

Lowering the gaze

The first instruction Allah gave to men about chastity is about the eyes. Why the gaze is the gateway, and how to close it.

CENTREPIECE Surah an-Nur 24:30-31

FIRST KHUTBAH

1. Lowering the gaze comes before everything

Allah commands lowering the gaze before He commands modesty in dress. The gaze is upstream. What the eye sees, the heart turns over; what the heart turns over, the limbs follow.

2. The sweetness it preserves

Allah says that lowering the gaze is purer for believers and that He is fully aware of what they do (an-Nur 24:30). The immediate benefit is a cleaner path for the heart. The larger reward belongs to Allah, who sees the glance that was refused when nobody else noticed.

3. The screens we carry

The Prophet (peace be upon him) was dealing with marketplace glances. We are dealing with curated, algorithmic floods. Same command, harder application. Filter your phone the way you filter your meals.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to lowering the gaze.

Suggested closing: Tonight, install one filter, remove one app, or unfollow one account that has been pulling the gaze. Begin small.

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.

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