

The tongue, guarding what comes out of it

More people enter the Fire because of their tongues than any other limb. Backbiting, lying, mocking, and the antidote.

CENTREPIECE Sahih al-Bukhari 6018, Sahih Muslim 47

FIRST KHUTBAH

1. Speak good or stay silent

The Prophet (peace be upon him) said: whoever believes in Allah and the Last Day should speak good or stay silent (Bukhari 6018, Muslim 47). The default is silence; speech is a deliberate choice. Most regret comes from words we wish we had not said.

2. Backbiting is described in graphic terms

Allah compares backbiting to eating the flesh of your dead brother (Surah al-Hujurat 49:12). The metaphor is intentional. Ghiba is not a small sin we joke about; it is something the Quran asks us to feel revolted by.

3. The single best speech

Dhikr. Astaghfirullah, alhamdulillah, subhanallah, la ilaha illa Allah. When you do not know what to say, fill the silence with these. They build, the way other speech destroys.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to the tongue, guarding what comes out of it.

Suggested closing: O Allah, place blessing in our tongues, and silence them before they place us in Your displeasure.

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.