

Darul Ifta Birmingham

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Question

Asalamu Alaikum,

Recently I have found out that my husband of 1 year is speaking to a certain girl on social media app snapchat when confronted he told me that it was a colleague and was wanting to ask regarding work. the message I saw and confronted him was from him asking her if she's gone to sleep yet at 3 am which I found very suspicious and inappropriate. he made me believe him that it was definatly about work and I have nothing to worry about as he will not dare think about other women. I believed him for a while until I looked through his phone agin only to find out he had muted her story and message alerts which obviously is suspicious in all matters. why would anyone do that unless hiding something. we had a long discussion about this and he kept telling me he loved me more than anything. as much as I want to believe him my heart simply doesn't. I don't know what to do. I can't keep asking him and crying to him either, its getting ridiculous.

one thing I forgot to mention is that prior to this I had never suspected him of anything. I mean he spends all his time with me so this is what's confusing me whether he is telling the truth or not but him muting her notifications just simply doesn't add up.

maybe its my waswasa, please do give advice. I Love him dearly and don't want anything to come into our marriage especially involving trust.

jazakhallah!

also please can this not be posted on public platform.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Most Gracious, the Most Merciful

Answer:

The Shariah has been established following guidelines which are divine in nature. One Such guideline states that :“The original state of matters is innocence of responsibility or guilt”¹. This law enforces the belief that each person is innocent of blame or responsibility for an

¹ Qawaaid Fiqhiyyah pg 19 & 20

action or sin until proper proof can be provided to attach the responsibility or blame to them.

The matter that you are concerned about is undoubtedly from the whispers of Shaytaan who is attempting to disrupt the peace in your marriage. Our advice is to be very open with your husband about any matter that makes you uncomfortable so that doubts are not entertained by you or him.

Make dua and give some sadaqa to attract help from Allah to save the peace in your marriage and to defeat Shaytaan. Learn the masnoon duas for removing doubts and settling the heart and start practicing upon them and also encourage your husband to recite them.

One of these duas are as follows :

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ²

Anas bin Malik r.a. said that the messenger of Allah s.a.w. used to frequently recite the following dua “Oh turner of the hearts keep my heart firm upon your religion”²

Transliteration is as follows:

yaa mu-qallibal quloob thab-bit qalbee ‘alaa deenik

Practicing upon this dua with the conviction that Allah will remove all doubts from your heart will assist in saving you from the whispers of Shaytaan.

Only Allah knows best

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² Tirmidhi #2140,3522