

# Rewind and reflect

THE  
OTHER  
SIDE

## Episode 19



### Summary

*Zina* is a slippery slope. What begins with small indulgences like a lustful glance can eventually lead to a destructive lifestyle. The Prophet Muhammad ﷺ described the punishment for adultery, likening it to being in a burning oven, illustrating the severe consequences of such actions. Even small steps toward *zina*, such as inappropriate gazes or virtual acts, are part of this harmful path, leading to a gradual spiritual decay. Every choice we make either brings us closer to Allah or leads us further away. So, which path are we walking toward?

### Discussion questions

- 1 The episode describes *zina* as a lifestyle, and not just an action. How does this understanding change the way you view small actions (i.e. scrolling through inappropriate reels) in your life? Why is prevention the best way to protect one's chastity?
- 2 The Messenger of Allah ﷺ said: "There will come a time when holding on to your faith will be like holding on to a burning coal." [At-Tirmidhi]. Why might it be difficult to hold on to your faith in certain times or situations?

### Application

Apply what you watched in a concrete way to help deepen your understanding.

- 1 In a world where distractions and temptations are constantly present, especially through social media and advertisements, how can you actively lower your gaze and protect your heart from the influence of inappropriate images or content?
- 2 What are some specific actions you can take to stay mindful of this in your daily life?

### INSTRUCTIONS

1. Gather family and friends.
2. Watch **The Other Side, Episode 19**.
3. Read through this guide and discuss the questions provided.
4. Reflect, and grow together in faith.
5. Repeat for **all 30 episodes**.

#### *Zina*

Sexual acts outside of a lawful marriage.

#### *Taqwa*

God-consciousness; being mindful of Allah.

### References

*Allah's Messenger ﷺ said: "Allah has written for every child of Adam their portion of zina, and they will inevitably encounter it. The zina of the eyes is looking, the zina of the tongue is speaking, the heart desires and craves, and the private parts either fulfill or restrain it." [Bukhari and Muslim]*

*The Prophet ﷺ said, "Do not follow a glance with another; while you are not to blame for the first, you have no right to the second." [Sunan Abu Dawud]*

*And do not go anywhere near zina: it is an outrage, and an evil path. [Qur'an, 17:32]*

## Activity

**Media purge:** One of the primary avenues for *zina* of the eyes and tongue are our phones. Let's put the verse "Do not go near *zina*" into practice. For the rest of Ramadan, limit screen use to only what is necessary. Keep a journal to reflect on how this affects your prayers and the state of your heart.

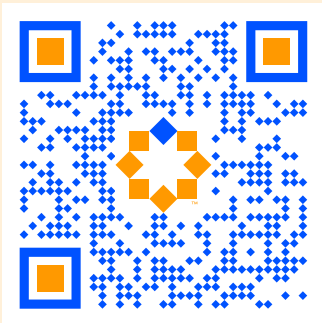
Additionally, write down every moment you feel the urge to watch TV or scroll on your phone. Try to identify patterns—what triggers these habits, and what underlying reasons might be causing you to retreat to screens? Reflect on these insights and consider how you can redirect your focus toward more meaningful and beneficial actions.

### Parent tip

When discussing this topic with children, focus on the idea that meeting Allah is a beautiful and joyous reunion, like finally seeing a loved one after a long time apart. Explain that this life is a journey where we try our best to be kind, do good deeds, and prepare for that special day. Reassure them that Allah is the Most Loving and the Most Merciful, and He wants us to live in a way that brings us happiness in this world and the next.

### We would love to hear from you

Please complete this brief survey to help us improve our discussion guides. All responses will remain confidential. Thank you for sharing your thoughts—may Allah guide us to the best possible Ramadan experience. Click here or scan this QR code.



### Learn more

Read the paper **Ḥayā': More Than Just Modesty in Islam** on the Yaqeen website. Click here or scan this QR code.

