

Jihad Al - Nafs

Spiritual Striving

Answered by
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There's a hadith regarding jihad an nafs: *"The best type of jihaad is the jihaad of the one who strives against his own self (jihaad al-nafs) for the sake of Allaah."* it doesn't state which hadith it is from. But some people also say that this is fabricated? Is this correct?

Allah Most High said:

فَمَنْ جَاهَدَ فَإِنَّمَا يُجَاهِدُ لِنَفْسِهِ

And whosoever STRIVES (JAAHADA), STRIVES (YUJAAHIDU) only for himself (29:6)

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ

As for those who STRIVE (JAHADU) in Us (the cause of Allah), We surely guide them to Our paths, and lo! Allah is with the good doers.} (29:69)

This is a Meccan Sura and the two verses refer to Jihad al-Nafs. There was no military jihad then. Without jihad of the nafs, fighting leads to Hellfire.

Allah Most High said:

وَنُفْسٍ وَمَا سَوَّاهَا فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا قَدْ أَفْلَحَ مَن زَكَّاهَا وَقَدْ خَابَ مَن دَسَّاهَا

"By the nafs and the proportion and order given to it, and its inspiration as to its wrong and its right; Truly he succeeds who purifies it, and he fails that corrupts it." (91:7-10).

This is also a Meccan Sura.

Without purification, the nafs remains a "soul that enjoins evil" (*al-nafs al-ammara lil-su'*) until it surrenders itself in total obedience to the call of animal passions and shaytan.

Allah Most High said:

أَرَأَيْتَ مَنِ اتَّخَذَ إِلَهَهُ هَوَاهُ

Have you seen the one who chooses for his god his own lust? (25:43).

وَاتَّبَعَ هَوَاهُ فَمَثَلُهُ كَمَثَلِ الْكَلْبِ إِن تَحْمِلْ عَلَيْهِ يَلْهَثْ أَوْ تَتْرُكْهُ يَلْهَثْ

He followed his own lust. Therefore his likeness is as the likeness of a dog; if you attack him he pants with his tongue out and if you leave him he pants with his tongue out. (7:176).