325802 - Permissible kinds of leisure and entertainment

the question

I want to know about how leisure and entertainment should be in the light of Islamic teachings, because I watch movies and soap operas, and I read novels. I know that they are haram, but I have not found any alternative. I hope that you can advise me.

Detailed answer

Praise be to Allah.

Firstly:

The human soul needs a little time to relax, to re-energize and have some fun by doing permissible activities, and it needs to rest after striving for worldly purposes or striving for the sake of the hereafter, lest one get bored and tired, so that one will be able to continue striving in matters that are of benefit in this world and the hereafter.

Al-Bukhari (1968) narrated from ‘Awn ibn Abi Juhayfah, from his father, who said:

The Prophet (blessings and peace of Allah be upon him) established the bond of brotherhood between Salman and Abu’d-Darda’. Salman visited Abu’d-Darda’ and saw Umm ad-Darda’ looking disheveled. He said to her: What is the matter with you? She said: Your brother Abu’d-Darda’ has no interest in (the pleasures of) this world. Abu’d-Darda’ came and made some food for him, and [Salman] said to him: Eat [with me]. He said: I am fasting. He said: I will not eat until you eat. So he ate, and when night came, Abu’d-Darda’ got up to pray qiyam, but Salman told him: Sleep; so he slept. Then he got up [later] to pray qiyam, but Salman told him: Sleep. Then towards the end of the night, Salman said: Now get up and pray qiyam. So they both prayed, then Salman said to him:

Your Lord has a right over you, your own self has a right over you, and your wife has a right over you; so give each one who has a right that which is due.

Then he went to the Prophet (blessings and peace of Allah be upon him) and told him about that, and the Prophet (blessings and peace of Allah be upon him) said: “Salman was right.”

See also the answer to question no. 296830.

Secondly:

The permissible things that are allowed according to Islamic teachings are many, praise be to Allah. A person may re-energize and relax by doing these permissible things, and keeping away from things that are haram.

Permissible kinds of leisure and entertainment include: going out to hunt; swimming; going out to parks; going on trips that include some programs for the purpose of entertainment and leisure whilst paying attention to Islamic guidelines, with good companions; sports of various types; computer programs and apps for entertainment and relaxation; and many other means that are too numerous to be counted.

For more information, please see this lecture [in Arabic]:

Please see also this article [in Arabic]:

And Allah knows best.