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Instilling Tranquillity in Family Relationships

اَلْحَمْدُ لِلّٰهِ الَّذِي هَدَانَا اِلَى طَرِيقِ الْاِيْمَانِ، وَمَنْحَ فِي صُلُوْرِنَا السَّكِيْنَةَ
وَالْاِطْمِيْنَانَ. اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيْكَ لَهٗ، وَاَشْهَدُ اَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهٗ وَرَسُوْلُهٗ. اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلٰى سَيِّدِنَا مُحَمَّدٍ وَعَلٰى اٰلِهٖ
وَاَصْحَابِهٖ. اَمَّا بَعْدُ، فَيَا عِبَادَ اللّٰهِ، اتَّقُوا اللّٰهَ حَقَّ تُقَاتِهٖ، فَقَدْ فَازَ الْمُتَّقُوْنَ.

Dear blessed congregation,

Have taqwa and be conscious of Allah s.w.t. Obey His commands and avoid His prohibitions. Apply His teachings in every aspect of our lives. Seek **peace** and **tranquillity** by maintaining our relationship with Allah, the One True Lord. May He continue to grant us blessings and goodness in all affairs. Amin, ya Rabbal 'Alamin.

My dear brothers,

Indeed, every person aspires to provide the best for their **family**. But what does a **family** truly wish for? Is it merely affection, financial provision, or a comfortable home?

Yes, these are all important matters for any **family**. However, there is one core value that serves as the foundation of every **family** relationship, that is *sakinah* or **tranquillity**.

Allah s.w.t. says in Surah Ar-Rum, verse 21:

وَمِنْ ءَايَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا
وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿٢١﴾

Which means: *“And among His signs is that He created for you spouses from among yourselves, so that you may find **tranquillity** in them; and He placed between you affection and mercy. Indeed, in this are signs for those who reflect.”*

Allah created human beings in pairs, man and woman, so that they may live in **peace** and **tranquillity**. From the love that blossoms between husband and wife, comes the gift of children, by Allah’s will. Affection then extends among siblings, relatives, and kin, nurturing warmth and closeness. This is the happiness, **tranquillity**, and love that every **family** dreams of.

Dear brothers and sisters,

It is also part of human nature that not every **family** relationship brings **peace**. At times, connections become strained, love and respect begin to fade. Often, it is not merely caused by financial or material hardship, but negative habits and **attitudes** one may not even notice.

When a **family** member feels unappreciated, constantly criticised, emotionally burdened, or even subjected to abuse, the **tranquillity** and **peace** of the **family** are inevitably torn apart.

The Prophet Muhammad s.a.w. frequently reminded us to treat our families with kindness and to mind our behaviour towards them. He was the best of examples in **family** life. The Prophet s.a.w. said:

خَيْرُكُمْ خَيْرُكُمْ لِأَهْلِهِ، وَأَنَا خَيْرُكُمْ لِأَهْلِي

Which means: *“The best of you are those who are best to their families, and I am the best among you to my **family**.”* (Narrated by al-Tirmizi)

From this Prophetic guidance, today’s khutbah shares **three good practices** that can help instil **tranquillity** within our families:

First: Communicate with sincerity and wisdom

Before we speak or act, let us reflect: Are our words or actions positive or hurtful? Will they bring benefit or harm? And are we using the most suitable and wise approach?

Sometimes, we may have good intentions and want to impart advice. But good intentions alone are not enough if our words wound the heart of the other person. Islam teaches us to use language that touches hearts, not stirs negative emotions. Learn

how to communicate effectively within our **family**. Convey our messages constructively, not destructively.

Second: Acknowledge mistakes and seek forgiveness

As human beings, we may have hurt our **family** members, left some of their expectations unmet, or made them feel neglected. Some may still carry painful memories that remain unresolved.

Therefore, we must be self-aware and conscious. If we have made a past error, admit our shortcomings. Listen to their feelings with care and empathy. Do not gaslight by belittling or dismissing old wounds. Train ourselves to apologise, for it is a sign of strength, not weakness. Beware of the need to always win an argument, only to lose the **peace** within our **family**.

Third: Restrain anger and practise patience

Sometimes, interactions within the **family** can stir anger or frustration, and even lead to emotional distress. In such situations, avoid reacting impulsively. Acting in rashness often leads to regret.

More seriously, anger can escalate into violence, which is unacceptable in any circumstance.

When anger arises, take a moment to calm ourselves. Remember the Prophet's guidance: when angry, remain silent. Be patient and avoid rash actions. Seek refuge in Allah from the whispers of Shaytan by saying *a'uzubillah*. Change our position

to ease our tension, or perform the ablution to restore coolness in our hearts. Once the situation has settled down, seek understanding and reconciliation to restore our relations.

Dear blessed congregation,

Each person deserves to live in a **family** filled with harmony and **peace**, coloured by love and warmth born of faith. The bond between us and our families must always remain a priority. Protect our families from negative influences, including those that may arise from within ourselves. Resolve daily to keep striving towards goodness together with our loved ones.

May Allah s.w.t. bless our families with **peace**, love, and blessings, making them sources of **tranquillity**, compassion, and divine reward for every **family** member.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ
الرَّحِيمُ.

Second Sermon

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا كَمَا أَمَرَ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ. أَمَّا بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ تَعَالَى فِيمَا أَمَرَ، وَانْتَهُوا عَمَّا نَهَاكُمْ عَنْهُ وَزَجَرٌ.

Dear blessed congregation,

In this examination period, let us pray that all students and our children are granted peace in their hearts and a clarity of mind, so that they may face their tests with assurance. May all parents, family members, and teachers also be blessed with wisdom and patience as they guide and provide support to the students.

May Allah grant us all beneficial knowledge and allow us to benefit from the knowledge we have learned. Ya Allah Ya Samī' Ya 'Alīm, instil in our hearts true knowledge and sincere faith, so that we may attain everlasting success.

أَلَا صَلُّوا وَسَلِّمُوا عَلَى النَّبِيِّ الْمُصْطَفَى، فَقَدْ أَمَرَنَا اللَّهُ بِذَلِكَ حَيْثُ قَالَ فِي كِتَابِهِ الْغَرِيزِ: إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ ءَامَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا. اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ.

وَارْضَ اللَّهُمَّ عَنِ الْخُلَفَاءِ الرَّاشِدِينَ الْمُهَدِّينَ سَادَاتِنَا أَبِي بَكْرٍ وَعُمَرُ وَعُثْمَانُ
وَعَلِيٌّ، وَعَنْ بَقِيَّةِ الصَّحَابَةِ وَالْقَرَابَةِ وَالتَّابِعِينَ، وَتَابِعِي التَّابِعِينَ، وَعَنْ مَعَهُمْ
وَفِيهِمْ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ.

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ، الْأَحْيَاءِ مِنْهُمْ
وَالْأَمْوَاتِ. اللَّهُمَّ ادْفَعْ عَنَّا الْبَلَاءَ وَالْوَبَاءَ وَالزَّلَازِلَ وَالْمَحَنَ، مَا ظَهَرَ
مِنْهَا وَمَا بَطَنَ، عَنِ بَلَدِنَا خَاصَّةً، وَسَائِرِ الْبُلْدَانِ عَامَّةً، يَا رَبَّ الْعَالَمِينَ.
اللَّهُمَّ أَنْصُرْ إِخْوَانَنَا الْمُسْتَضْعَفِينَ فِي عَرَّةٍ وَفِي فَلَسْطِينَ وَفِي كُلِّ مَكَانٍ
عَامَّةً، يَا أَرْحَمَ الرَّاحِمِينَ. اللَّهُمَّ بَدِّلْ خَوْفَهُمْ أَمْنًا، وَحُزْنَهُمْ فَرَحًا، وَهَمَّهُمْ
فَرَجًا، يَا رَبَّ الْعَالَمِينَ. اللَّهُمَّ اكْتُبِ السَّلَامَ وَالْأَمْنَ وَالْأَمَانَ
لِلْعَالَمِ كُلِّهِ وَلِلنَّاسِ أَجْمَعِينَ. رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى، وَيَنْهَى عَنِ
الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ، فَادْكُرُوا اللَّهَ الْعَظِيمَ
يَذْكُرْكُمْ، وَاشْكُرُوهُ عَلَى نِعَمِهِ يَزِدْكُمْ، وَاسْأَلُوهُ مِنْ فَضْلِهِ يُعْطِكُمْ، وَلَذِكْرُ
اللَّهِ أَكْبَرُ، وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ.