

TRUE HAPPINESS

Transcript of Khutbah by Sheikh Dr. Yasir Qadhi

Original transcription: Bint Abdel Hamid

Editing and Commentary: Muhammad Nabeel Musharraf



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*(Transcript has been modified during editing to suit 'written style' as opposed
to 'spoken style', as considered necessary)*

*This content has got very deep psychological roots. We have tried to provide
references to some psychological research and opinions in commentary.*

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A COMMON GOAL:

It is a common fact of existence that each and every living being, each and every breathing organism has but one ultimate goal. In each and every thing that it does – in its sleep and its wakeful state, in its movement and its rest, in its eating and drinking and socializing – in whatever action that ANY living organism does – animal or man, insect (human) or jinn, Muslim or Non-Muslim, male or female – there is but one ultimate goal.

And that goal is to find an inner happiness, be fulfilled, feel *sakeena*¹ and be peaceful within themselves.

So, whatever every person does, he or she does so because of a belief that *through* that thing, “I will be happy. It will bring me comfort; it will bring me pleasure; it will bring me joy and peace.” This is what motivates every single living organism, every single being.

PATHS TO HAPPINESS:

Now, the goal is one, and that is to feel happy. But we find that the paths to find this happiness are different. We find that various people take different goals, different methods, different paths and different roads. And they all think that they will arrive at the same destination.

So we find that one group of people believes that happiness will be found through possessions, through money, through wealth and through owning the best houses and cars². And so, you find [that] the

¹ *Sakinah* (Arabic: سَكِينَة) is a word derived from *sukun* meaning "peace", "serenity" or "tranquillity"

² Psychological research has proved that money does not always bring happiness. According to APA, “Wealth in America grew dramatically in the second half of the twentieth century, but surveys found that Americans on average were no happier”. It further explains about people: “who seek more wealth are often stuck on what psychologists call a —hedonic treadmill —a perpetual pursuit of material goods, which reduces the available time for personal relationships and yields minimal emotional rewards. While, initially, a person may view regular international travel as a luxury, once acclimated, not only is it viewed as essential, but also the person now strives for first-class or, better yet, a private jet. Once we adapt to new material products, we strive for ever-higher aspirations; the more we get, the more we want. The kick of owning a big house or a giant flatscreen television tends to be short-lived, as these possessions become the next, unexciting norm.

individuals in this group are always trying to figure out: “How can I get the most money? What degree should I get; what education, what university, which job, which firm, which company? How can I climb the corporate ladder?” Their entire life *becomes* achieving wealth, because of which they think they will become happy...

Another group of people think that happiness will be found through fame, through recognition³. And so you find this group, all that they do [is], “What can make me famous? How can society recognize me?” So they become actors/actresses, go into music and singing. Or, if they're into Arts and Sciences, they think of discovery: “What can I discover to make me famous, to win a Nobel Prize, or to win this award? When everybody knows who I am, that is when I will achieve happiness and satisfaction...”

Yet another group of people believes that happiness is found through satisfying one's animal desires – sensual instincts. And so, you find this group of people turning to women and wine, to drugs and cheap luxuries. And they think that by numbing out their animal senses, by making sure each and every bestial desire inside of them is met, they will find happiness...

CAN WE ACQUIRE HAPPINESS THROUGH THESE ROUTES?

Most of us, *most* of us, sadly, believe that happiness is a combination of the above factors. A little bit of wealth, with a little bit of fame and a little bit of sensual desires.

This is how we believe are going to find “happiness.”

Similar findings were put forth by Thomas Wells in ABC radio program ‘Religion and Ethics’ on 28 Oct, 2014: “People in the West are richer than ever. That means we can satisfy more of our desires for the good things in life than humans have ever been able to. Yet we don't seem to be getting any happier”.

³ According to Jennifer Hamady, an expert on emotions, “Finding Your Voice The desire for fame, notoriety, and recognition, as goals required to confirm a sense of value, begins a lifetime pursuit of external validation that can never be fulfilled, leaving little time, energy, or awareness to dedicate to anything or anyone else. We shoot an arrow into the future called: “if or when... then I will be happy...” and spend our whole lives chasing the illusion, missing the present and the gift that it is.”

(Source: <https://www.psychologytoday.com/blog/finding-your-voice/201205/fame-and-happiness>)

But the reality is, when you look at the people who have spent their *lives* following these various paths, when you look at the people who *society* considers to have reached the upper echelons of wealth, of fame, of sensuality – the most *evil* people in terms of sensuality, the *most* richest people in terms of wealth, the most *famous* people in terms of recognition – If you were to interview this elite, if you were to get to know them and ask them, “You have spent your life hoarding this wealth, amassing fortunes, you're on the Forbes list of 100 richest people or 50 richest people; you're one of the most influential people according to Times Magazine; you're one of the most famous actors and actresses – everybody knows you; your pictures appear on the magazines; you fall, you sneeze, you laugh, it becomes a national news item; you enter the hospital, you come out of it, the whole world knows... Fine, let me ask: have you achieved HAPPINESS?

“Sure, you're rich, you're famous, you're wealthy, you're the most evil in terms of sensuality, sure – [but] have you achieved this inner happiness? Because the rest of society looks up to you. The rest of society believes you *have*, they take *you* as their role models, they take you as their idols, gods and goddesses that they have to worship and follow. Each and every thing that you do becomes a religion for them, they follow your statistics, your marriages and divorces – *you* become their role model!

“But let me ask you: are you happy in your personal life? Have *you* achieved what the rest of the people think you have achieved?”

And if these people could be honest with you (and many of them *have*, if you read their interviews, and many of them are not – but *if* they could be honest with you), they would say, ALL of them, “Not yet...”⁴

⁴ According to KATHLEEN DOHENY's report in ABC News, Having lots of money, good looks and fame is not a sure ticket to happiness, but a new study suggests otherwise. Researchers at the University of Rochester in New York found that the attainment of extrinsic goals does not contribute to happiness at all but it actually does contribute to some ill being. This study was published in The Journal of Research in Personality.

Those who had attained the wealth and fame goals were found to be less happy than those who achieved more *INTRINSIC* goals such as personal growth. One of the participants told the researchers: "The whole process of being so on the treadmill to wealth, fame and image leaves me feeling like a pawn or a puppet in

THE DESIRE ITSELF BECOMES A CURSE:

For many people, the very thing that they desired to set-out with becomes a curse. For many people, the fame, the recognition, becomes a *curse* that they cannot get out of. They cannot live normal lives anymore. They were the ones who didn't want to live normal lives to begin with; they were the ones striving to get famous. Once they reach there, they regret it. They can't enjoy a normal life anymore... and they have no one to blame but themselves.

When they become rich, their entire thinking, their entire day and night becomes worrying about the stock going up and down! My company floundering or getting more money! This transaction! That business! That deal going through! In other words, their time becomes locked up with that money, not with their family, not with the joys of life, not with the happiness in any way.

So what if they wear a fancier suit and they drive a better car? In their *hearts* they are busier; they are filthier (in many cases). In their *hearts* they have nothing to enjoy that with, because their minds are always thinking about this money and how to get more and how to make sure it doesn't go away. They become *slaves* to the money and exalt its status in their eyes so much so as if they are worshipping it besides Allah (When it comes to money, it becomes their first preference, even if they have to let go obligations put forth by their Creator and Sustainer – Allah SWT).

And the same goes for sensuality, and the same goes for satisfying your bestial desires. Ask anybody – *anybody* – and many of us, unfortunately, have fallen also into these types of sins, and so you know from your own self – Do these desires bring about infinite, un-ending happiness? Whatever they are, do they bring about genuine joy and sincerity? Do they bring about fulfilment, inner sakeena in life?

life." Those participants in study who focused on intrinsic goals such as personal growth, enduring relationships and helping in the community showed substantial increases in life satisfaction, well-being and happiness areas. (Source: <http://abcnews.go.com/Health/Healthday/story?id=7658253&page=1>)

Or – or, is it like a poisoned sweet, that you enjoy something for a while and then as soon as that enjoyment finishes, the outer layer dissolves, [and] what is left is bitter poison; what is left is that which rots the heart?

This is something we experience in our daily lives, when we commit a sin, whatever that sin might be. *Sure* we enjoy it, that's why we committed the sin in first place. Let us not fool ourselves and say there is no pleasure in sin. Of *course* there is pleasure in sin – that is why we commit sins; because we enjoy doing them. But let me ask you, when we finish that sin, even during, while committing that sin and as soon as we finish it: Do we feel proud? Do we feel good? Do we feel *happy* inside of ourselves?

On the contrary, we feel *disgusted*. We feel evil, we feel dirty – a type of dirtiness, you can take a thousand showers, it won't wash away the dirt that you feel because it is an *inner* dirt. It is an inner garbage that you have put into yourself and your own system.

All of this shows us that the paths to happiness that *mankind* has chosen are not the ultimate paths to happiness. They are not. We don't *need* Qur'an and Sunnah to prove this – *life* proves this itself - *Life itself* proves it to us. Of course, the Qur'an and Sunnah adds to this, but we don't need to quote evidences, because human experience, human interaction, is enough of an evidence that the paths to happiness are not found in the ways that most of mankind are doing them.

OUR BODY AND SOUL - HOW ARE THEY RELATED TO HAPPINESS

The question arises, if the paths to happiness are not as we have mentioned before, then what can we do to find happiness?

This goes back to a very interesting point, brothers and sisters, a very profound point. And before I answer the question, “What is happiness and how do we get there?”, let us ask another question that will help us

get to the answer of the final question. And this initial question is: “Who are we, and what are we made of?”

What are you composed of? You will respond: “I am composed of body and soul. Rooh [soul] and Jasad [body]. I have a body, this physical body, and I have an inner soul, a rooh, and the two put together form life as we know it.”

So I ask you, “Ok, what is this body made of?”

You will say: this body is made of earth, clay, teen⁵ – which is the earth around us – Allah fashioned this clay, and then blew life into it. So since the body is made of earth, in order to feed the body, we need to feed it with nutrients that come from the earth. The body is made from earth – how to feed the body? From nutrients made from this earth. Allah 'azza wa jel caused plants to grow, animals eat the plants, water is stored in the soil, comes down from the skies and we find it in the lakes

⁵ We consider it useful to explain the aspect of human creation from clay in the light of linguistic meanings and scientific facts:

Linguistically:

The English word 'clay' is only a rendition of the particular Arabic words used to describe man's initial creation which can imply only shades of meaning of original Arabic words.

The 'tiin'in' in Arabic implies earth, soil, earthy, mud or earthly composition. Depending on the different layers of the earth's strata, the composition can vary. In some verses, there are different Arabic words to describe the initial composition of man through his evolutionary cycle.

"We created humankind from sounding clay (Arabic: salsalin) ...from black mud (Arabic: ham-in) altered... (Arabic: masnun)"

Note the Arabic word used for altered as 'Masnun'.

Masnun is formed from the same root word (Siin-Nun-Nun) which forms other words such as 'sunnah'.

The root word means to follow a path, a line of conduct or mode of life, to establish the law, to form, to mould into shape, to polish. Therefore, a gradual altering seems to have been implied by the use of the word 'masnun'.

The Quran is making use of words to describe man's earthly composition and possible gradual development.

Scientifically:

Following are a few paragraphs from a recent scientific study reported in Daily Mail Australia on 7th November, 2013:

“All life on Earth may have come from clay according to new scientific research - just as the Bible, Koran and even Greek mythology have been suggesting for thousands of years. The latest theory is that clay - which is at its most basic, a combination of minerals in the ground - acts as a breeding laboratory for tiny molecules and chemicals which it 'absorbs like a sponge'". Report suggests that during a period of time, chemicals react to each other to form proteins, DNA and, eventually, living cells”.

Though this theory proves the point made by Quran but still we do not consider it something required to prove the authenticity of Quran. Scientific opinions and theories change over time as the new information is discovered. It therefore may have gaps. However, Quran is the ultimate reality and truth which is not dependant on science to prove it. Quran told us about a lot of scientific facts (not theories) when science itself did not know about that.

and rivers. So we eat and drink *from* the source of our body, and that is: the land around us.

You have taken care of your physical side. But you see, most people consider pleasure only to be composed of body. So they find pleasure through bodily experiences. They forget, what makes them really human is the rooh. What makes them *above* other beings, other creatures, is the intelligent rooh that Allah gave us. This intelligent rooh is what makes us above animals, it makes us above everything else.

Allah gave us a rooh and an active mind to think – and this rooh, where did it come from? Did it come from this earth? No? Allah says,

رُوحِي مِنْ فِيهِ وَنَفَخْتُ

– [“...and I have breathed into him of My Spirit...” (15:29 and 38:720)] –

Allah 'azza wa jel blew His rooh into Adam alayhi assalam. Now, when Allah says His 'rooh', it doesn't mean – a'oothu billah – [that] there's an element of divinity. Many Muslims misunderstand this, and you have some groups saying we have – every one of us has – divinity inside of us – a'oothu billah. This is not the belief of true Muslims. When Allah says “Our spirit,” Allah 'azza wa jel is saying: We created and blew it into the people. Just like the house of Allah is a created house, just like the rasool of Allah is a created rasool...

Similarly, when Allah says, We blew from Our spirit into man, Allah created a rooh, Allah created something that He blew into us, and this rooh is from Allah subhanhu wa ta'ala. And Allah says: you will never know much about this rooh:

وَيَسْأَلُونَكَ عَنِ الرُّوحِ قُلِ الرُّوحُ مِنْ أَمْرِ رَبِّي وَمَا أُوتِيتُمْ مِنَ الْعِلْمِ إِلَّا قَلِيلًا

(17:85)

– “They ask you: what is the rooh?” – What is this thing? – “Say: the rooh is from the command of Allah and you don't have any knowledge except a little bit about it”.

We don't have much knowledge but we *do* know it is from Allah.

What makes us human, more than the jasad, is the rooh. This is what makes us truly human. The jasad comes and goes, however the rooh will be eternal. The rooh will be, either in jahennam or in jannah, with the body, but the body is going to go through many phases. The rooh will not go through any phase. The rooh will always be the rooh.

WHAT CAN WE NOURISH THE ROOH WITH?

By feeding the rooh, we attain eternal life⁶. And by neglecting the rooh, we suffocate it. What is the rooh to be fed by? This is a very important question. The response is: “the rooh must be fed from substances that originate from its [own] origins, just like the body must be fed from substances that originated from where the body originated.” Where did the rooh originate from? From Allah subhanahu wa ta'ala.

Therefore, to feed the rooh, we need to sustain it via a connection with Allah subhanahu wa ta'ala. We need a feeding tube, if you like, from all that relates to Allah subhanahu wa ta'ala.

Hence – how do we attain happiness? By feeding the rooh. How do we feed the rooh? By establishing a connection with Allah. How do we establish a connection with Allah? By doing what Allah wants us to do!

Fasting... praying... charity... dhikr... every single act of worship that we do, it will feed the rooh; it makes the rooh grow stronger. It will make the rooh become more alive. And when the rooh is *alive*, even if the body is weak or even dead, it will enjoy blessings from Allah in the

⁶ Cynthia M. Thaik (a Harvard trained physician and a Clinical Professor of Medicine at University of California, Los Angeles School of Medicine) mentions:

“As a cardiologist, I am constantly being asked what are healthy foods and unhealthy foods for the heart. Much has been written about this topic: whole foods vs processed foods, organic or conventional, genetically modified foods, superfoods, essential nutrients, powerful antioxidants. Great attention is given to the foods we use to nourish and sustain our bodies, but equally important are the thoughts we use to nourish and energize our mind, spirit, and soul. Just as fresh fruits and vegetables, whole grains, legumes, seeds and nuts are preferable choices over hamburgers, fried foods, and donuts, so too exist preferable nourishing foods for the soul. It does not matter how physically fit our bodies are if we do not have tranquillity, peace, and harmony within our souls”.

(Source: <https://www.psychologytoday.com/experts/cynthia-m-thaik-md>)

hereafter. Yes, even when the body is *dead*, because the rooh is alive, it will be happy.

But if the body is alive, and the rooh is not fed, no matter how “alive” your body is, your rooh will be dead. And if your rooh is dead, you don't feel any purpose of living, you don't have enjoyment of life. You don't enjoy life because you don't have a real rooh inside of you.

The real thing is rooh, if that is half-dead or not alive, it means deprivation from real life. That is why Allah subhanahu wa ta'ala calls the person who does not worship Him as dead:

أَوْ مَن كَانَ مَيِّتًا فَأُحْيَيْنَاهُ

“Give the example of the one who was dead” - Allah says - “and We gave him life” (6:122)-

The scholars of tafseer say: This verse applies to the one who was not worshipping Allah, and Allah called him dead. And then Allah says: “We gave him life” by bringing him into My worship, by bringing him into the sphere of connecting himself with Allah.

So the point is, this verse calls the person who does not worship Allah dead. Even though he is physically living - he's walking on the face of this earth; but Allah calls him dead! “Awamen kaana maytan.” Then Allah says: “fa 'ahyaynaah” - “We gave him life” - by guiding him to Islam, We gave him life by giving him a reason to live, a reason to feel that happiness and joy.

SOURCE OF ULTIMATE HAPPINESS AND INNER PEACE:

Brothers and sisters, ultimate happiness, *ultimate* happiness comes from Allah subhanahu wa ta'ala. And in order to get that happiness, we need to establish a connection with Allah. Once we establish a connection with Allah, the worldly matters become *secondary* - what we have, alhamdulillah, what we don't have, alhamdulillah!

The world does not become our ultimate goal. And when the world seizes to be our ultimate goal, then all of a sudden we are content with what we have. Our money, our wealth, our fame, our family, our health – everything: we have it, alhamdulillah, we thank Allah, we don't, we are still thankful and our attitudes are optimistic and hoping for the best from Allah.

So the point being, when we correct our inner state, our rooh, the outer state becomes truly irrelevant. When we don't correct our inner state, no matter how much we *feed* the outer state, the jasad, it will never be satisfied. No matter what we do with the jasad, the body, it will never be satisfied, it will always want more and more and more. But if we feed the rooh, then the body becomes content, and when it becomes content, *then* and only then is where we find ultimate happiness.

HAPPINESS CANNOT BE BOUGHT:

Let me ask you a question, and answer yourself in your own mind: How do *you* feel on a day that you've read your five prayers? How do *you* feel on a day that you woke up for Fajr and you prayed Fajr at its proper time? How do *you* feel when you recite the Qur'an and you close that book and you put it back with love? How do you feel for the rest of the day? How do *you* feel after a LONG day of fasting in Ramadan, and you break your iftaar, you've been tired physically – how do you feel inside? How do *you* feel after doing 'umrah or hajj? How do *you* feel after giving charity to a poor person and nobody knows except Allah subhanahu wa ta'ala, and you feed that person and you give him money – how do you feel inside of you?

I ask you this question! This feeling of joy, of happiness, and fulfilment we get from doing those acts – can you *purchase* it by all the money in the world? Can you buy it? Can you go to the shop and say: GIVE me this inner happiness that one day's fasting gave me! Give me this feeling that reading the Qur'an gave me! Can ALL the money in the WORLD

purchase that happiness inside of you? By Allah, YOU know the answer: No, it cannot!

You feel fulfilled and happy because of what you have done, because you established a connection with Allah, because Allah subhanahu wa ta'ala has become a part of your life. Your goal, your ultimate destiny is to please Allah, and when it becomes to please Allah, you feel fulfilled. Why do you feel fulfilled? Because this is why Allah created you:

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

- "I have only created men and jinn to worship Me" (51:56) -

When you do what Allah *wants* you to do, of course you will feel fulfilled. Of course! Allah *made* you for this purpose. When you do it, you feel fulfilled because you are fulfilling your purpose of life! You are feeding your rooh!

But when you neglect Allah – when you neglect Allah, when you neglect the religion, when you neglect the spirituality, what happens? Wallahi, you can eat, you can feed yourself, you can follow every passion in the book – it would increase you *nothing* by disgust, nothing but feeling bad, nothing but regret, nothing but remorse. You can do each and every sin in the book, but what will you get at the end of it all? Forget happiness – you will attain ultimate sadness. You have wasted your life, you have neglected what Allah 'azza wa jel has created you for, and you feel it in your heart.

And again, I ask you: when you commit a sin, that feeling that you get after committing that sin, that feeling of guilt, that feeling of distancing yourself from Allah, that you have done something that displeased Allah – can ALL the money in the WORLD get rid of that feeling?⁷ Can

⁷ "We experience meaning when we have a sense of congruence and coherence between who we are and what we do, when we feel connected to others and/or —special and when we engage in meaningful activities. So, if the purpose of your work (or your life) is only to maximize your material wealth, or if your focus is only on your own happiness, you will de facto be limiting your happiness in the long term. To create a meaningful life, it is critical to feel that in some way, something that we are doing is connected to something beyond ourselves. Eudemonia, or true happiness and well-being, is the result of an active life governed by intrinsic meaning, self-sacrifice, and self-improvement. Interestingly, although money does not lead to

ALL the money in the world get rid of that feeling that you have.. that YOU have gone against the purpose of creation?⁸ No, it cannot!

WHAT HAS LURED YOU AWAY FROM YOUR MERCIFUL LORD?

So, my brothers and sisters, now my question comes to myself and all of you: If this feeling is a feeling that we *know* from our lives, without even reading the Qur'an and Sunnah, the question then becomes: "If we experience it, if we know it, if this is a reality that we have tasted and felt, we have SMELT, then why have we neglected it?"

يَا أَيُّهَا الْإِنْسَانُ مَا غَرَّكَ بِرَبِّكَ الْكَرِيمِ

Why are you so deceived about Allah SWT?

فَمَا لَهُمْ عَنِ التَّذْكَرَةِ مُعْرِضِينَ

Why do they turn away?

When you KNOW this reality, when you experience it, WHAT is the problem? You know it! Sins only increase your guilt and your feeling of displeasure. Worshipping Allah only increases you in happiness.

What's the problem? What is the problem? Why don't you turn to the worship of Allah, and diminish your sins? You're never going to leave your sins, you're not going to become an angel – diminish them. The goal is to fight against sins, to lower them, to minimize them. The goal is perfection, but you know you're never going to become perfect. You're always going to commit sins. Okay. Commit sins. But repent to Allah! Continue to establish a relationship with Allah. TRY your best to minimize the sins and maximize your affiliation and relationship with Allah. Always attempt to become a better person. Establish the five prayers. Oh Muslims, what will make you understand the importance of

happiness, giving it away might. In fact, regardless of what they buy, people experience a greater level of happiness when they spend money on others rather than on themselves." (The Psychology of Happiness – Stanford Business School, Case M330, 8/11/10)

⁸ Research claims that the best way to reduce unhappiness is to evaluate our feelings and try to understand what is making us unhappy

the five prayers? Establish the five prayers! What lures you away from your Merciful Lord? Fast the month of Ramadan. Give zakat. Do the bare minimum at least. And wallahi your life will change upside down.

CHALLENGE!

Let me leave you with one challenge. One challenge. And challenge yourselves on this. Challenge yourselves for ONE WEEK at least. To be practicing Muslims. Five times a day prayer. And leave the major sins. One week, challenge yourselves on this. You're going to pray, five times a day, on the time. And leave the major sins.⁹

After this one week, after you have tasted the sweetness of iman, I challenge you to go back to your old ways. You won't be able to do it. After you have tasted how good it feels to worship Allah, you're never going to go back to your old ways. You have to give yourself that encouragement – turn to Allah, make du'a to Allah, and try your best, STRIVE to be a better Muslim, and when you've started feeling the TASTE of that sweetness of iman, it will become more addictive to you than ANY other sweetness on this earth. And once you do that, it will become easier to go higher and higher and higher.

I conclude this khutbah by quoting a simple verse in the Qur'an that summarizes all of this. Five words that summarize the entire khutbah. Allah SWT says:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

⁹ It is a proven psychological technique to change a habit: Replace one habit with another one and practice. Gradually the old habit goes away and new habit sets in. Different people may need different time for the new habit to set in. Some may find it easy and other may find it difficult. However, the key is to identify the clues about triggers that encourage us to do certain habitual acts. Our next step is to replace those unwanted habits with the desired habits. This apparently simple treatment is known to have worked for many chronic cases.

(Disclaimer: Information about psychological treatment is provided only in relation to point in the text being explained and not for the purpose of self-prescription of any sort. For any psychiatric matters, relevant experts should be consulted).

Another point to remember here is that if we get into routines, 'Will power to sustain' does not become a limiting factor according to psychological studies. In a study, new young employees of a coffee-chain were observed that if a customer would start yelling at them and they would feel overwhelmed and would start crying or snap. Management decided to use the habit-loop model. If a customer comes up and yells at you, you're supposed to listen, acknowledge, take action, thank them, and explain what you've done. This works! It calms down any customer. Management said to these workers, "We know there is this cue—an angry customer—but we're going to give you a routine you can follow without having to think about it." They took willpower out of the equation.

“Know and realize that only through the remembrance of Allah - the worship of Allah - do the hearts achieve tranquillity” (13:28)

You're not going to find tranquillity through ANY other means.
