



Green Lane Masjid &
Community Centre

Love & relationships
An Islamic perspective

Is falling in love haram?

- It is natural for people to fall in and out of love, it happens all around us.
- Love is one of the most talked about subjects in the media.
- Allah says:

“And among His Signs is this, that He created for you wives from among yourselves, that you may find repose in them, and He has put between you love and mercy. Verily, in that are indeed signs for a people who reflect”

(Qur'an 30:21)

What are the origins of Valentine's day?

- Originates from the Roman festival of Lupercalia
- It was a Roman tradition celebrating the coming of spring, included fertility rites and the pairing off of women with men by lottery.
- Lupercalia survived the initial rise of Christianity but was outlawed
- Most popular story revolves around a Roman Christian priest or bishop, Valentine, during **Emperor Claudius III**
 - Valentine defied the emperor and married couples in secret.
 - When Valentine's actions were discovered he was arrested and put to death on February 14.
 - He became one of the Christian saints
- Pope Gelasius (**5th century**) declared Feb 14 as St. Valentine's Day.
 - Replaced Roman festival of Lupercalia with St. Valentine's Day

Valentine's day is a pagan festival

What is wrong with celebrating Valentines day?



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- It is a celebration that **commemorates a Christian Saint**
- It is a non-Islamic **pagan festival**
- It is a celebration of love, which can also lead to **haram activities** - lust, adultery, free mixing and haram relationships.

‘Say, “My Lord has only forbidden immoralities – what is apparent of them and what is concealed [...]’ (7:33).

- Its just another **commercial event**


There are two types of romantic relationships:

Haram relationships:

= anything before marriage

Halal relationships:

= marriage



وَحَلَقْنٰكُمْ اَزْوَاجًا

And We created you in pairs

The Noble Qur'an [78:8]

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Dangers of Haram relationships.

1. Endangers your Akhirah

- Disobeying Allah
- Falling into sins e.g. zina / fornication

Risks your Dunya

- Can be taken advantage of
- Teenage pregnancies
- Unnecessary heartbreak, depression and sadness
- STDs
- Disappointed family
- Effect your future relationships

Benefits of Halal relationship

Improves your Dunya

- Family is happy
- Protects you from falling into sin
- Stable home
- Children
- Halal intimacy/fun/dating

Reward in Akhirah

- Shows your obedience to Allah
- Allah rewards you for marriage (half of faith!)
- You are following the Sunnah of the prophets
- If you find the right spouse, they can be a means to Jannah
- Keeping your parents happy gains the approval of Allah



How Do I Avoid the Haram?

- **Fearing Allah –**
 - **Knowing** Who Allah is
 - **Recognising** his blessings
 - **Remembering** his reward and punishment
 - **Increasing** your closeness to Allah through good deeds

The best way to avoid the haram is by fearing Allah

Practical Islamic solutions to avoid haram

Prevention not cure

- Islam encourages **marriage** from an early age
- Lowering your **gaze**
- Avoiding **free mixing**
- Not adding/following girls on **social media**
- Never **being alone** with a girl (non-mahram)
- **Fasting**
- Keeping yourself **busy**
- Surrounding yourself with **good people**

Important points to remember when looking for a wife.

- Focus on improving yourself. Allah (SWT) says:

*“...good women are for good men and good men are for good women.”
(Surah An-Noor, ayah 26)*

- Always remember your **parents have your best interest** at heart and are more experienced in life.
- There should be **common ground between you** in terms of attitudes, habits, inclinations and aspirations.
- **Don't be fixated on superficial things** like wealth and status.
- **Do not make looks your main condition!**