

Envy, comparison, and a contented heart

Comparison makes another person's blessing feel like our loss. The Quran redirects the heart from resentment toward dua, effort, and contentment.

CENTREPIECE Surah an-Nisa 4:32, Surah al-Falaq 113:5

FIRST KHUTBAH

1. Envy turns a blessing into a grievance

Hasad is not simply noticing what another person has. It is resenting the blessing and wishing it would leave them. Allah teaches us to seek refuge from the envier's harm in al-Falaq 113:5 because envy does not remain harmless inside the heart.

2. Ask Allah instead of arguing with His distribution

Allah tells believers not to covet what He has given some over others, but to ask Him from His bounty (an-Nisa 4:32). Dua changes the direction of comparison. Their gift no longer has to disappear for you to receive good.

3. Reduce the fuel

Curated lives make ordinary blessings look small. Notice which accounts, conversations, and habits repeatedly produce resentment. Step back from them, make dua for the person you envy, and name the gifts already present in your own home.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to envy, comparison, and a contented heart.

Suggested closing: O Allah, bless the people we envy, purify our hearts toward them, and grant us contentment with what You have wisely chosen for us.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

Prepared by Sumit Sharma for Barakah Life. Updated 2026-09-03.