

Five Pillars of a Happy Muslim Home

Reflection Guide

A companion guide for the course based on the book by Shaikh Abu Suhailah Umar Quinn

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

“From His signs is His creating from yourselves spouses so that you may find comfort with them and He has placed between you abiding love and mercy. Surely in that are great signs for people who think.”

— Surah Ar-Rūm, 30:21

Copyright & License

Five Pillars of a Happy Muslim Home: Reflection Guide

Copyright © 2026 Safiyyah Scott

Created by Safiyyah Scott (Learning Engineer) in collaboration with Imaam Salaah Brooks (Instructor), as a companion to *The Five Pillars of A Happy Muslim Home: Scholarly Advice on the Secret of Marital Love and Choosing for the Right Reasons*, collected and arranged by Shaikh Abu Suhailah Umar Quinn (ThaqafaPress, 2025).

This guide is published with the cooperation and permission of the author.

License

This work is licensed under a **Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License** (CC BY-NC-ND 4.0).

You are free to:

- **Share** — copy and redistribute this guide in any medium or format, including printing copies for personal or community use

Under the following terms:

- **Attribution** — You must give appropriate credit to Safiyyah Scott, the guide’s creators, and the original book and its author. You must include a link to the license.
- **NonCommercial** — You may not use this work for commercial purposes. This guide may not be sold, included in any paid product, or used as part of any commercial offering.
- **NoDerivatives** — If you remix, transform, or build upon this material, you may not distribute the modified material. The guide must be shared as-is.

For the full license text, visit: <https://creativecommons.org/licenses/by-nc-nd/4.0/>

Important Notes

The book *The Five Pillars of A Happy Muslim Home* by Shaikh Abu Suhailah Umar Quinn remains the copyright of its author and publisher (ThaqafaPress). The Qur'anic verses and ahadith themselves are the revealed words of Allaah and His Messenger ﷺ and are no one's property. The author's specific selection, arrangement, translations, and explanatory material are his work and are used here with his permission.

For translation requests, permissions beyond this license, or to report concerns about how this guide is being used, please contact: info@firstmuslimmosque.com

About This Guide

Who created this guide

This guide was created by Safiyyah Scott, a Learning Engineer and member of the First Muslim Mosque of Pittsburgh, as a companion resource for a community course taught by her husband, Salaah Brooks, Imaam of the First Muslim Mosque of Pittsburgh (al-Masjid al-Awwal).

Why it exists

The course is built around a slow, careful reading of *The Five Pillars of A Happy Muslim Home* by Shaikh Abu Suhailah Umar Quinn. Imam Salaah reads the book aloud over many months, pausing to expound, share examples, and connect the scholarly material to the lives of his community. The course is designed for married adults seeking to strengthen their homes, though it remains accessible to single and divorced participants as well.

This guide exists because reading and listening alone are not enough to change a home. Real growth requires sitting with what you've heard, examining your own life honestly, and trying small things in practice. The guide gives participants a private space to do that work.

Who it's for

This guide is for:

- Mosque constituents taking the course alongside the lectures
- Anyone reading the book on their own who wants a structured way to engage with it
- Married couples, individuals, and even those who are not currently married but want to think carefully about what marriage means in Islam
- Readers at any English level: the guide is written at an 8th-grade reading level and avoids academic jargon

How it was made

The reflection prompts, practices, and structure of this guide are original to it. Every prompt is grounded in the content of Shaikh Abu Suhailah Umar Quinn's book. The Arabic and English texts of all hadith, Quranic verses, and scholarly statements are drawn directly from his book. The translations are his.

Where to find the class recordings

Recordings of the class sessions for this course can be accessed here:

<https://www.spreaker.com/podcast/5-pillars-marriage-class--6925407>

About the Book and Its Author

The book

The Five Pillars of A Happy Muslim Home: Scholarly Advice on the Secret of Marital Love and Choosing for the Right Reasons is a careful collection of classical Islamic scholarship on marriage, compiled and arranged by Shaikh Abu Suhailah Umar Quinn. It was published in January 2025 (Rajab 1446) by ThaqaPress.

The book draws on the writings of major classical scholars including Ibn Ḥazm (d. 456 AH), Ibn al-Jawzī (d. 597 AH), Ibn Qayyim al-Jawziyyah (d. 751 AH), al-Shāṭibī (d. 790 AH), al-Saʿdī (d. 1376 AH), al-Shinqīṭī (d. 1393 AH), ʿAbd Allāh al-Bassām (d. 1422 AH), and many others. Rather than presenting his own theory of marriage, the author lets the scholars speak — translating, arranging, and contextualizing their words for a modern English-reading audience.

The book is organized around five pillars or purposes of marriage: chastity, children, companionship, community, and commitment. It combines deep spiritual reflection with practical guidance on choosing a spouse, building lasting love, navigating conflict, and aligning marriage with the larger purposes Allaah designed it to serve.

The author

Shaikh Abu Suhailah Umar Quinn is the compiler and translator of *The Five Pillars of A Happy Muslim Home*. His work brings together the wisdom of classical Muslim scholars on marriage and family life, making centuries of Islamic scholarship accessible to English-reading audiences.

Shaikh Umar is a well-known and active Salafi teacher, lecturer, and community leader in the United States. May Allaah reward him and his family immensely on behalf of the English-speaking community for his many efforts in daʿwah.

Where to find the book

The book is available in paperback (ISBN 9798305831634). This guide is a companion to the book, not a replacement for it. To get the most from the course and the guide, readers are strongly encouraged to obtain a copy of the book and read it alongside the guide.

Table of Contents

Front Matter

- Title Page
- Copyright & License
- About This Guide

- About the Book and Its Author
- Table of Contents
- How to Use This Guide in Print
- A Note on Sensitive Topics & Support

The Guide

- Welcome
- How This Guide Works
- My Commitment to This Course
- Beginning of the Journey: Where Am I Now?

Chapter 1: The Blessing of Marriage

- Topic 0: Orientation
- Topic 1: Love, Purpose, and the Key to Success
- Topic 2: Marital Happiness is a Precious Blessing
- Topic 3: The Prophet ﷺ at Home
- Topic 4: Marriage is Obedience to Allah
- Topic 5: Anything Valuable Requires Hard Work

Chapter 2: The Secret Behind Spousal Love

- Topic 6: What is Love?
- Topic 7: A Strong Marriage is a True Friendship
- Topic 8: Inner and Outer Beauty
- Topic 9: Religion and Character
- Topic 10: The Connection Between Love and Iman
- Topic 11: Character is Crucial

Midpoint Check-In

- Topic 12: Be Honest About Flaws
- Topic 13: Marital Love Often Comes After Conflict
- Topic 14: The 10 Most Common Causes of Marital Conflict

Chapter 3: Marrying for the Right Reasons

- Topic 15: Building Purpose-Driven Marriages
- Topic 16: The Crucial Role of Intention
- Topic 17: Pillar 1 — Chastity and Moral Virtue
- Topic 18a: Pillar 3 — The Bond of Companionship
- Topic 18b: Pillar 3 — Earning, Spending, and Providing
- Topic 18c: Pillar 3 — The Virtuous Wife and Her Honor
- Topic 18d: Pillar 3 — When the Queen Leaves the Castle
- Topic 19: Pillar 4 — Community + Pillar 5 — Commitment
- Topic 20: Conclusion — Questionable Marriage Types

End of the Journey

Back Matter

- A Note on Translations
- Works Cited

How to Use This Guide in Print

This guide is designed to be printed on a standard home printer. Here's how to make the most of it:

Printing

- Print on standard 8.5 × 11 inch paper
- Print double-sided if your printer supports it (this cuts the page count in half and feels more like a real book)
- For a more polished result, print on slightly heavier paper (24-pound or higher)

Binding

Once printed, you have a few options to bind the pages:

- **Three-hole punch** and place in a binder — easiest, lets you take pages out to write on if you prefer
- **Spiral binding or comb binding** at a local print shop — turns it into a flat-lying booklet
- **Saddle stitching** (folding and stapling) — works if you print as a smaller booklet
- **Simple staple in the corner** — least elegant but functional

Pacing

You don't need to print the whole guide at once. If 60+ pages feels like a lot, print one section at a time as your instructor moves through the book. The guide is designed so each topic stands alone — you only need the pages for the topic you're working on right now.

Where to write

Use whatever feels comfortable: pen, pencil, even sticky notes if you don't want to mark the pages. Some people like to write in pencil first and come back later in pen once they're sure of their thoughts.

A Note on Sensitive Topics & Support

On the topics covered

This guide moves through some difficult subjects: marital conflict, emotional honesty, character flaws, fertility, the role of women in the home, and the seriousness of commitment. Some topics may be tender for you, depending on what you're carrying. That's normal.

Some sections (like the one on children) may be especially sensitive for those struggling with fertility or grief. The guide does not include reflection prompts for that section out of respect.

On professional support

This guide is a tool for personal reflection and spiritual growth. It is not a substitute for professional support.

If your marriage is in crisis — if there is abuse of any kind, infidelity, addiction, or serious mental health concerns — please reach out to a qualified marriage counselor, a trusted imam, or a mental health

professional. Spiritual reflection is powerful, but some situations require human help. There is no weakness in asking for it.

If you are experiencing thoughts of harming yourself or others, please contact a crisis professional immediately.

Welcome

This guide is yours.

No one will read it. No one will check it. There are no right or wrong answers, and there is no grade. Whatever you write or think is between you and Allaah — and that is its strength.

Think of this as a private appointment with yourself. Each time the instructor finishes a topic in the book, you'll sit down — 20 quiet minutes with a cup of tea, a closed door, an honest heart — and reflect on what you heard. Some topics you'll write a lot. Some a few words. Some you might just sit and think. That's all fine.

The guide is organized into topics that match the sections of the book your instructor reads aloud in class. The course will likely take a year or more, so there's no rush: when the instructor finishes a topic, that's your cue to open this guide and spend time with that topic's page.

A few gentle reminders as you go. Be honest — write what you actually think and feel, not what you think you should say. Be kind to yourself — if a topic hits hard, that's not a sign of failure, it's a sign of honesty. Be patient — change is slow. Even if your home is in a hard place, you might not rebuild it in a year, but you can lay a new foundation. And you don't have to do everything: pick what speaks to you, because one honest reflection is worth more than five rushed ones. Wherever you are is the right starting point.

Let's begin.

How This Guide Works

Each topic in this guide has some combination of the following elements. Not every topic has all of them. Some are simple, some are fuller. Here's what you'll find and what each piece is for.

Anchor Quote

Every topic opens with a verse from the Quran, a hadith of the Prophet ﷺ, or a statement from one of the scholars, in Arabic and English. This is the heart of what the topic is about. You might want to read it slowly, maybe more than once. Let it sit with you before you move on.

Reflection Prompts

These are questions to help you process what you heard. Some ask how you feel. Some ask what you noticed. Some ask what you'd do differently. You don't have to answer all of them, just the ones that speak to you. If a prompt doesn't fit your situation, skip it. If it sparks a thought the question didn't ask, follow that thought. This is your space.

Try This

Most topics include a small, real-world practice, something you actually do during the week, not just think about. It might be as simple as pausing at the door before you enter your home, or putting your phone down when your spouse talks to you. After you try it, come back to the guide and write what you noticed. These practices are where the real change happens. Reading and reflecting are important, but doing is what transforms.

What Did You Notice?

This appears after every Try This. It's not asking "how did it go." That invites you to judge yourself. It's asking "what did you notice," which invites you to pay attention. Over the course of this guide, you'll get better and better at watching cause and effect in your own home. That skill — noticing — is one of the most valuable things you can develop.

◆ Couple's Activities

A few topics include something simple you can do with your spouse: a question to ask each other, a small challenge to try together. These are always optional. They're designed to open a door, not force a conversation. If your spouse is open to it, try it. If the timing isn't right, or if your relationship is in a place where this kind of activity isn't possible right now, there's an alternative reflection you can do on your own instead. No activity in this guide requires your spouse's participation to be meaningful.

◆ Goals

At key turning points in the course, you'll be invited to set a small, personal goal: one line, one commitment, tied to what you just learned. Early goals are about awareness and small changes. Later goals are about deeper spiritual and character work. Near the end, the goals focus on intention and partnership. These aren't New Year's resolutions. They're quiet commitments between you and Allaah.

◀ Look Back

Every few topics, you'll be asked to flip back to an earlier goal and check in with yourself. Did you follow through? What happened? Do you want to recommit, adjust, or let it go? This is how the guide keeps you honest over the long haul. Growth isn't just about making commitments. It's about returning to them.

Check-Ins

There are three self-assessments in this guide: one at the very beginning, one at the midpoint, and one at the end. Each asks the same core questions, including a 1–10 scale for how much peace you feel in your home. By the end, you'll be able to compare your answers across all three and see your own journey on paper.

My Commitment to This Course

Before you start, take a moment to decide how you want to show up.

This course will take a year or more. That's a long time. You'll have weeks where you're fully engaged and weeks where life gets in the way. That's normal. But having a commitment, something you said to yourself at the beginning, gives you something to come back to when you drift.

Here are some examples of what a commitment might sound like:

- *"I will set aside 20 quiet minutes after each topic to sit with my guide."*
- *"I will try at least one 'Try This' practice per topic."*
- *"I will be honest with myself, even when it's uncomfortable."*
- *"I will not compare my marriage to anyone else's during this course."*
- *"I will come back to this guide even if I fall behind."*

My commitment to this course, in my own words:

What I want to be different in my home by the end of this course:

What I want to be different in myself by the end of this course:

Beginning of the Journey: Where Am I Now?

Before the course starts, take a few minutes to check in with yourself.

When I think about my home life right now, the first word that comes to mind is:

One thing that is going well in my home:

One thing I wish were different:

What I'm hoping to get out of this course:

On a scale of 1–10, how much peace do I feel in my home right now?

1 ··· 2 ··· 3 ··· 4 ··· 5 ··· 6 ··· 7 ··· 8 ··· 9 ··· 10

Hold on to this page. We'll come back to it.

Topic 0 — Orientation

Book Reference: Introduction

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ^ج إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

“From His signs is His creating from yourselves spouses so that you may find comfort with them and He has placed between you abiding love and mercy. Surely in that are great signs for people who think.” — Surah Ar-Rūm, 30:21

The word *sakinah* (comfort, stillness, peace) describes what marriage is supposed to feel like. Think about the last time your home felt truly peaceful. What was happening? Who was there? What made it feel that way?

[illegible]

Now think about the last time it felt tense or heavy. What was different?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Topic 1 — Love, Purpose, and the Key to Success

Book Reference: Introduction

وَمَنْ كَانَ لِلَّهِ كَمَا يُرِيدُ كَانَ اللَّهُ لَهُ فَوْقَ مَا يُرِيدُ

“Whoever is for Allah as He wishes, Allah will be for them beyond what they wish.”

— Ibn Qayyim al-Jawziyyah, *Madārij al-Sālikīn*

The book says marriage succeeds when your desires line up with Allaah’s purposes. Name one thing you do in your marriage that you believe pleases Allaah. Then name one thing you do that you know doesn’t.

Pleases Allaah:

Doesn’t:

The five purposes of marriage: chastity, children, companionship, community, commitment (the 5 C’s). Quick gut check: which one feels strongest right now? Which one needs the most work?

Strongest:

Needs work:

Try This: Tonight or tomorrow, ask yourself one question before bed: “Did I do anything today that made my home more peaceful?” Try it for three nights in a row. Some nights the honest answer is small, like simply not snapping when you were tired, and that still counts.

Night 1: what came to mind?

Night 2: what came to mind?

Night 3: what came to mind?

Topic 2 — Marital Happiness is a Precious Blessing

Book Reference: Chapter 1 — “Marital Happiness is a Precious Blessing”

قَلْبٌ شَاكِرٌ، وَلِسَانٌ ذَاكِرٌ، وَزَوْجَةٌ صَالِحَةٌ تَعِينُكَ عَلَى أَمْرِ دُنْيَاكَ وَدِينِكَ، خَيْرٌ مَّا اكْتَنَزَ النَّاسُ

“A grateful heart, a tongue engaged in remembrance (of Allah), and a righteous wife who aids you in worldly and religious matters are the best treasures people store away.”

— Prophet Muhammad ﷺ; *Ṣaḥīḥ al-Jāmiʿ* #4409; narrated by al-Bayhaqī in *Shuʿab al-Īmān*

Abdullah ibn Amr ibn al-ʿAs asked a man: “Do you have a wife to whom you can return? Do you have a house to live in?” The man said: “Yes.” He then said: “Then you are among the rich.” Write down three blessings in your home life that you have right now: things that are already there, even if you don’t always notice them.

1.

2.

3.

Food for thought: The Prophet ﷺ said to rush home after traveling. When you come home at the end of a regular day, are you rushing toward your family, or just arriving?

Try This: Pick one day this week. When you get home, before you check your phone, sit with your spouse for five minutes. Ask how their day was. Just listen. That might look like leaving your phone face-down and asking “how was today?” without rushing to fix anything.

Not married yet? Do this with a parent, sibling, or close friend: five minutes, phone away, just listening.

What did you notice?

Topic 3 — The Prophet ﷺ at Home

Book Reference: Chapter 1 — “Marriage is a Prophetic Tradition”

«خَيْرُكُمْ خَيْرُكُمْ لِأَهْلِهِ، وَأَنَا خَيْرُكُمْ لِأَهْلِي»

“The best of you are those who are best to their wives, and I am the best of you to my wives.”

— Prophet Muhammad ﷺ; al-Tirmidhī, *Sunan* #3895; authenticated by al-Albānī, *Ādāb al-Zafāf*

The Prophet ﷺ was the leader of all humanity, and he raced his wife, joked with his family, and sat with them just to keep them company at night. He wasn’t weakened by tenderness at home. He was strengthened by it. Which of his actions at home struck you the most? What can you take from it?

Try This: This week, pay attention to the small moments when your spouse reaches toward you: a comment, a question, a look, even a sigh. These are invitations. How many can you catch and respond to? Don’t keep a formal count. Just notice. It can be as small as catching a sigh over the dishes and looking up to ask, “Everything okay?”

Not married yet? Watch for these small reaches from anyone close to you — a parent, a friend — and see how many you catch.

What did you notice?

◆ **My Goal:** One thing I want to bring into my home from the Prophet's ﷺ example:

Topic 4 — Marriage is Obedience to Allah

Book Reference: Chapter 1 — “Marriage is Obedience to Allah”

مَنْ دَعَاكَ إِلَى غَيْرِ التَّزْوِيجِ فَقَدْ دَعَاكَ إِلَى غَيْرِ الْإِسْلَامِ

“Whoever invites you to something other than marriage has invited you to something other than Islām.”

— Imām Aḥmad ibn Ḥanbal; reported by Abū Bakr al-Marwazī

Food for thought: Wahb ibn Munabbih said the unmarried person is like a tree in an open field, blown by every wind. If you're married, has marriage given you roots? If you're single, what does that image stir in you?

Try This: At some point this week, make a quiet intention (not out loud, just in your heart) that your marriage is an act of worship. Before you interact with your spouse, silently renew that intention in your heart. See if it changes anything about how you show up. It might be the half-second before you greet them, when that quiet intention makes your salaam come out a little warmer.

What did you notice?

Topic 5 — Anything Valuable Requires Hard Work

Book Reference: Chapter 1 — “Anything Valuable Requires Hard Work”

This topic has a lot to engage with. Pick what speaks to you. You don't need to do it all.

أَنَّهُ قَدْ اسْتَقَرَّتْ حِكْمَتُهُ سُبْحَانَهُ أَنَّ السَّعَادَةَ وَالنَّعِيمَ وَالرَّاحَةَ لَا يُوصَلُ إِلَيْهَا إِلَّا عَلَى جِسْرِ الْمَشَقَّةِ
وَالْتَّعَبِ، وَلَا يُدْخَلُ إِلَيْهَا إِلَّا مِنْ بَابِ الْمَكَارِهِ وَالصَّبْرِ وَتَحْمُلِ الْمَشَاقِّ

“It has been established by His wisdom that happiness, bliss, and comfort can only be reached through the bridge of hardship and toil. They can only be entered through the gate of difficulties, patience, and enduring hardships.”

— Ibn Qayyim al-Jawziyyah

What is the hardest thing about your marriage or family life right now? Write it plainly. No one is reading this.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Food for thought: *Think about a hard thing from your past that you got through: raising a child, learning a skill, surviving a tough job. The struggle was worth it. Can you see your current difficulty the same way, as something you're growing through, not just stuck in?*

Ibn al-Qayyim describes three stages of giving in love: first reluctantly, then willingly, then eagerly. He says the true lover gives selflessly. The pretender takes. Be honest: where are you?

✦ **My Goal:** One difficulty I'm going to stop resenting and start seeing as the bridge:

Try This: This week, do one thing for your spouse that costs you effort: something you'd normally avoid or put off. Don't announce it. Don't expect thanks. Just do it and notice how it feels. Also: watch for a moment when your spouse seems tired, stressed, or low, and step in before they ask. Sometimes the most powerful thing you can do is notice what they need before they have to say it. That could be quietly starting dinner when you see they're worn out, before they ask.

Not married yet? *Do this costly kindness for whoever is closest to you, and step in before they ask.*

What did you do? What did you notice, about them and about yourself?

Topic 6 — What is Love?

Book Reference: Chapter 2, Opening

فَإِنَّ دَلَالََةَ الْحَالِ عَلَى الْمَحَبَّةِ أَعْظَمُ مِنْ دَلَالََةِ الْقَالِ عَلَيْهَا، بَلِ الدَّلَالَةُ عَلَيْهَا فِي الْحَقِيقَةِ هُوَ شَاهِدُ
الْحَالِ لَا صَرِيحُ الْقَوْلِ

“For indeed, the indication of the state of being (hal) on love is greater than the indication of words (qal) on it. Rather, the true indication of love is the evidence of one’s state of being, not the explicit statement.”

— Ibn Qayyim al-Jawziyyah, *Tarīq al-Hijratayn wa-Bāb al-Sa’adatayn*

There are two kinds of people: the one who says “I love you” but doesn’t show it, and the one who says nothing but you can see it in everything they do. Which one are you? Which one is your spouse?

Food for thought: The scholars say love needs three things: that your spouse has good qualities, that you actually see and appreciate those qualities, and that the two of you are compatible. Do you see your spouse’s good qualities clearly, or have you stopped noticing them?

Try This: This week, tell your spouse one specific thing they did that you noticed and appreciated. Be specific. Not “you’re great” but “I noticed you did ____ and it meant something to me.” If saying it feels awkward, send a text. Even something simple is enough, like “I noticed you got up early with the kids so I could rest, thank you.”

Not married yet? *Tell someone close to you — appreciation is a habit worth building before marriage, not only inside it.*

What did you say? How did they respond?

◆ **Couple’s Activity:** This week, ask your spouse one open-ended question you don’t already know the answer to. Not logistics, not the to-do list — something about *them*: a hope they haven’t mentioned

lately, a worry sitting under the surface, a small dream for the year. Ask it, then just listen. You may be surprised how much there still is to learn about someone you see every day.

Engaged or not married yet? Ask it of the person closest to you, or the one you're considering marrying — knowing someone deeply starts long before the wedding.

What did you learn that you didn't know before?

Topic 7 — A Strong Marriage is a True Friendship

Book Reference: Chapter 2 — “A Strong Marriage is a True Friendship”

فَإِنَّ النِّكَاحَ مَقْصُودُهُ الْإِسْتِمَاعُ وَالصِّلَةُ وَالْعِشْرَةُ وَالصُّحْبَةُ، بَلْ هُوَ أَعْلَى دَرَجَاتِ الصُّحْبَةِ

“Marriage is intended for enjoyment, connection, good dealings, and companionship. Indeed, it is the highest of the degrees of companionship.”

— Ibn Taymiyyah, *Al-Fatāwā al-Kubrā*

Do you treat your spouse the way you’d treat your closest friend, with patience, loyalty, the benefit of the doubt? Or do you give your best to people outside the house and bring home what’s left? What changes need to be made?

Al-Mawardi’s eight stages of friendship go from basic compatibility all the way to deep love. Where is your marriage in that progression?

Al-Māwardī's Eight Stages of Friendship

Where is your marriage right now? Circle the stage that fits —
and the one you are growing toward.

1	Compatibility grows from finding common ground	التَّجَانُّسُ ○
2	Connection grows from agreement	الْمُوَاصَلَةُ ○
3	Companionship grows from openness and comfort	الْمُؤَانَسَةُ ○
4	Sincerity grows from pure intention	الْمُصَافَاةُ ○
5	Affection grows from trust — add mutual support and it becomes true friendship (ṣadāqah)	الْمَوَدَّةُ ○
6	Love grows from admiration	الْمَحَبَّةُ ○
7	Reverence grows from admiring good character	الْإِعْظَامُ ○
8	Passion grows from admiring beauty	الْعِشْقُ ○

A bond deepens through these stages over time — and a marriage can move between them.

Adapted from al-Māwardī's stages of brotherhood — Chapter 2, "A Strong Marriage is a True Friendship."

◆ **Couple's Activity:** Ask your spouse: *"What's one thing I do that makes you feel like we're a team?"*
Listen without responding. Just receive it.

What happened? *(If this wasn't possible, write about what you wished had happened, and one thing that's in your control.)*

Try This: Tonight, when your spouse says something to you, put down your phone and look at them before responding. That's it. Just that. Do it for a few days and see what happens. It's the small moment when they start talking and your eyes come up off the screen first.

Not married yet? Practice this full attention with anyone you tend to half-hear while distracted; the habit carries straight into marriage.

What did you notice?

◀ **Look Back:** Flip to your goal in Topic 3 (the Prophet's ﷺ example). Did you follow through? What happened?

Topic 8 — Inner and Outer Beauty

Book Reference: Chapter 2 — “Combining Inner & Outer Beauty”

اللَّهُمَّ كَمَا حَسَنْتَ خَلْقِي فَحَسِّنْ خَلْقِي

“O Allah, just as You have perfected my physical form, perfect my character.”

— Prophet Muhammad ﷺ, on the authority of ‘Abdullāh ibn Mas‘ūd; *Sahīh*, narrated by Ahmad

The scholars say inner beauty radiates outward and makes a person genuinely attractive, even if they don't have conventional looks. A woman who prayed at night said: "It beautifies the face." Have you seen this in your own spouse — has their character made them more attractive to you over time? *Not married yet?* Have you seen this in someone close to you — has their character become more attractive as you came to know them?

[illegible]

Try This: Make the Prophet's ﷺ dua above part of your daily routine this week. "O Allah, as You perfected my form, perfect my character."

Days I said it: M T W Th F S Su (circle)

◆ **Couple's Activity:** Pick one new thing to try together this month — a skill, a book to read side by side, a walk somewhere you've never been, a class at the masjid. It doesn't need to be big. Doing something new together adds a little freshness to a marriage and gives you both room to grow. Afterward, talk about what it was like.

Not married yet? *Try something new with a friend or family member — shared new experiences deepen any bond.*

What did you try, and what did you notice about doing it together?

Topic 9 — Religion and Character: The Most Important Criteria

Book Reference: Chapter 2 — “The Most Important Considerations”

This topic has a reflection, a couple's activity, and a practice. Pick one or two. You don't need to do all three.

قَالَ رَجُلٌ لِلْحَسَنِ: مِمَّنْ أُزَوِّجُ ابْنَتِي؟ قَالَ: مِمَّنْ يَتَّقِي اللَّهَ، فَإِنَّهُ إِنْ أَحَبَّهَا أَكْرَمَهَا، وَإِنْ أَبْغَضَهَا لَنْ يَظْلِمَهَا.

“A man once said to al Hasan: ‘To whom should I marry my daughter?’ He said: ‘To one who fears Allah. If he loves her, then he’ll treat her honorably and if he dislikes her, then he would never oppress her.’”

— al-Hasan al-Basrī; reported by Najm al-Dīn Ibn Qudāmah al-Maqdisī, *Mukhtaṣar Minhāj al-Qāsidīn*

Ibn al-Qayyim says love based on character lasts. Love based on beauty or money fades when those things change. If your spouse lost their looks tomorrow, or lost their income, would the foundation of your marriage still hold? What specifically is that foundation made of?

[illegible]

◆ **Couple's Activity:** Tell your spouse one character trait you admire in them: something that has nothing to do with looks or what they provide. Then share one trait you're personally working on.

What happened? *(If this conversation didn't happen, write down what you would have said: the trait you admire and the one you're working on. That honesty still counts.)*

Try This: For one day this week, keep a quiet count: how many times do you say something kind or encouraging to your spouse versus something critical, short, or frustrated? Don't try to change it. Just count. The awareness itself is the practice. Also notice: when your spouse says something to you (anything, even something small), do you respond, or do you let it pass? A simple "yeah?" or "tell me more" counts. Silence or a grunt doesn't. One moment is worth catching above all: a piece of good news is a bid too — when your spouse shares something that went well, even something small, meeting it with real warmth is the biggest deposit you can make.

Not married yet? Run the same warmth-to-criticism count on your closest relationship — the ratio shapes every bond.

Kind/encouraging: ____ Critical/short: ____

Times I responded to something small they said: ____ Times I let it pass: ____

What did you learn from this?

Topic 10 — The Connection Between Love and Iman

Book Reference: Chapter 2 — “The Connection Between Love & Iman”

This topic has a lot to sit with. Take what you need and leave the rest for later.

عَلَى قَدْرِ حُبِّكَ لِلَّهِ يُحِبُّكَ الْخَلْقُ، وَعَلَى قَدْرِ خَوْفِكَ مِنَ اللَّهِ يَهَابُكَ الْخَلْقُ، وَعَلَى قَدْرِ شُغْلِكَ بِأَمْرِ اللَّهِ يُشْغَلُ فِي أَمْرِكَ الْخَلْقُ

“To the extent that you love Allah, the creation will love you. To the extent that you fear Allah, the creation will revere you. If you are preoccupied with Allah’s command, the creation will be preoccupied with your affairs.”

— Yahyā ibn Mu‘adh al-Rāzī

Al-Fudayl said he could see the effects of his sins in his wife's behavior, his servant, even the mice in his house. Think about a week when your prayers were strong, your tongue was clean, and you were mindful of Allaah. How were things at home that week? Now think about a week when you were slipping: falling into disobedience, cutting corners, losing your temper. How were things at home then?

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are ten visible lines, creating nine distinct rows for writing. The paper appears to be a standard sheet of notebook or ledger paper.

Ahmad ibn Hanbal: “If you wish for Allah to continue granting you what you love, remain steadfast in doing what He loves.” What is one act of obedience you’ve let slip that you know affects the atmosphere at home?

✦ **My Goal:** One act of worship I’m going to strengthen because I know it affects my home:

Try This: With sincerity, add one extra act of voluntary worship this week, even two rakaat of night prayer, or a page of Quran after Fajr. Pay attention to whether anything shifts in your home over the week.

Days I did it: M T W Th F S Su (circle)

What did you notice at home?

Topic 11 — Character is Crucial

Book Reference: Chapter 2 — “Character is Crucial”

This is a full topic: reflection, goal, couple’s activity, and a Look Back. Pick what feels most important right now. You can always come back to the rest.

حُسْنُ الْخُلُقِ بَذْرُ اكْتِسَابِ الْحَبَّةِ، كَمَا أَنَّ سُوءَ الْخُلُقِ بَذْرُ اسْتِجْلَابِ الْبُغْضَةِ

“Good character is the seed of earning love, just as bad character is the seed of attracting hatred.”

— Ibn Hibbān, *Rawḍat al-‘Uqalā’ wa Nuzhat al-Fuḍalā’*

“Good character melts away sins just as the sun melts ice, while bad character corrupts deeds like vinegar spoils honey.” Is there one trait in yourself that might be spoiling things at home? Name it honestly.

A Bedouin woman described her late husband: “Cheerful when he entered. Silent when he left. Ate whatever he found. Never asked about what was missing.” Imagine your spouse describing you to someone. What would they say?

Not married yet? *Imagine someone who knows you well — a family member or close friend — describing your character.*

◆ **My Goal:** One character trait I'm going to work on:

◆ **Couple's Activity:** Try the "Bedouin husband" challenge this week: enter cheerfully, leave quietly, eat what's there, don't ask about what's missing. Both spouses can try it.

What shifted? Pay special attention: when you showed up cheerful and easy, did your spouse open up more? Did they share more, talk more, reach toward you more? Warmth invites openness. *(If nothing shifted yet, that's okay. Sometimes change is slow to show. The practice still changed you, and that matters.)*

◀ **Look Back:** Flip to your goals in Topics 5 and 10. Did you follow through on reframing a difficulty as “the bridge”? Did you strengthen an act of worship? What happened?

Midpoint Check-In: How Am I Doing?

You've reached the halfway mark. Take a moment to look back.

Flip back to your “Beginning of the Journey” page. Read what you wrote.

Has anything shifted in how you see your marriage, your spouse, or yourself?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Review your goals from Topics 3, 5, 10, and 11. Which ones stuck? Which ones faded?

Stuck:

Faded:

What's one thing you've actually done differently because of this course, even something small?

On a scale of 1–10, how much peace do I feel in my home right now?

1 ··· 2 ··· 3 ··· 4 ··· 5 ··· 6 ··· 7 ··· 8 ··· 9 ··· 10

Before I thought:

Now I think:

For the second half, what I want to focus on is:

Topic 12 — Be Honest About Flaws

Book Reference: Chapter 2 — “Be Honest About Physical & Character Flaws”

وَالسُّكُوتُ عَنْهُ مِنْ أَقْبَحِ التَّدْلِيسِ وَالْغِشِّ، وَهُوَ مُنَافٍ لِلدِّينِ، وَالْإِطْلَاقُ إِنَّمَا يَنْصَرِفُ إِلَى
السَّلَامَةِ، فَهُوَ كَالْمَشْرُوطِ عُرْفاً، وَقَدْ قَالَ أَمِيرُ الْمُؤْمِنِينَ عُمَرُ بْنُ الْخَطَّابِ لِمَنْ تَزَوَّجَ امْرَأَةً وَهُوَ لَا
يُولَدُ لَهُ: «أَخْبِرْهَا أَنَّكَ عَقِيمٌ وَخَيْرُهَا»

“Remaining silent about that constitutes one of the most reprehensible forms of deception and fraud, which is contrary to the principles of religion. General statements are presumed to indicate soundness, making such conditions implicitly understood by custom. Indeed, the Commander of the Faithful, ‘Umar ibn al-Khaṭṭāb, said to a man who married a woman while being infertile, ‘Inform her that you are sterile and let her choose.”

— Ibn Qayyim al-Jawziyyah

Ibn al-Qayyim calls hiding your flaws from your spouse “among the most reprehensible forms of deception.” Is there something about yourself you’ve been avoiding being honest about, with your spouse, or with yourself?

Honesty can feel risky. But deception — even the quiet kind, the kind where you just don't mention something — creates distance. What would more honesty look like in your marriage? What's one thing you could be more upfront about?

Topic 13 — Marital Love Often Comes After Conflict

Book Reference: Chapter 2 — “Marital Love Often Comes After Conflict”

فَلَا تَلَبُّثُ أَنْ تَرَاهُمَا قَدْ عَادَا إِلَى أَجْمَلِ الصُّحْبَةِ، وَأُهْدِرَتِ الْمُعَاتَبَةُ، وَسَقَطَ الْخِلَافُ، وَأَنْصَرَفَا فِي ذَلِكَ الْحَيْنِ بَعَيْنِهِ إِلَى الْمُضَاحَكَةِ وَالْمُدَاعَبَةِ، هَكَذَا فِي الْوَقْتِ الْوَاحِدِ مَرَّارًا

“You will soon find them returning to the most beautiful companionship. The reproaches are forgotten, the disputes resolved, and in that very moment, they transition to laughter and playful banter — sometimes multiple times within the same instance.”

— Ibn Ḥazm al-Andalusī, *Rasā'il Ibn Ḥazm al-Andalusī*

Ibn Hazm says the real difference between love-conflict and true hostility is one thing: how fast you make up. When you and your spouse fight, what gets in the way of reconciling quickly?

Reconciling quickly takes more than settling who was right — it takes *‘afw*: choosing to pardon, to let something go even when you’d be within your rights to hold on. Is there something you’re still holding against your spouse that you could choose to release? What would pardoning it cost you, and what might it free up?

Try This: After your next disagreement, big or small, be the first one to reach out. Even if you think you were right. A hand on the shoulder. A cup of tea. A simple “I don’t like being upset with you.” These small bridges are how love repairs itself. The person who builds the bridge first isn’t the weaker one. They’re the braver one. Notice what happens when you move first.

Not married yet? *Be the first to repair in any close relationship where conflict happens; the courage to move first is the skill.*

What did you do? What happened?

Topic 14 — The 10 Most Common Causes of Marital Conflict

Book Reference: Chapter 2 — “10 of The Most Common Causes”

مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ

“From the goodness of one’s Islam is leaving alone what does not concern them.”

— Prophet Muhammad ﷺ; al-Tirmidhī, *Sunan* #2317; Ibn Mājah #3976; graded ḥasan

Which of these causes hit closest to home for you? Check all that apply.

- ☐ Bad temper: blowing up over small things
- ☐ Suspicion: assuming the worst without proof
- ☐ Micromanaging: standing over your spouse with “suggestions”
- ☐ Misreading your spouse: joking when they’re serious, serious when they need lightness
- ☐ Meddling in what doesn’t concern you
- ☐ In-law interference
- ☐ Leaving without communication
- ☐ Other: _____

♦ **My Goal:** One cause of conflict I’m going to actively work on:

Try This: The next time you feel yourself getting heated during a disagreement, pause. Physically stop. Take a breath. Leave the room if you need to. Come back when you’re calm. This isn’t avoiding the conversation. It’s protecting it. Notice: does the conversation go differently when you come back calm?

Not married yet? *The pause works in any heated moment — with family, friends, at work — the practice is identical.*

What happened?

◀ **Look Back:** Flip to your character goal in Topic 11. Have you made progress on that trait? What's helped? What's gotten in the way?

Topic 15 — Building Purpose-Driven Marriages

Book Reference: Chapter 3 — “Building Purpose-Driven Marriages”; anchor quote from Introduction

فَإِنَّ النُّفُوسَ لَا تَقْبَلُ الْحَقَّ إِلَّا بِمَا تَسْتَعِينُ بِهِ مِنْ حُظُوظِهَا الَّتِي هِيَ مُحْتَاجَةٌ إِلَيْهَا، فَتَكُونُ تِلْكَ
الْحُظُوظُ عِبَادَةً لِلَّهِ وَطَاعَةً لَهُ مَعَ النِّيَّةِ الصَّالِحَةِ

“Souls do not readily accept the truth except when aided by fulfilling their own needs and desires, which they require. When these needs are aligned with a sincere intention, they become acts of worship and obedience to Allah.”

— Ibn Taymiyyah, *Majmū‘ al-Fatāwā*, 28:366

This passage says your human desires (for love, for closeness, for companionship) are not weaknesses. When directed by sincere intention, they become worship. Think of something you want from your marriage, something real and personal. Now make that intention in your heart — that you want this, and that you want it for His sake. Write it down.

Food for thought: *If someone watched your home for a week, and saw how you and your spouse talk, how you spend your evenings, how you handle stress, would they be able to tell what your marriage is built upon? What would they see?*

Try This: Pick one ordinary thing you do for your family this week (cooking, driving, working, cleaning) and before you do it, sincerely intend it for the sake of Allaah. See if reframing a chore as worship changes how you experience it.

Not married yet? *This works for anything you do for the people you care for — family, a roommate, a friend in need.*

What did you notice?

Keep this going: every so often, ask your spouse something you genuinely don't know the answer to. People keep growing, and staying curious is how you keep knowing them.

Topic 16 — The Crucial Role of Intention

Book Reference: Chapter 3 — “The Crucial Role of Intention”

وَمَنْ كَانَ لِلَّهِ كَمَا يُرِيدُ كَانَ اللَّهُ لَهُ فَوْقَ مَا يُرِيدُ

“Whoever is for Allah as He wishes, Allah will be for them beyond what they wish.” — Ibn Qayyim al-Jawziyyah, *Madārij al-Sālikīn*

What was your intention when you got married? Be honest, even if it wasn’t spiritual at all.

Then:

What is it now?

Now:

♦ **My Goal — Renewed Purpose:** Write your renewed purpose for your marriage in one clear sentence. This is between you and Allaah.

Try This: Write that renewed purpose on a small piece of paper. Put it somewhere only you will see. Read it once a week. Let it quietly reshape how you show up.

Where did you put it?

Topic 17 — Pillar 1: Chastity and Moral Virtue

Book Reference: Chapter 3 — “Safeguarding Chastity & Moral Virtue”

ثَلَاثَةٌ حَقُّ عَلَى اللَّهِ عَوْنُهُمُ: الْمَكَاتِبُ يُرِيدُ الْأَدَاءَ، وَالْمُتَزَوِّجُ يُرِيدُ الْعَفَافَ، وَالْمُجَاهِدُ فِي سَبِيلِ اللَّهِ

“Three are entitled to Allah’s help: the slave seeking freedom who intends to pay [his dues], the one seeking marriage for chastity, and the one striving in the path of Allah.”

— Prophet Muhammad ﷺ; al-Tirmidhī, *Jāmiʿ* #1655; Ibn Mājah, *Sunan* #2518; Aḥmad, *Musnad* 2:251; graded ḥasan, authenticated by al-Albānī

The Prophet ﷺ said someone who marries seeking chastity has a right to Allaah's help. Is protecting yourself and your spouse from haram part of how you think about your marriage? How does it show up in practice?

[illegible]

The book says marriage is “so much more than physical attraction.” What does your marriage give you beyond the physical?

◀ **Look Back:** Flip to your renewed purpose in Topic 16. Read it again. Does it still feel right? Do you want to adjust it?

Topic 18a — Pillar 3: The Bond of Companionship

Book Reference: Chapter 3 — “Cooperative Companionship” + “Balance of Duties”

This topic has a reflection, a couple's activity, a goal, and a practice. Choose what fits your situation. Even one thing done well is enough.

فَلَا تَجِدُ بَيْنَ أَحَدٍ فِي الْغَالِبِ مِثْلَ مَا بَيْنَ الزَّوْجَيْنِ مِنَ الْمَوَدَّةِ وَالرَّحْمَةِ

"In most cases, there is rarely a bond between two people like the love and mercy shared between a married couple."

— al-Sa'dī, *Taysīr al-Karīm al-Raḥmān*

Al-Bassam said there is “a divine secret” in the marriage bond: when Allaah puts harmony between two people, the love surpasses even the closest friendship. Think about a moment when you and your spouse were truly in sync, laughing at the same thing, working on something together, or just sitting in comfortable silence. That feeling? The scholars say Allaah placed it there. When was the last time you felt it? What was happening?

[illegible]

◆ **Couple's Activity:** Sit together and each answer: *"What is one burden you're carrying right now that I could help with?"* Don't problem-solve. Don't defend. Just listen.

What came up? *(If sitting together for this wasn't possible, answer the question for yourself: what is one burden you're carrying? And what is one burden you think your spouse is carrying that you could quietly help with?)*

◆ **My Goal:** One way I want to be a better teammate to my spouse:

Try This: This week, take one thing off your spouse's plate, without being asked. A chore, a phone call, a pickup. Don't announce it. See if they notice. Notice how it feels to give without being asked. Also: pay attention when your spouse tries to share something with you: a frustration, a small win, a random thought about their day. These moments are easy to miss, especially when you're tired. Try to catch at least one each day and give it your full attention, even for 30 seconds.

Not married yet? *Lift a burden for whoever you share a home or a close bond with, before they ask.*

What did you do? What happened?

Topic 18b — Pillar 3: Earning, Spending, and Providing

Book Reference: Chapter 3 — “Earning Lawful Money & Spending On One’s Family”

دِينَارٌ أَنْفَقْتَهُ فِي سَبِيلِ اللَّهِ، وَدِينَارٌ تَصَدَّقْتَ بِهِ عَلَى مِسْكِينٍ، وَدِينَارٌ أَنْفَقْتَهُ عَلَى أَهْلِكَ، أَعْظَمُهَا
أَجْرًا الَّذِي أَنْفَقْتَهُ عَلَى أَهْلِكَ

“A dinar you spend in the path of Allah, a dinar you spend to free a slave, a dinar you give in charity to a poor person, and a dinar you spend on your family — the greatest reward is the one you spend on your family.”

— Prophet Muhammad ﷺ; *Ṣaḥīḥ Muslim* #995

Providing for your family isn’t just a bill. It’s an act of worship. Cooking a meal, paying the electric bill, buying groceries: these count as sadaqah when done with the right intention. Does that change how you feel about the daily grind of keeping a household running?

Food for thought: What stood out to you most from this section?

◀ **Look Back:** Back in Topic 13 you tried being the first to reach out after a disagreement. Since then, have you been the first to repair? What happened when you moved first?

Topic 18c — Pillar 3: The Virtuous Wife and Her Honor

Book Reference: Chapter 3 — “The Greatest Woman in Blessing” + “Glad Tidings”

خَيْرُ نِسَاءٍ رَكِبْنَ الْإِبِلَ نِسَاءُ قُرَيْشٍ، أَحْنَاهُ عَلَى وَلَدٍ فِي صِغَرِهِ، وَأَرْعَاهُ عَلَى زَوْجٍ فِي ذَاتِ يَدِهِ

“The best women who have ridden camels are the women of Quraysh: they are the most compassionate toward their children in their youth and the most considerate of their husbands in safeguarding what they possess.”

— Prophet Muhammad ﷺ; *Ṣaḥīḥ Muslim*

The scholars describe the “blessed” wife as someone who brings ease and barakah into the home. Think about a home you’ve visited (maybe a relative’s, maybe a friend’s) where things just felt right. Calm. Warm. The food tasted better, the kids seemed settled, the couple seemed at ease - (say: *allaahumma baarik*). That’s barakah. What was different about that home? What’s one thing you could bring from that picture into your own house?

Whether you are a wife or a husband, what is one way you actively bring ease into your home? Think of something specific you can do this week.

Not married yet? Picture the home you live in now, or the one you hope to build — what ease could you bring into it?

◀ **Look Back:** Flip to your conflict goal in Topic 14. Have you made progress on reducing that cause of conflict? What's working?

Topic 18d — Pillar 3: When the Queen Leaves the Castle

Book Reference: Chapter 3 — “What Happens When the Queen Leaves the Castle?”

This section discusses what happens when the wife’s role in the home is disrupted. It may challenge you, affirm you, or both.

What stood out to you, whether you agreed, disagreed, or felt challenged?

Set aside the debate for a moment. Just answer this: what does your home need more of right now, and what’s one thing you can personally do about it?

If part of this section was hard to read, name what pushed on you — was it something you disagreed with, or something that named a truth you’d rather not look at? Sitting with that difference is where the real reflection is.

Not married yet? *Think about the home you grew up in, or the one you hope to build. When a household loses the person who holds it together, what goes with them — and what steadiness do you want to be responsible for in a home of your own?*

◀ **Look Back:** Flip back to your teammate goal in Topic 18a. In a section about what a home needs, is becoming a better teammate part of your answer? Have you acted on it since you wrote it?

Topic 19 — Pillar 4: Community + Pillar 5: Commitment

Book Reference: Chapter 3 — “Strengthening Community” + “Commitment and Longevity”

﴿وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا﴾

“It is He who created from water a human being and made him [a creature of] lineage and marriage.”

— Surah Al-Furqān, 25:54

Food for thought: Your marriage ripples outward: to your children, your in-laws, your neighbors, your community. When your home is peaceful, the people around you feel it. When it's not, they feel that too. How does thinking about this bigger picture change how you approach a disagreement at home?

The commitment pillar says lasting marriages are built on character, not on things that change. What is the one thing that has kept your marriage standing through the hard times?

Not married yet? What do you believe keeps a marriage standing through hard times — and which of those qualities are you building in yourself now?

Try This: The next time you need to raise something difficult with your spouse, start with something you appreciate about them first. Then share your concern. Notice whether leading with appreciation changes the tone of the whole conversation. That might sound like, “I really appreciate how you handled the bills this month; can we talk about the weekend?”

Not married yet? Use this softened start-up in any hard conversation — with a parent, friend, or coworker.

What happened?

◀ **Look Back:** In Topic 14 you practiced pausing when things got heated. Have you used that pause since? Did stepping back change how a hard moment turned out?

A Quiet Reflection: Throughout this course, you've been practicing something: noticing the small moments. A comment. A look. A question. A sigh. A reach. You've been learning to catch them and respond, to turn toward your spouse instead of away. Has that changed anything? Are you seeing things now that you used to miss?

Book Reference: Chapter 3 — Conclusion

"Therefore, we advise against resorting to it, as its harms outweigh its benefits."

The author argues that marriages without real commitment (whether entered with a plan to end them or arranged as temporary convenience) fall short of what Allaah designed marriage to be. What stayed with you from this conclusion?

[illegible]

67

◀ **Look Back:** Flip to your renewed purpose in Topic 16. Read it one more time. After everything you've learned, does it still stand? Or has it grown?

End of the Journey: Where Am I Now?

You've spent months sitting with this material. Let's see where you've come.

When I think about my home life right now, the first word that comes to mind is:

One thing that is going well in my home:

One thing I'm still working on:

On a scale of 1–10, how much peace do I feel in my home right now?

1 ··· 2 ··· 3 ··· 4 ··· 5 ··· 6 ··· 7 ··· 8 ··· 9 ··· 10

Compare this to your beginning and midpoint numbers. What do you see? If the number went up, alhamdulillah. If it stayed the same or went down, that doesn't mean you failed. It might mean you're more honest now than when you started, or that you're in the middle of something that hasn't resolved yet. Growth isn't always a straight line.

Review all the goals you set (Topics 3, 5, 10, 11, 14, 16, 18a). Which ones changed something real?

What do you know about your spouse now that you didn't when you started? A hope, a fear, a preference they've grown into, a soft spot, something they quietly carry. Write down what paying closer attention has shown you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Not married yet? *What do you understand now — about love, or about the kind of partner you want to be — that you couldn't see at the start?*

Three things I want to carry forward:

1.

2.

3.

May Allaah bless your home with sakīnah, mawaddah, and rahmah. Aameen.

A Note on Translations

All Quranic verses, hadith, and scholarly statements quoted in this guide — both the Arabic and the English — are taken directly from *The Five Pillars of A Happy Muslim Home* by Abu Suhailah Umar Quinn. The translations are his.

A reminder for readers: any translation of the Quran is an interpretation of meaning, not the Quran itself. The Quran exists only in its original Arabic. English renderings, no matter how careful, are approximations that help non-Arabic speakers access the meaning.

For ahadith, the citations in this guide point to the original collections (Ṣaḥīḥ al-Bukhārī, Ṣaḥīḥ Muslim, Sunan al-Tirmidhī, and others), as documented in *The Five Pillars of A Happy Muslim Home*, so that readers may verify them in the source materials.

Works Cited

This guide draws all of its content from one primary source:

Quinn, Abu Suhailah Umar. *The Five Pillars of A Happy Muslim Home: Scholarly Advice on the Secret of Marital Love and Choosing for the Right Reasons.* Collected and arranged by Abu Suhailah Umar Quinn. ThaqafaPress, 2025. ISBN: 9798305831634.

The Quranic verses, ahadith, and statements from classical Islamic scholars quoted throughout this guide are all drawn from this book. The original sources for those materials, as cited in the book itself, include:

Quran

- Surah Ar-Rūm (30:21)
- Surah Al-Furqān (25:54)

Hadith Collections

- Ṣaḥīḥ al-Bukhārī

- Şaḥiḥ Muslim
- Sunan al-Tirmidhī
- Sunan Ibn Mājah
- Sunan Abī Dāwūd
- Sunan al-Nasāʾī
- Musnad Aḥmad
- Şaḥiḥ Ibn Ḥibbān
- Al-Mustadrak (al-Ḥākim)
- Sunan al-Bayhaqī
- Muṣannaf Ibn Abī Shaybah
- Muṣannaf ‘Abd al-Razzāq
- Al-Muʿjam al-Awsaṭ and Al-Muʿjam al-Kabīr (al-Ṭabarānī)

Authentication References

- Al-Albānī, Muḥammad Nāṣir al-Dīn. *Şaḥiḥ al-Jāmiʿ al-Şaghīr*.
- Al-Albānī, Muḥammad Nāṣir al-Dīn. *Irwaʿ al-Ghalīl fī Takhrīj Aḥādīth Manār al-Sabīl*.
- Al-Albānī, Muḥammad Nāṣir al-Dīn. *Ādāb al-Zafāf*.

Classical Scholarly Works

- Ibn Ḥazm al-Andalusī (d. 456 AH). *Rasāʾil Ibn Ḥazm al-Andalusī*.
- Ibn al-Jawzī (d. 597 AH).
- Ibn Qayyim al-Jawziyyah (d. 751 AH). *Madārij al-Sālikīn*.
- Ibn Qayyim al-Jawziyyah (d. 751 AH). *Zād al-Maʿād fī Hadyi Khayr al-ʿIbād*.
- Ibn Qayyim al-Jawziyyah (d. 751 AH). *Shifāʾ al-ʿAlīl fī Masāʾil al-Qaḍāʾ wa-l-Qadar wa-l-Ḥikmah wa-l-Taʿlīl*.
- Ibn Qayyim al-Jawziyyah (d. 751 AH). *Ṭarīq al-Hijratayn wa Bāb al-Saʿadatayn*.
- Ibn Qayyim al-Jawziyyah (d. 751 AH). *Rawḍat al-Muḥibbīn wa Nuzhat al-Mushtāqīn*.
- Ibn Taymiyyah (d. 728 AH). *Al-Fatāwā al-Kubrā*.
- Ibn Taymiyyah (d. 728 AH). *Majmūʿ al-Fatāwā*.
- Ibn Ḥibbān (d. 354 AH). *Rawḍat al-ʿUqalāʾ wa Nuzhat al-Fuḍalāʾ*.
- Al-Saʿdī, ‘Abd al-Raḥmān ibn Nāṣir (d. 1376 AH). *Taysīr al-Karīm al-Raḥmān fī Tafsīr Kalām al-Mannān*.
- Al-Bassām, ‘Abd Allāh ibn ‘Abd al-Raḥmān (d. 1423 AH). *Tawḍīḥ al-Aḥkām min Bulūgh al-Marām*.
- Al-Munāwī, Zayn al-Dīn Muḥammad (d. 1031 AH). *Fayḍ al-Qadīr Sharḥ al-Jāmiʿ al-Şaghīr*.
- Al-Bayhaqī, Abū Bakr Aḥmad ibn al-Ḥusayn. *Shuʿab al-Īmān*.

- Al-Qālī, Abū ‘Alī Ismā‘īl. *Al-Amālī*.
- Ibn Qāsim al-‘Āsimī al-Ḥanbalī, ‘Abd al-Raḥmān ibn Muḥammad. *Al-Iḥkām: Sharḥ Uṣūl al-Aḥkām*.

Contemporary Sources

- Fiqh Council of the Muslim World League. Resolution No. 106 (5/18).

For full publication details and complete chains of narration for each hadith, please refer to *The Five Pillars of A Happy Muslim Home* by Abu Suhailah Umar Quinn, where each citation is documented in detail.

This guide would not exist without the scholarship of Shaykh Abu Suhailah Umar Quinn. May Allaah reward him for his work and accept it from him.