

# ḤADĪTH OF THE WEEK – WEEK SIX

On the authority of the father of ‘Abdu l-Lāh, an-Nu‘mān, the son of Bashīr, may Allāh be pleased with them both [an-Nu‘mān and his father, Bashīr], who said: I heard the Messenger of Allāh, may Allāh’s blessings and peace be upon him, say,

**“That which is lawful is clear, and that which is unlawful is clear. Between them are doubtful matters about which many people do not know. Thus he who avoids doubtful matters clears himself with regard to his religion and his honor, but he who falls into doubtful matters falls into that which is unlawful—like the shepherd who pastures around a sanctuary, all but grazing therein. Surely every king has a sanctuary, and surely Allāh’s sanctuary is His prohibitions. Surely in the body there is a morsel of flesh, which, if it be whole, all the body is whole, and which, if it is diseased, all of it is diseased. Surely it is the heart.”**

Related by al-Bukhāriyy and Muslim.