**َلْحَمْدُ للهِ. اَلْحَمْدُ للهِ. اَلْحَمْدُ للهِ الَّذِى هَدَانَا لِهذَا.وَمَا كُنَّا لِنَهْتَدِيَ لَوْ لاَ أَنْ هَدَانَا اللهُ. وَ مَا تَوْفِيقِي وَ لاَ اعْتِصَامِي إِلاَّ بِاللهِ. عَلَيْهِ تَوَكَّلْتُ وَ إِلَيْهِ أُنِيبُ. نَشْهَدُ أنْ لاَ إِلهَ إِلاَّ اللهُ وَحْدَهُ لاَ شَرِيكَ لَهُ وَ لاَ نَظِيرَ لَهُ وَ لاَ مِثَالَ لَهُ. اَلَّذِى لاَ أُحْصِي ثَنَاءً عَلَيْهِ. كَمَا أَثْنَي عَلَى نَفْسِهِ. عَزَّ جَارُهُ وَجَلَّ ثَنَاؤُهُ وَلاَ يُهْزَمُ جُنْدُهُ وَلاَ يُخْلَفُ وَعْدُهُ وَلاَ إِلهَ غَيْرُهُ. وَنَشْهَدُ أَنَّ سَيِّدَنَا وَسَنَدَنَا وَمَوْلاَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اَلسَّابِقُ إِلَى الأَنَامِ نُورُهُ. وَرَحْمَةٌ لِلْعَالَمِينَ ظُهُورُهُ. وَصَلَّى اللهُ تَعَالَى عَلَيْهِ وَعَلَى آلِهِ وَأَوْلاَدِهِ وَأَزْوَاجِهِ وَأَصْحَابِهِ وَأَتْبَاعِهِ وَأَحْفَادِهِ أَجْمَعِينَ. أَمَّا بَعْدُ فَيَا عِبَادَ اللهِ؛ إِتَّقُوا اللهَ تَعَالَى وَأَطِيعُوهُ. إِنَّ اللهَ مَعَ الَّذِينَ اتَّقَوْا وَالَّذِينَ هُمْ مُحْسِنُونَ. فَقَدْ قَالَ اللهُ تَعَالَى فِي كِتَابِهِ الْكَرِيمِ. أَعُوذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. بِسْــمِ اللهِ الرَّحْمنِ الرَّحِيمِ**

إِنَّ اللهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

**HOW CAN WE AVOID SINS, AND HOW CAN WE SHOW SINCERE REPENTANCE?**

It is very important for our spiritual and emotional life to pay special attention to repentance, the greatest shelter against sins, in the following respects:

**Reaction to Sin**

One’s reaction to a sin that he has committed is closely related to one’s moral and spiritual station. There may be an instance in which, because of a sin, you prostrate yourself before God and implore Him to forgive you. There may also be a case when such actions do not satisfy you, when your sorrow lights an internal fire in your heart. But we can hope that the sorrow disturbing your heart in the name of repentance may be more acceptable to God.

Repentance is indeed regret and an internal fever. it is essential that every sin be confronted in an alert manner and, if committed, be succeeded by regret.

**Sins Must Be Short-Lived**

Since every sin engenders a new sin, whenever a person commits a sin, he must seek purification without delay. After all, no one knows when he will pass away. Those who are conscious of God cannot be at ease until they have cleansed themselves from sin. Sins do not have the right to live. They must be ephemeral, because if they are not removed through repentance they become serpents constantly biting one’s heart. And once the heart gets a stain, it is easier to get more. The end result is a vicious circle. Every sin engenders a new sin and at last, *Indeed, on their hearts is the stain of the (ill) that they do* (Mutaffifin 83:14) becomes evident on them.

For this reason, it is very important to remind people of these realities and alert them to sins. Moreover, if you can do so, you must reveal the ugly nature of sin to people and make them renounce their sins.

**Sins Must Be Regarded as Detestable**

When repenting, one of the most important things is to view the particular sin as something detestable and disgusting. If we do not abstain from sins, believing that they are like being with serpents and scorpions and therefore deserve our disgust, we will not have the resolve to struggle against them through repentance

**The Correspondence between Sin and Repentance**

One’s repentance for a given sin must match the sin’s degree of seriousness, for every sin resembles a well filled with pitch. In other words, it is easy to fall into but very hard to get out of.

**أَلاَ إِنَّ أَحْسَنَ الْكَلاَمِ وَ أَبْلَغَ النِّظَامِ. كَلاَمُ اللهِ الْمَلِكِ الْعَزِيزِ الْعَلاَّمِ. كَمَا قَالَ اللهُ تَبَارَكَ وَ تَعَالَى فِي الْكَلاَمِ. وَ إِذَا قُرِئَ الْقُرْآنُ فَاسْتَمِعُوا لَهُ.**

**وَ أَنْصِتُوا لَعَلَّكُمْ تُرْحَمُونَ. أَعُوذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْـمِ اللهِ الرَّحْمنِ الرَّحِيمِ**

**دَعْوَاهُمْفِيهَاسُبْحَانَكَاللّٰهُمَّوَتَحِيَّتُهُمْفِيهَاسَلَامٌوَاٰخِرُدَعْوَاهُمْأَنِالْحَمْدُلِلّٰهِرَبِّالْعَالَمِينَ**

**اَلْحَمْدُ للهِ. اَلْحَمْدُ للهِ. اَلْحَمْدُ للهِ حَمْدَ الْكَامِلِينَ كَمَا أَمَرَ. نَشْهَدُ أَنْ لاَ إِلهَ إِلاَّ اللهُ وَ نَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَ رَسُولُهُ النَّبِيُّ الْمُعْتَبَرُ. تَعْظِيمًا لِنَبِيِّهِ وَ تَكْرِيمًا لِفَخَامَةِ شَانِ شَرَفِ صَفِيِّهِ.**

**فَقَالَ اللهُ عَزَّ وَ جَلَّ مِنْ قَائِلٍ مُخْبِرًا وَ آمِرًا: {إِنَّ اللهَ وَ مَلاَئِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ. يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَ سَلِّمُوا تَسْلِيمًا} لَبَّيْكَ...**