

SIFAH LECTURE SERIES · NO. 01

مَحَاضِرَة

# Taqwā: The God-Conscious Heart

*A practical lecture — knowledge you can act on this week*

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Ustādh Bilal Saleem

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**SIFAH**

SCHOOL OF ISLAMIC  
FOUNDATIONS &  
ADVOCACY FOR HUMANITY

# Taqwā: Building the God-Conscious Heart

*The one word every Prophet repeated to every nation — and a practical plan to actually live it this week, not just admire it.*

## WHY THIS MATTERS

## The advice given to every Prophet

Across every nation and every age, Allah's central advice never changed: **taqwā** — God-consciousness. We live in a time of unmatched knowledge and technology, yet hearts are restless, anxious, and weary. The reason is simple: so many have chased the advancement of the world while neglecting the one foundation Allah laid down for the soul.

وَلَقَدْ وَصَّيْنَا الَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِكُمْ وَإِيَّاكُمْ أَنْ اتَّقُوا اللَّهَ

"And We have certainly instructed those who were given the Scripture before you, and you yourselves, to fear Allah."

Sūrah an-Nisā' 4:131

## THE CORE IDEA

## What taqwā actually is

The word comes from *wiqāyah* — to place a shield between yourself and harm. When 'Umar ibn al-Khaṭṭāb asked Ubayy ibn Ka'b about taqwā, Ubayy asked: "Have you ever walked a path full of thorns?" 'Umar said yes — he tucked up his garment and stepped with care. Ubayy said: "**That is taqwā.**"

This world is the thorny path. Every gathering, every transaction, every screen, and every conversation carries something that can tear the garment of our religion if we walk carelessly. Taqwā is to walk through it awake — careful of every step, because we know Who is watching.

**Takeaway:** Taqwā isn't a feeling you have inside the masjid and leave at the door. It's a **guard you carry** into your home, your phone, your work, and your private moments.

## THE BLUEPRINT

# ‘Alī’s four pillars — your checklist

‘Alī ibn Abī Ṭālib gathered taqwā into four things worth memorising: **fear of the Majestic, acting upon what was revealed, contentment with little, and preparing for the day of departure.** Fear alone isn’t enough — many fear consequences and still disobey. Knowledge alone isn’t enough — many know and never act. True taqwā joins reverence, action, simplicity, and readiness together.

## ☰ Your Action Plan: 7 ways to build taqwā this week

Don’t just read along — pick what you’ll commit to and put it on your calendar today.

### 1 Guard one private moment

Find the one place no one watches you — your phone, your browser, your words about others — and make one change there. Taqwā lives where no human eye reaches.

TODAY

### 2 Make the prayer the axis of your day

Don’t fit ṣalāh around your schedule — build your schedule around it. Pray the next prayer on time for seven days straight.

DAILY

### 3 Open your hand once

“They spend out of what We provided them.” Give one deliberate ṣadaqah this week — to the masjid, a struggling family, or beneficial knowledge. Any amount.

THIS WEEK

### 4 Walk the thorny path awake

Before entering a gathering or opening your phone, pause one second: “Will this tear my garment?” One conscious pause, ten times a day.

THROUGHOUT THE DAY

### 5 Act on knowledge — close one gap

Name one thing you already know you should do (or stop) and act on it before the week ends. Knowing isn’t taqwā; doing is.

BY FRIDAY

**6****Practice contentment with little**

Pick one craving — a purchase, a scroll, a complaint — and deliberately let it go this week. Simplicity of desire is half of taqwā.

**PICK ONE****7****Prepare for the departure**

Spend two minutes each night reviewing your day before Allah as if it were your last. The heart that remembers the meeting guards itself.

**EVERY NIGHT****The 7-Day Taqwā Challenge**

Commit to actions 1, 2, and 7 every day for seven days and tick each off at night. Small, consistent guarding of the heart beats one dramatic burst — exactly how the Companions built it.