

Phones, distraction, and protecting the heart

Attention is part of the life Allah entrusted to us. Small interruptions can quietly consume the hours meant for worship, family, rest, and useful work.

CENTREPIECE Surah al-Asr 103:1-3, Sunan at-Tirmidhi 2317

FIRST KHUTBAH

1. Time is not an empty container

Allah swears by time and says that human beings are in loss except those who believe, act well, and counsel truth and patience (al-Asr 103:1-3). Every hour is moving toward gain or loss, even when it feels like nothing happened.

2. Not everything that reaches you deserves you

The Prophet (peace be upon him) taught that part of a person's good Islam is leaving what does not concern them (Tirmidhi 2317, hasan). A notification can be real without being important. Access to information does not create a duty to consume it.

3. Build small protected spaces

Keep the phone away during salah, meals, the first minutes after waking, and the last minutes before sleep. These boundaries are not a rejection of technology. They are a decision about what deserves your full presence.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to phones, distraction, and protecting the heart.

Suggested closing: Choose one daily moment that will become phone-free from today. Protect it until the people around you can feel the difference.

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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