10459 - Protecting Oneself From Temptation in Permissive Countries

the question

How should the Muslim youth who have left the Muslim countries to study in America protect themselves from the temptations, besides the option of marriage.

Detailed answer

Praise be to Allah.

We have to note that marriage is the natural solution, and when we think of alternatives we think of them as being temporary. There are two things which will help to combat the effects of desire:

1.Strengthening that which prevents us from giving into it. This includes strengthening our faith, fearing Allaah and His punishment, strengthening our resolve and will-power, and understanding the consequences of following our desires, in this world and the next.

2.Weakening the motives, which is achieved by fasting and by keeping away from that which provokes desire, foremost among which is looking at haraam haram (impermissible)things and keeping bad company.

Shaykh Muhammad al-Duwaysh

Doing all kinds of acts of worship prescribed in sharee'ah (Islamic law) and keeping yourself busy with that is the greatest help in protecting oneself from forbidden temptations. These young people should keep themselves busy in reciting Qur'aan, remembering Allaah, making du'aa' (supplication), fasting and calling others to Allaah, and establishing for themselves their own community where they can worship Allaah and come together to do good. Each of them should devote himself to worshipping Allaah during his free time and keep remembering Allaah when he is busy, even in the library and classroom, so that his heart will be with his Lord even when his body is with the kuffaar (non-Muslims). This will be one of the greatest means of keeping safe. And

Allaah is the Source of strength.