obeys Allaah and His Messenger, fears Allaah, and keeps his duty (to Him), such are the successful ones.” [Sooratun-Noor, 24:51-52]

As to what follows, I praise Allaah with truth, Glorified and Exalted is He, free from all that they ascribe to Him; Who made me successful in following the truth with its proof and for having no concern with those who oppose it, whomever they may be. So upon this I have taken the same manner in my books, sermons and lectures. And Allaah has blessed this little book and the little trouble taken in it, due to this. May Allaah benefit Islaam and the Muslims with it.

The issue of masturbation is one that scholars of the past and more recent times have differed about and the questions about the subject have increased. I was even requested to author a book on the matter but was not firmly grounded in it. But then, I came across a written report by Imaam ash-Shawkaanee that was checked and verified by the Brother Abdullaah bin Saalih al-Waadi’ee and suddenly the foot of ash-Shawkaanee (*rahimahullaah*), slipped; he had followed those who say it is permissible to masturbate if necessary. So then I thought to broaden the arguments and collect the evidences from the Book of Allaah and the Sunnah of the Messenger of Allaah (may the Peace and Blessings of Allaah be upon him and his family) for they are the proof.

EVIDENCES FROM THE BOOK OF ALLAAH

Allaah, Glorified and Exalted is He, above all they associate with Him, the Most High said,

“And whoever of you have not the means wherewith to wed free, believing women, they may wed believing girls from among those (captives and slaves) whom your right hands possess... This for him among you who is afraid of being harmed in his religion or in his body; but it is better for you that you practice self-restraint.” [Sooratun-Nisaa’ , 4:25]

And Allaah did not say, ‘And whoever cannot afford to marry a slave girl, then he may masturbate.’

“And your Lord is never forgetful.” [Sooraah Maryam, 19:64]

Allaah, Glorified and Exalted is He, above all they ascribe with Him, the Most High said,

“And those who guard their chastity (i.e. private parts from illegal sexual acts). Except from their wives or (the captives and slaves) that their right hands possess, for then, they

are free from blame. But whoever seeks beyond that, then those are the transgressors..."

[Sooratul-Mu'minoon, 23:5-7]

Allaah, Glorified and Exalted is He, above all they ascribe to Him, the Most High said,

"And those who guard their chastity (i.e. private parts from illegal sexual acts). Except with their wives and the (women slaves and captives) whom their right hands possess, for (then) they are not to be blamed, But whosoever seeks beyond that, then it is those who are transgressors." (Sooratul-Ma'arij, 70:29-31]

And Allaah did not say, 'Except for masturbation, for indeed it is permitted.'

Allaah, Glorified and Exalted is He, above all they associate with Him said,

"And let those who find not the financial means for marriage keep themselves chaste, until Allaah enriches them of His Bounty." [Sooratun-Noor, 24:33]

It is necessary to know here, O youth, that the biggest defender of this disgusting act is Shaytaan. Just like Allaah said,

"Shaytan threatens you with poverty and orders you to commit Fahisha (evil deeds, illegal sexual intercourse, sins etc.); whereas Allaah promises you Forgiveness from Himself and Bounty, and Allaah is All-Sufficient for His creatures' needs, All-Knowing."
[Sooratul-Baqarah, 2:268]

And Allaah, Glorified and Exalted is He, above all they associate with Him, the Most High said,

"And follow not the footsteps of Shaytan (Satan). Verily, he is to you an open enemy. [Shaytan (Satan)] commands you only what is evil and Fahishaa (sinful), and that you should say against Allaah what you know not." [Sooratul-Baqarah, 2:168-169]

And of the evil gatherings, Allaah said,

"Allaah wishes to accept your repentance, but those who follow their lusts, wish that you (believers) should deviate tremendously away from the Right Path."
[Sooratun-Nisaa', 4:27]

EVIDENCES FROM THE SUNNAH

And from the Sunnah, al-Bukharee (*rahimahullaah*), reported that Abdullaah said,

'We were young when we were with the Prophet, and he said to us, 'O young men, whoever is able to marry should do so, for indeed it will help to lower one's gaze and to protect the private parts (from illegal sexual acts). And whoever is not able to marry **should fast**, because it will reduce his sexual desire.'

And the evidence presented in this *hadeeth* is that the Messenger of Allaah did not say, 'Those who cannot marry can masturbate.'

Al-Bukharee said, that Sa'd ibn Abee Waqqas said, that Uthmaan ibn Ma'zuun¹ was not allowed by the Messenger of Allaah to avoid getting married by castrating himself. And if he were allowed, we would have been permitted to castrate ourselves. And in a *hadeeth* with another chain of narrators, the Prophet (*sallallahu 'alayhi wa sallam*) prohibited 'Uthmaan ibn Ma'zuun from doing that and if he had sanctioned for him celibacy, we would have been permitted to castrate ourselves.

And in a narration by Abdullaah, who said,

'We used to take part in the battles with the Messenger of Allaah and we had nothing (no wives). So we said, 'Shouldn't we get ourselves castrated?' He forbade us from this and allowed us to marry temporarily, even by giving her a dress as a dowry. Then he recited to us,

"O you who believe! Make not unlawful the Taiyibaat (all that is good as regards foods, things, deeds, beliefs, persons, etc.) which Allaah has made lawful to you."

[Sooratul-Ma'idah, 5:87]

Narrated Jaabir ibn Abdullaah and Salama ibn al-Akwa'ee,

'We were in the army and the Messenger of Allaah came to us and said, 'You have been given permission to do the *mut'ah* (temporary marriage)² so do it.'

Abou Hurayrah said to the Messenger of Allaah (*sallallahu 'alayhi wa sallam*),

'I am a young man and I fear for myself in engaging in sexual intercourse and I cannot find anything for me to marry with (wealth).' He (the Prophet) kept quiet, then I repeated what I had said, and he kept quiet. Then I repeated again what I had previously said, and he

¹ Editor's note: we are not sure of the spelling of this name.

² *Mut'ah* (temporary marriage) was later prohibited by the Messenger of Allaah as will be discussed later.

remained quiet. Then I repeated it for the fourth time, and he said, 'O Aboo Hurayrah, the pen has written and the ink is dry with regards to what you are going to confront. So castrate yourself or don't, it makes no difference.' And the saying of the Prophet to Aboo Hurayrah, 'It doesn't matter whether you get yourself castrated or not', does not endorse or select castration, but rather it rejects it.

The evidence in this *hadeeth* is that the Prophet (*sallallahu 'alayhi' wa sallam*) did not allow them to masturbate as an alternative for the hardship of living without wives. This does not mean that they did not know about masturbation, '*jaldu umayrah*' is what the Arabs referred to as masturbation. A poet said, 'If you settle in a valley with no close companion with you, then masturbation is not a dishonor and there is no objection.'

Al-Bukharee said, Sahl ibn Sa'd as-Saa'edee narrated that,

'A woman came to the Messenger of Allaah and said, 'O Messenger of Allaah, I have come to give myself to you in marriage without *mahr*.' The Messenger of Allaah looked at her carefully, fixing his glance upon her, and then lowered his head. When the woman saw he had made no judgement regarding her, she sat down. A man stood up from his companions and said, 'O Allaah's Messenger, if you have no need of her, marry her to me.' The Prophet said, 'Do you have anything with you (to offer as *mahr*)?' He said, 'No, by Allaah, O Messenger of Allah.' The Prophet said, 'Go to your family and look if you can find something.' The man left and returned and said, 'No, by Allaah, I did not find anything.' Allaah's Messenger said, '(Go again) and look, even if it is an iron ring.' So he left and returned and said, 'No, by Allaah, O Messenger of Allaah, I did not even find an iron ring, but this is my *izaar* (waist sheet).' Sahl said, 'Half of it (the *izaar*) is for her.' The Messenger of Allaah said, 'What will she do with your *izaar*? If you wear it there will be nothing on her from it and if she wears it, you will be naked.' Then the young man stood up to leave. When the Prophet saw him leaving, he called him back and when he came, the Prophet said, 'How much of the Qur'aan do you know?' He said, 'I know such and such *soorah* and such and such *soorah*,' and he enumerated them. The Prophet said, 'Do you read them by heart?' He replied, 'Yes.' The Prophet said, 'Go, I have married her to you with what you have from the Qur'aan.'

The Messenger of Allaah (*sallallahu 'alayhi' wa sallam*) began by permitting temporary marriages and later prohibited them. And he did not say after their prohibition that, 'Whoever feared committing illegal sexual intercourse could masturbate.' These, and the evidences taken into consideration above, demonstrate that masturbation is forbidden.

Al-Bukharee said, 'Alee said to Ibn 'Abbaas,

'Indeed the Prophet forbade the temporary marriage and the meat of the domestic donkey in the time of the battle of Khaybar.' Ibn Abbaas was asked about the temporary marriage

and he said, 'He, the Messenger of Allaah allowed it.' So his slave said to him, 'Indeed it was in severe conditions and the women were few.' or something similar to that. And Ibn 'Abbaas said, 'Yes.'

Salama ibn al-Akwa'ee said, 'The Messenger of Allaah said,

'If a man and a woman agree (to a temporary marriage), it should last for three nights, and if they desire to continue they can do so and if they want to separate they can separate.' I do not know if that was special for us or for the people in general."

Aboo Abdullaah (al-Bukharee) said,

'Alee has made it clear that the Prophet (*sallallahu 'alayhi' wa sallam*) truly abrogated the temporary marriage.'

Imaam Muslim said, that Jaabir narrated,

'That the Prophet (*sallallahu 'alayhi' wa sallam*) saw a woman and then came to his wife Zaynab while she was rubbing or tanning a leather skin, and he satisfied his desire with her. Then he went to his Companions and said, 'Indeed the woman advances and returns in the shape or picture of a devil, so if one of you sees a woman, then he should go to his wife (and have relations with her), for indeed this reforms what is in himself and fulfils his desire.'

And in another narration, Jaabir said,

'The Prophet saw a woman and went to his wife Zaynab while she was tanning a leather, and did not mention that the Prophet (*sallallahu 'alayhi' wa sallam*) said 'she returns in the picture of a devil.'

And Jaabir said that he heard the Prophet (*sallallahu 'alayhi' wa sallam*) say,

'If anyone of you is impressed by a woman and this leaves an impression in his heart, he should proceed to his wife and have sexual intercourse with her, for this removes his sexual desire.' So the meaning implied in the evidence presented in this *hadeeth* is that the Prophet (*sallallahu 'alayhi' wa sallam*) did not say, 'And whoever is not able to go and be with his wife, then he can masturbate.'

A young man came to the Prophet (*sallallahu 'alayhi' wa sallam*) and said,

'O Messenger of Allaah, give me permission to have illegal sexual intercourse.' So the Prophet (*sallallahu 'alayhi' wa sallam*) said to him, 'Do you wish it (illegal sexual intercourse) for your mother?' And the young man said, 'No, by Allaah, O Messenger of Allaah.' So the

Prophet said, 'The people do not wish it for their mothers (illegal sexual intercourse).' So the meaning implied with the evidence in this *hadeeth* is that the Prophet (may the Peace and Blessings of Allaah be upon him and his family) did not say to him, 'Then Masturbate (as an alternative).'

The preceding and following evidences all indicate the prohibition of fornication and re-emphasises the fact that the Prophet (*sallallahu 'alayhi' wa sallam*) did not say, 'If you fear falling into fornication, then masturbate.' If you say, 'Indeed, masturbation has been allowed by necessity by some scholars and some Companions of the Prophet.' Then the reply is that the proof is in the Speech of Allaah and the statements of His Prophet (*sallallahu 'alayhi' wa sallam*).

Allaah, Glorified and Exalted is He, above all imperfections said,

“O you who believe! Do not put (yourselves) forward before Allaah and His Messenger and fear Allaah. Verily, Allaah is All-Hearing, All-Knowing. O you who believe! Raise not your voices above the voice of the Prophet, nor speak aloud to him in talk as you speak aloud to one another, lest your deeds may be rendered fruitless while you perceive not.” [Sooratul-Hujuraat, 49:1-2]

The reason for the revelation of this verse was Aboo Bakr and 'Umar (*radiyallaahu 'anhum*). These two Companions are the reason for this revelation and this is an admonishment (to them). So what do you think about other than these two?

Allaah, the Majestic said,

“It is not for a believer, man or woman, when Allaah and His Messenger have decreed a matter that they should have any option in their decision. And whoever disobeys Allaah and His Messenger, he has indeed strayed in a plain error.” [Sooratul-Ahzaab, 33:36]

Further evidence which exemplifies that no authority is given for masturbation, even if it was out of dire need is collected by Imaam al-Bukharee who said that ilbn Muhayreez narrated that he entered the Masjid and saw Aboo Sa'eed and sat next to him and asked him about 'azl³ (coitus interruptus). Aboo Sa'eed said,

'We left with the Messenger of Allaah for the battle of Banoo al-Mustalik and we received captives from the Arab captives and we wanted women, and bachelorhood became hard on us and we desired to do 'azl. So we intended to do it and we said, 'How can we perform 'azl without first asking the Messenger of Allaah who is present amongst us?' So we asked him and He said, 'You do not have to stop doing it. There is no person that is destined to exist

³ Withdrawing the penis from the vagina before the ejaculation of sperm.

until the Day of Resurrection, except that he will come to exist.” And the proof intended with this is, it had become unbearable for the companions to remain bachelors and the Prophet never permitted them to Masturbate.

HARMFUL EFFECTS OF MASTURBATION

About its harms, then these are obtainable to you in the form of questions shown in the book, 'A Dictionary of Diseases and their Cures'. Some of the questions I am reporting but some of the answers I am not including because some doctors consider masturbation to be a bad result of depression. So we reply to such a miserable doctor, 'Is not scientific testing in medicine the biggest proof?' And have you not developed treatment for masturbation and treated people with it for years? But, then these doctors are made to retreat from what they know with this form of treatment by their 'chiefs' - the Westerners. So they return from helping the people and prevent them from this treatment and saying it (masturbation) is harmful. But the people are feeling disgust from you doctors and are trying to return to the Prophetic medicine and the Arabic medicine, which has no harms and bad side-effects.

Weakness of the reproductive system and its inability to function correctly

In the Dictionary of Diseases and their Cures (page 14) the questioner states:

[Q:] I am a young man, my age is nineteen. I used to practice masturbation for a long period and it caused weakness in my reproductive system and an inability for it to function correctly. So now I don't practice it anymore. I hope you can guide me to the correct course in treating the difficulty that has afflicted me.

[A]: Excessiveness in masturbation causes congestion of the reproductive system and some self-tension or a feeling of weakness and pains the body when standing. But, it doesn't harm the reproductive system to dangerous levels. We advise refraining from masturbation altogether to avoid experiencing the ill affects. And engaging in some active sporting exercises and social activities with others will soak up some of the energy of the youth and keep him busy with his spare time. And of-course, to seek advice from a specialist doctor who specialises with this age group, thereby enabling him to obtain sound and appropriate guidance.

Loss of appetite, loss of hope, skinniness and attempts to commit suicide

The questioner states on page seventeen,

[Q]: I am a youth who has reached the age of nineteen, my height is 140cm and my weight is 48kg. Accordingly, my age should be thirteen years old (due to lack of body weight). I practice masturbation excessively and smoke two packets of cigarettes everyday. I also don't desire food most of the time. I have become very skinny and the bones of my face are now

visible. I have lost all hope and attempted suicide. So how do I save myself from the evils of masturbation?

[A]: Practicing masturbation causes some tensions of the body, which as a result affects the mental state of the youth. Likewise, some of the other symptoms such as a sensation of weakness or weight loss and a reduced desire to endeavour in activities may occur. We advise complete abstinence from this practice, even if he only reduces it gradually at first. We advise exercising and open participation in beneficial social gatherings or activities. These will occupy the time of the youth and drain his energy and as a result he can abandon this habit. . If the youth finds difficulty in leaving it, he should seek advice from a specialist in venereal diseases who could recommend some medication that will help him in this matter. He should also try to find out the reasons that led him to practice this habit so excessively and how to abstain from it.

Nervous Tension

The questioner states on page eighteen,

[Q]: I am a young man who has reached the age of twenty-eight and I have not ceased in excessive masturbation. I have tried to stop but failed. I am always in torment, my state of mind is ruined and my health is weak. So is there any medicine or treatment available?

[A]: Sometimes excessiveness in masturbation is the reason for tension and anxiety and vice-versa. In this condition, advice should be sought from a specialist doctor who knows how to treat it and can advise how to abstain from it. We advise exertive exercises, social activities and to seek more medical advice. Sometimes there are tranquillisers prescribed as medicines for tension and anxiety that are beneficial, especially in these circumstances.

Excretion of sperm with or without sensation

The questioner states on page twenty,

[Q]: I am a young man who is twenty years old. I used to practice masturbation three years ago and I have stopped it completely ten months ago and now I am afflicted with excretion of sperm fluid in my underclothes, sometimes knowingly and sometimes unknowingly. This is preceded by a sensation of agitation in my body and relaxation and then a desire to sleep. But, I cannot sleep after excreting sperm fluid, so is there a cure for this condition?

Premature ejaculation of sperm and impotency (This is harmful to the wife and perhaps she might even commit adultery because he cannot satisfy her desire.)

The questioner states on page twenty-one,

[Q]: I am a young man and have reached the age of twenty-two years of age and I practiced masturbation when I was in adolescence. What has resulted from it is premature ejaculation and deficiency in erection of the penis during sexual intercourse with the presence of varicose (dilation of the veins) on top of the penis and its bottom. So what should I do and what is the cure?

The questioner states on page twenty-eight,

[Q]: I am a young man who is twenty-four years old. I practiced masturbation excessively and for a long period of time. I abandoned this act three years ago and I am now afflicted with impotency. Is there a cure and is it necessary to carry out a medical examination?

Curvature of the penis

The questioner states on page twenty-two,

[Q]: I am a young man who is twenty-seven years old and I was addicted to masturbation to a level of madness. I stopped three years ago after I noticed the presence of curvature of the penis. When it becomes erect it does not take long before it returns back to like it was. So, is this a disease and what effect will it have on marriage in the future?

Whoever practices masturbation has a threatened future

The questioner states on page four hundred and ninety-four,

[Q]: I have reached the age of twenty-seven years old. My future is threatened due to the practice of masturbation that I have been practicing since my secondary school years and I cannot give it up. I have a handsome appearance and find the opposite sex appealing but I am extremely religious. Is there a way to stop this despicable habit?

Abdullaah ibn Muhammad al-Gamaaree⁴ said in his book, "Investigating the Proofs and the Prohibition of Masturbation" page forty-five,

'It is confirmed in the science of medicine that masturbation is the transmitter of numerous diseases. From them are that it weakens the eyesight drastically from its normal level. It also weakens the sexual reproductive organ and causes partial or total curvature of the penis. As a result the one who commits the act resembles a woman in that he loses the most important function of his manhood which Allaah has blessed the man with over the woman and he is unable to marry. If he is compelled to marry then he is unable to uphold his role in the marriage and acts in a refined manner. Thus, it becomes necessary for his wife to look for a man other than him because he is unable to satisfy her and this is a corruption that is not hidden.

⁴ 'A foolish Innovator' as Shaykh Muqbil Ibn Haadee refers to him; his statements are adopted to provide a medical point in the subject.

From these afflictions is that it causes weakness in the nerves generally, which is a result of overstraining that occurs from this action. It also disturbs the digestive system, weakening its function and causing disorder in its regularity. Also, it stunts the growth of the sexual organs; especially the outer opening of the urethra and the two testicles, so their normal growth potential is not reached. Additionally, it causes a burning sensation in the testicles, which results in premature ejaculation to such a level that ejaculation may be caused at the mere rubbing of the penis, even with the slightest touch or contact.'

An example of this burning sensation occurs also in women who practice masturbation. Someone trustworthy mentioned to me that a girl masturbated excessively in her days of puberty. She then experienced a burning sensation and she would ejaculate by the slightest touch. And don't think that I have quoted from 'Abdullaah al-Gamaaree because he is pleasing to me, not at all. He is a foolish innovator and I have not quoted from his book except what is related to medicine and nothing is built upon his work except that which has been mentioned. So these are the conditions that afflict those people who masturbate.

And from the conditions caused by masturbation is that it causes a pain in the spine from the part of the backbone (loins) where the sperm is manufactured. Along with this pain, there occurs curvature in the back and from these bad effects is that masturbation breaks up the water of the practitioner, so his sperm becomes thin instead of thick. This results in the fetus becoming weak and due to this you will find the baby of the person who masturbates weak with visible diseases, not like the other children who are born from normal sperm.

Masturbation causes trembling in some limbs, like the legs. It also causes weakness in the medulla glands (bone marrow). This reduces the thinking power and understanding of the masturbator, after having been intelligent. And perhaps the weakening of the medulla glands may reach such a level that it causes mental disorder. Masturbation also causes a yellow discoloring of the face, which is a symptom of the arrival of Tuberculosis. And from these is what was mentioned by Shaykh Dawood al-Antakee in his reminder; that masturbation causes grief and sorrow in the chest.

All of these diseases which have been mentioned are from masturbation and whoever is seeking complete details and further clarification may refer to the works from which we have extracted from, among which are as follows:

- The Weakness of the Sexual Reproductive System in Men and Women by Dr. Hassan al-Haraawee

- The Book on Affairs (Adultery)
- The Weakness of the Sexual Reproductive System by Dr. Fakhree (This is the foremost book and the one which contains the widest information)

After this, there should be nothing to make you uncertain about the prohibition of masturbation, and this ruling applies to both men and women because the foundation of legislation is general. Legislative proofs and the consequences of the harms to both the mind and body have been presented. As for those who allow masturbation due to necessity, they have no proof with them from the Book of Allaah or from the Sunnah of the Messenger of Allaah (*sallallahu 'alayhi' wa sallam*). Indeed there are no grounds permitting masturbation and Allaah, Mighty and Supreme says in his Illustrious Book,

“And whosoever fears Allaah and keeps his duty to Him, He will make a way for him to get out (from every difficulty). And He will provide him from (sources) he never could imagine.” [Sooratut-Talaq, 65:2-3]

Allaah the Most High and above all that they ascribe to Him said,

“And whosoever fears Allaah and keeps his duty to Him, He will make his matter easy for him.” [Sooratut-Talaq, 65:4]

THE CURE FOR MASTURBATION

The Reminder of the Surveillance of Allaah, the Mighty and Supreme

Allaah, Glorified and Exalted is He said,

“Who sees you (O Muhammad) when you stand up (alone at night for Tahajjud prayers). And your movements among those who fall prostrate (along with you to Allaah in the five compulsory congregational prayers).” [Soraatus-Shu'ara, 26:218-219]

Allaah, the Most High also said,

“And He is with you (by His Knowledge) wheresoever you may be. And Allaah is the All-Seer of what you do.” [Sooratul-Hadeed, 57:4]

Allaah, the Exalted and Glorified also said,

“Allaah knows the fraud of the eyes, and all that the breasts conceal.”

[Soorah Ghaffar, 40:19]

And in Saheeh Muslim from the *hadeeth* of ‘Umar who said,

When the Prophet (*sallallahu ‘alayhi’ wa sallam*) was asked about *ihsaan* (goodness, sincerity, etc.), he replied, ‘It is to worship Allaah as if you see Him and you do not see Him but He sees you.’

Patience

Allaah, Glorified and Exalted is He, also said,

“O you who believe! Seek help in patience and As-Salaat (the prayer). Truly! Allaah is with As-Sabireen (the patient ones, etc.)” [Sooratul-Baqarah, 2:153]

In *as-saheehayn*, Aboo Saeed al-Khudree (may Allaah be pleased with him) said, ‘The Messenger of Allaah said,

‘He who remains patient, Allaah will give him patience. And he who does not beg of others, Allaah will make him self-contented and he will not need others. And you cannot be given a gift better and more lasting than patience.’ And it has been confirmed that the Prophet said, ‘Patience is illumination.’

To Struggle with One’s Soul

Allaah, Glorified and Exalted; the Most High said,

“As for those who strive hard in Us (Our cause), We will surely guide them to Our Paths (i.e. Allaah's Religion - Islamic Monotheism). And verily, Allaah is with the Muhsinoon (good doers).” [Sooratul-'Ankaboot, 29:69]

In *as-Saheehayn*, narrated Aboo Hurairah (may Allaah be pleased with him) that the Messenger of Allaah (*sallallahu ‘alayhi’ wa sallam*) said,

‘That Allaah the Most High said, ‘Whoever shows hostility to a pious worshipper of mine, I will be at war with him. My servant does not come near to me with anything more than the religious duties I have enjoined upon him. And my servant comes closer to me with *nawaafil* (acts – those extra prayers, fasts, charity, etc. that he does outside of what is

compulsory upon him) until I love him. When I love him, I am his hearing with which he hears, and his sight with which he sees, and his hand with which he grips, and his legs with which he walks, and if he was to ask Me, I would surely give it to him. And if he were to ask Me for refuge, I would surely give him a refuge.”

In *as-Saheehayn* is the *hadeeth* of ‘Aa‘ishah (may Allaah be pleased with her), where the Prophet (*sallallahu ‘alayhi’ wa sallam*) used to stand at night in prayer until his feet would crack and split. So she said to him,

‘Why do you do this O Messenger of Allaah when Allaah has forgiven all of your past and future sins?’ He said, ‘Shouldn’t I be a thankful slave?’

And in *as-Saheehayn*, narrated by Aboo Hurayrah, that the Messenger of Allaah said,

‘The Hell-Fire is surrounded by desires and Paradise is surrounded by undesirable things.’

And it is proven that the Prophet (*sallallahu ‘alayhi’ wa sallam*) said that,

‘The *mujahid* is the one who struggles with himself in Allaah’s path.’⁵

And if one puts his sexual desire in its proper place, then it is in the worship of Allaah, for truly the Messenger of Allaah (*sallallahu ‘alayhi’ wa sallam*) said,

‘And in the sexual act of each one of you is a charity.’ It was said, ‘O Messenger of Allaah, when one of us fulfils his sexual desire (with his spouse), will he have a reward for that?’ So he said, ‘Do you think if he acted unlawfully (by committing illegal sexual intercourse) he would be sinning? Likewise, if he acted lawfully he will get a reward.’

To Lower One’s Gaze

Allaah, Glorified and Exalted is He, the Most High said,

“Tell the believing men to lower their gaze (from looking at forbidden things), and protect their private parts (from illegal sexual acts, etc.). That is purer for them.”

[Sooratun-Noor, 24:30]

In *as-Saheehayn*, the *hadeeth* narrated by Aboo Hurayrah that the Messenger of Allaah (*sallallahu ‘alayhi’ wa sallam*) said,

⁵ Reported by Ahmad and Tirmidhee and Ibn Hibbaan from the *hadeeth* of Fadorlah ibn ‘Ubayd.

'It has been written for the son of 'Aadam his share of adultery which he commits without a doubt. The adultery of the eyes is by his looking; the adultery of the hand is by holding; the adultery of the leg is by walking; and the heart wishes and desires, and all of this is affirmed or denied by the private parts.'

Also, in Saheeh Muslim, narrated by Jaabir ibn 'Abdullaah, (may Allaah be pleased with him) who said that the Messenger of Allaah (*sallallahu 'alayhi' wa sallam*) was asked about a sudden look (at the woman) so he said,

'Turn away your gaze.'

Looking at women increases fornication and the best is the one who said,

'All events are started by looking.

And most of the fire is from small sparks.

How many looks did you (O woman) cause in the heart of him you possessed?

You made an arrow without a bow or a sling.

His eye is happy with what harms his heart.

No welcome is happiness which brings with it harm.'

And another poet said,

'Say to the beautiful one in the black veil,

What have you done to the worshipping people?

Indeed he was preparing himself for the prayer,

Until she was exposed to him at the door of the masjid.

Destroyed for him his prayer and fasting.

(He says) Don't subject me to temptation by the Lord of Muhammad.'

And in *as-Saheehayn*, the Prophet (*sallallahu 'alayhi' wa sallam*) said,

'Whoever can safeguard for me what is between his jawbones and what is between his legs, I will ensure Paradise for him.' And one of the ways to safeguard what is between your legs is to lower one's gaze, and Allaah knows best.

To Abandon the Gatherings of the People of Corruption

Allaah, Glorified and Exalted is He, the Most High said,

“And (remember) the Day when the Thaalim (wrong-doer, oppressor, polytheist, etc.) will bite at his hands, he will say: ‘Oh! Would that I had taken a path with the Messenger. Ah! Woe to me! Would that I had never taken so-and-so as a friend! He indeed led me astray from the Reminder (this Qur'aan) after it had come to me. And Shaytaan (Satan) is ever a deserter to man in the hour of need.” [Sooratul-Furqaan, 25:27-29]

Allaah, Glorified and Exalted is He, the Most High also said,

“And whosoever turns away (blinds himself) from the remembrance of the Most Beneficent (Allaah) (i.e. this Qur'aan and worship of Allaah), We appoint for him Shaytaan (Satan/devil) to be a Qareen (an intimate companion) to him. And verily, they (Satans/devils) hinder them from the Path (of Allaah), but they think that they are guided aright!” [Sooratus-Zukhruf, 43:36-37]

And Allaah, Glorified and Exalted is He, the Most High said referring to the people of Paradise,

“Then they will turn to one another, mutually questioning. A speaker of them will say: ‘Verily, I had a companion (in the world), Who used to say: ‘Are you among those who believe (in resurrection after death). (That) when we die and become dust and bones, shall we indeed (be raised up) to receive reward or punishment (according to our deeds)?’” (The man) said: ‘Will you look down?’ So he looked down and saw him in the midst of the Fire. He said: ‘By Allaah! You have nearly ruined me. Had it not been for the Grace of my Lord, I would certainly have been among those brought forth (to Hell).’”
[Sooratus-Saafaat 37:50-57]

And is *as-Saheehayn*, narrated by Aboo Moosaa al-Ash'aree (may Allaah be pleased with him), the Messenger of Allaah (*sallallahu 'alayhi wa sallam*) said,

‘The example of the pious gathering and the evil gathering is like the one who carries or sells *misk* (an expensive perfume) and the blacksmith. The carrier of *misk* will either give you some or you will buy some, or at least you will smell a good smell from him. However from the blacksmith, you will either get your clothes burnt or you will smell from him a bad smell.’

And it has been proven that the Prophet (*sallallahu 'alayhi wa sallam*) said, ‘The man is upon the religion of his friend. So each one should look at who he has taken as a friend.’

To Marry Early

The *hadeeth* narrated by Ibn Mas'ood has already been mentioned, 'O young men, whoever from you is able to marry should marry.'

And al-Bukharee said in the chapter: The Desire to Marry, the saying of the Most High,

“Then marry women of your choice.” [Soraatun-Nisaa', 4:3]

Anas Ibn Maalik (may Allaah be merciful to him) narrated,

'A group of three men came to the houses of the wives of the Prophet (*sallallahu 'alayhi wa sallam*), asking about the Prophets' worship, so they were told about it and it was as if they considered their own worship to be insufficient. They said, 'And where are we from the Prophet (i.e. who are we compared to him?)? Indeed his past and future sins have already been forgiven by Allaah.' Then one of them said, 'I will make *tahujjud* (night prayer) every night (without sleep).' Another one said, 'I will fast forever and not break my fast.' And the other one said, 'I will stay away from women and never marry them.' So the Messenger of Allaah (*sallallahu 'alayhi wa sallam*) came to them and said, 'Are you those who said such and such? By Allaah, I am more fearful of Allaah and more pious than you, yet I fast and I break my fast, and I pray and sleep and I also marry women. And whoever dislikes anything from my Sunnah is not from me.'

Thus it is obligatory for the *walee* (guardian of the woman) to be gentle on the one who is asking to marry, the one who wants to protect his private parts from illegal sexual acts. The *hadeeth* previously mentioned proves the requirement of this ease in getting married, in that the *mahr* can even be an iron ring.

Fasting

The *hadeeth* of Ibn Mas'ood which reads,

'And who is not able to marry, it is upon him to fast because it will reduce his sexual desire.'

To Take Care of One's Health

In Saheeh al-Bukharee, narrated by Ibn 'Abbaas (may Allaah be pleased with them both) who said, that the Messenger of Allaah (*sallallahu 'alayhi wa sallam*) said,

'There are two blessings that are lost by many people; health and free time.'

And it has been proven that the Prophet (*sallallahu 'alayhi' wa sallam*) said,

'A slave will not move a step on the Day of Judgment until he is asked about four things...(from them) his body (health) and what is was tested with.' And Allaah owns you, O slave of Allaah, and it is not for you to do any action that will damage you.

Allaah, Exalted and Glorified is He, the Most High said,

"Say (O Muhammad): "Verily, my Salaat (prayer), my sacrifice, my living, and my dying are for Allaah, the Lord of the 'Alameen (mankind, jinn and all that exists). He has no partner." [Sooratul-An'am, 6:162-163]

And Allaah, Glorified and Exalted is He, the Most High said,

"And I (Allaah) created not the jinns and humans except they should worship Me (Alone). I seek not any provision from them (i.e. provision for themselves or for My creatures) nor do I ask that they should feed Me (i.e. feed themselves or My creatures). Verily, Allaah is the All-Provider, Owner of Power, the Most Strong." [Sooratudh-Dhariyat, 51:56-58]

Taking Care of the Future

Narrated Aboo Hurayrah in Saheeh Muslim, the Messenger of Allaah (*sallallahu 'alayhi' wa sallam*) said,

'Be greedy for what benefits you and seek help from Allaah and do not become weak.' And sperm or semen is a blessing from Allaah, which benefits you.

Allaah creates this for you, and the Most High said,

"Then tell Me (about) the human semen that you emit. Is it you who create it (i.e. make this semen into a perfect human being), or are We the Creator?" [Sooratul-Waqi'ah, 56:58-59]

And it is proven that the Prophet (*sallallahu 'alayhi' wa sallam*) said,

'A slave will not move a step until he is asked about four...' and from these is his lifetime and what it was tested with. And it has been previously mentioned that the one who is addicted to masturbation, destroys his future.

Keeping Busy with Worship; the Remembrance of Allaah and Du'aa

In the Mustadrak of Haakim, the Prophet (*sallallahu 'alayhi' wa sallam*) said that Allaah said, 'O son of Aadam, devote yourself to my worship, I will fill your hands with riches and prevent you from poverty and if you do not do this, your heart will be made busy.' And I have mentioned this in *Jaami'as-Saheeh mimmaa laysa fee as-Saheehayn*⁶ with its chain of narrators.

And like this, there is a *hadeeth* which states,

'Whoever makes the Hereafter his intention, Allaah will gather for him his unity and make him rich in his heart, and the world comes to him and it is reluctant. And whoever makes the world his intention, Allaah separates his unity and makes him impoverished in his own eyes and the world does not come to him except what is written for him.' And I have mentioned it in *Jaami'as-Saheeh mimmaa laysa fee as-Saheehayn*, with its chain of narrators.

Staying Away from what Affects the Slave's Desires

From among some of the things that may affects a slave's desires are shaking hands with women, shameless seductive music, looking at morally depraved pictures, involving oneself in questioning with lustful intentions, discussing women with desire, excessive luxury and possessing too much spare time. So, it is upon you to do plenty of reading of the beneficial works of Shaykhul-Islaam Ibn Taymiyyaah and Ibnul-Qayyim and other than these two from the books of the Salaf (may Allaah be merciful to them).

Reading Books about Paradise, Hellfire and the Terrors of Being Raised on the Day of Judgment

Allaah said,

"Then, for him who Taghaa (transgressed all bounds, in disbelief, oppression and evil deeds of disobedience to Allaah). And preferred the life of this world (by following his evil desires and lusts), Verily, his abode will be Hell-fire; But as for him who feared standing before his Lord, and restrained himself from impure evil desires, and lusts. Verily, Paradise will be his abode." [Sooratun-Nazi'aat, 79:37-41]

⁶ A five volume collection of narrations which the Shaykh compiled and held to be authentic, but were not included in the two collections of Bukharee and Muslim.

To Consult a Muslim Doctor who Follows the Sharee'ah of Islaam

Truly the Prophet (sallallahu 'alayhi' wa sallam) said,

'Allaah has not sent down a disease except that He has also sent down its cure.' And Allaah knows best.

The Conclusion

With the praise of Allaah, that which has been presented for you are the clear proofs which clarify that masturbation is not permissible for men or women, because the basis of legislation includes both men and women. Masturbation has also been reported to be harmful for women. In the Dictionary of Diseases and its Cures, it has been reported that a young girl used to masturbate and after this, sexual discharge began to emit from he private part with the least amount of effort or play.

So if you were to say, 'Why are all these diseases a result of masturbation yet they do not occur from engaging in normal sexual relations?' The reply is that masturbation is the desire for semen to be emitted, so perhaps this emission results in overburden. Also, all of the semen is not excreted, some remains in the testicles and the other vessels. Contrarily, normal sex results from being influenced by sexual desire, related with sexual intercourse. Also, Allaah has created in the sexual organ of the woman, that which soaks up the semen from the penis and testicles and the person who engages in sex feels good and at rest and afterwards feels satisfied and fulfilled.

As for those who say masturbation is permitted if necessary; they have no evidence, not from the Book of Allaah and not from the Sunnah, and the evidence in general illustrates the impermissibility of masturbation in all conditions. So the believing slave if he fears Allaah and makes his faith strong will be able to overcome his desire, with the permission of Allaah.

Allaah said, regarding the situation of Yoosuf,

“And she, in whose house he was, sought to seduce him (to do an evil act), she closed the doors and said: "Come on, O you." He said: "I seek refuge in Allaah (or Allâh forbid)! Truly, he (your husband) is my master! He made my stay agreeable! (So I will never betray him). Verily, the Thaalimoon (wrong and evil-doers) will never be successful. And indeed she did desire him and he would have inclined to her desire, had he not seen the evidence of his Lord. Thus it was, that We might turn away from him evil and illegal sexual intercourse. Surely, he was one of Our chosen, guided slaves.”

[Soorah Yoosuf, 12:23-24]

The story of Yoosuf continues when,

“He said, ‘O my Lord! Prison is more to my liking than that to which they invite me. Unless You turn away their plot from me, I will feel inclined towards them and be one (of those who commit sin and deserve blame or those who do deeds) of the ignorant.’ So his Lord answered his invocation and turned away from him their plot. Verily, He is the All-Hearer, the All-Knower.” [Soorah Yoosuf, 12:33-34]

Al-Bukharee narrated that Ibn ‘Umar (may Allaah be pleased with them both) said,

‘Once there was a group of three men from those who came before you (from the previous nations). Suddenly, it started to rain so they took shelter in a cave. Then the entrance closed upon them by the falling of a huge rock while they were inside. They said to each other, ‘By Allaah, nothing will save us except the truth, so each man should call for Allaah to help with a deed in which he knows he was faithful in.’

One of them said, ‘O Allaah, you know that there was a worker who worked for me for one *fara* (three *sa*) of rice. So he left, leaving his wages, so I sowed the rice in the ground and with its yield I bought some cows. Then he came to me, wanting his wages, so I said to him, ‘Proceed to those cows and take them.’ He said to me, ‘Truly, all you owe me is a *faraq* of rice.’ So I said to him, ‘Go to those cows, for they are the product of that *faraq* of rice.’ So he went and took them away. So if You consider Allaah, that I did this out of fear of You, then make an opening for us.’ The rock moved slightly from the mouth of the cave.

The other one said, ‘O Allaah, You know I had two elderly parents and I used to provide them with milk every night from a sheep I had. One night, I was held back and when I came to them, they were asleep and my wife and children were crying due to hunger. I did not let my family drink until my two parents had drunk. I didn’t want to wake my parents up and I disliked for them to sleep without drinking. I didn’t cease waiting for them until dawn. If You consider that I did that out of fearing You, then make an opening for us.’ The rock moved slightly and they were able to see the sky through it.

The third one said, ‘O Allaah, You know that I had a cousin (my paternal uncle’s daughter) and she was the most beloved person to me. So, I seduced her, but she refused unless I gave her one hundred *deenar*. I searched for the money until I collected enough and paid her the money, and then she gave me permission to sleep with her. When I sat between her legs she said, ‘Fear Allaah and do not deflower me except by a legal means (marriage).’ So I got up and left her with the one hundred *deenar*. If You consider that I did this out of fearing You, then make an opening for us.’ So Allaah made an opening and they came out.

So the believer is like this, if he makes his faith strong, then Allaah helps him and Allaah makes him free from grief and sorrow. Allaah, Exalted and Glorified is He, the Most High said,

“And whosoever fears Allaah and keeps his duty to Him, He will make a way for him to get out (from every difficulty).” [Sooratut-Talaq, 65:2]

Allaah, Glorified and Exalted is He, the Most High said,

“And whosoever fears Allaah and keeps his duty to Him, He will make his matter easy for him.” [Sooratut-Talaq, 65:4]

Allaah, Glorified and Exalted is He, the Most High said,

“O you who believe! If you obey and fear Allaah, He will grant you Furqaan a criterion [(to judge between right and wrong), or (Makhraj, i.e. making a way for you to get out from every difficulty)], and will expiate for you your sins, and forgive you, and Allaah is the Owner of the Great Bounty.” (Al-Anfal 8:29)

Allaah, Glorified and Exalted is He, the Most High said,

“O you who believe! Fear Allaah, and believe too in His Messenger, He will give you a double portion of His Mercy, and He will give you a light by which you shall walk (straight), and He will forgive you. And Allaah is Oft-Forgiving, Most Merciful.”
[Sooratul-Hadeed 57:28]

And Allaah, Glorified and Exalted is He, the Most High, said,

“Indeed, those who Fear Allaah, when evil touches them from Shaytaan, they remember Allaah and verily they see (aright).” [Soorah Fussilat, 41:49]

The *hadeeth qudsee* has already been mentioned where Allaah states,

“My servant does not come near to me with anything more than the religious duties I have enjoined upon him. And my servant comes closer to me with *nawaafil* (acts - those extra prayers, fasts, charity, etc. that he does outside of what is compulsory upon him) until I love him. When I love him, I am his hearing with which he hears, and his sight with which he sees, and his hand with which he grips, and his legs with which he walks, and if he was to ask Me, I would surely give it to him. And if he were to ask Me for refuge, I would surely give him a refuge.”

And what a great number of trials afflict the pious person; perhaps a woman wants to subject a pious man to temptations and Allaah makes a way out for him and makes him free from grief. And perhaps an evil and corrupt man wants to subject a pious woman to temptations and Allaah makes a way out for her and makes her free from sorrow.

○ Allaah! We ask you, ○ Allaah to protect us from trials.

○ Allaah! We ask you, ○ Allaah to make our souls pious and pure.

You are the Best One Who purifies. You are the Protector of the human being and his Guardian.

There is no Movement; no Power except with the will of Allaah.

And indeed, our final call is,

“All Praise is for Allaah, the Lord of the men and jinn and all that Exists.”

[Sooratul-Fatihah, 1:2]

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