

PRESERVING FAMILY HARMONY - COPING WITH CHALLENGES

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Average 2 to 4 Children

3 levels according to Income:

- Middle to upper class
- Lower to Middle Class
- Lower Income

Middle to upper class

- Business Owners, Upper Management and Highly Skilled Workers

Lower to Middle Class

- Working professionals, Small business Owners

Lower Income

- Low paying jobs, Refugees, Social assistance recipients

Challenges are the same for all families

- Domestic Violence
- Mental Health
- Teenagers Rebellion

Domestic Violence

- Spousal abuse, Physical or emotional
- Child abuse
- Gender favouritism
- Sexual violence
- Incest
- Elder abuse – Blackmail for pensions, Old age securities, Properties in home country.

Mental Health

- Sudden change in behaviour
- Falling grades among children
- Withdrawal
- Anger
- Change in food consumption
- Isolation
- Work performance

Teenagers Rebellion

- Freedom to stay out late
- Dating
- Substance abuse
- Grooming – types of choice of clothing, makeup etc.
- Force marriage
- Suicide

Quranic Advise

يَا أَيُّهَا الَّذِينَ ءَامَنُوا قُوا أَنفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ

O ye who believe! Ward off from yourselves and your families a Fire whereof the fuel is men and stones, over which are set angels strong, severe, who resist not Allah in that which He commandeth them, but do that which they are commanded. (Ch.66 V:6)

إِنَّمَا أَمْوَالُكُمْ وَأَوْلَادُكُمْ فِتْنَةٌ وَاللَّهُ عِنْدَهُ أَجْرٌ عَظِيمٌ

Your wealth and your children are only a temptation, whereas Allah! with Him is an immense reward. (Ch. 64V:15)

سُورَةُ آلِ عِمْرَانَ

- لَتُجْلُونَ فِي أَمْوَالِكُمْ وَأَنْفُسِكُمْ وَلَتَسْمَعَنَّ مِنَ الَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِكُمْ وَمِنَ الَّذِينَ أَشْرَكُوا أَذًى كَثِيرًا وَإِنْ تَصْبِرُوا وَتَتَّقُوا فَإِنَّ ذَلِكَ مِنْ عَزْمِ الْأُمُورِ (186)
- Assuredly ye will be tried in your property and in your persons, and ye will hear much wrong from those who were given the Scripture before you, and from the idolaters. But if ye persevere and ward off (evil), then that is of the steadfast heart of things.
(Ch3:V:186)

سُورَةُ الْمَائِدَةِ

- وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ أُعِدَّتْ لِلَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ (۱۳۳ □) لِلْمُتَّقِينَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ
- And vie one with another for forgiveness from your Lord, and for a paradise as wide as are the heavens and the earth, prepared for those who ward off (evil); (133) Those who spend (of that which Allah hath given them) in ease and in adversity, those who control their wrath and are forgiving toward mankind; Allah loveth the good; (Ch3 V:133-134)

سُورَةُ النِّسَاءِ

- يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُونُوا قَوَّامِينَ بِالْقِسْطِ شُهَدَاءَ لِلَّهِ وَلَوْ عَلَىٰ أَنفُسِكُمْ أَوِ الْوَالِدِينَ وَالْأَقْرَبِينَ إِن يَكُنْ غَنِيًّا أَوْ فَقِيرًا فَاللَّهُ أَوْلَىٰ بِهِمَا فَلَا تَتَّبِعُوا الْهَوَىٰ أَن تَعْدِلُوا وَإِن تَلَوْا أَوْ تَعْرِضُوا فَإِنَّ اللَّهَ كَانِ بِمَا تَعْمَلُونَ خَبِيرًا
- O ye who believe! Be ye staunch in justice, witnesses for Allah, even though it be against yourselves or (your) parents or (your) kindred, whether (the case be of) a rich man or a poor man, for Allah is nearer unto both (them ye are). So follow not passion lest ye lapse (from truth) and if ye lapse or fall away, then lo! Allah is ever Informed of what ye do. (Ch 4:V:135)

HADITH:

- *The Messenger of Allah Muhammad (saw) said:*
- *"The most perfect of the believers is the best of you in character, and the best of you are those among you who are best to their wives." Hadith - Tirmidhi*

SOLUTIONS

1. Value Life

SOLUTIONS

- Value Life
- Value Islam

SOLUTIONS

- Value Life
- Value Islam
- Educate ourselves on Islam

SOLUTIONS

- Value Life
- Value Islam
- Educate ourselves on Islam
- Practice Islam

SOLUTIONS

- Value Life
- Value Islam
- Educate ourselves on Islam
- Practice Islam
- Separate culture from Religion

Dealing with CHILDREN

- Set aside Family time
- Spend time with them
- Eat together
- Pray together, at least one or more Salat
- Teach them Islamic values
- Do not favour boys over girls
- Monitor their Internet access
- Do not shrug questions (seek answers from right source)
- Do not impose culture in Food, Marriage and clothes

Dealing with Mental Health

- Avoid stress
- Eat healthy and on time
- Observe change in behaviour
- Seek medical and professional help

HADITH

- Our beloved Nabi (Sallallaahu Alayhi Wa Sallam), our great leader and guide, expressed such concern even in his last sermon. So MEN take heed.. Women are an Amanat...-Treat them with love, care and kindness and overlook their faults for perchance Allah Ta'ala may love something in them.

CONCLUSION

- Family disharmony can impact every member. It results in arguments, violence, financial crisis, relationship, substance abuse and health problems. We need to build our own individual capacity and approach every challenge we face with respect to the gravity of the situation and pray to Allah to help you find the best solutions for maintaining family harmony.

Thank You

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