

*Love Notes:
Marriage and Family Life
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*Brought to you by your Qabeelah
Ruhma Academic Team*

*Notes Set Three
Chapter Three: Marital Rights
Chapter Four: Marital Discord
Chapter Five: The Languages of Love*

Chapter 3
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Marital Rights

“... And women shall have rights similar to the rights against them, according to what is equitable; but men have a degree [of advantage] over them. And Allah is Exalted In power, wise.” [Qur’an Surat al-Baqarah 2:228]

Gender Equity in Islam

1. Are men and women equal? Men and women can be equal in areas such as humanity and religiously [ex. both men and women have the equal opportunity to become close to Allah] however they are not equal in others [physiologically, emotionally, neurologically, etc.]. Thus men and women are equitable but not equal

Every team needs a leader, so men have been given that role, however with it comes responsibility

2. Difference of preferences? It is because of the natural differences between men and women that specific preferences are given to both genders

3. The natural differences between men and women: Men and women are different in physiological make up [ex. muscle mass, physical strength, etc.], emotionally [women are stronger emotionally whereas men tend to crack under pressure], and neurological differences. If women have advantage in one area, they have more rights in that area and the same for men. For example, men are stronger thus they have more rights and responsibilities that involve physical work; women are stronger emotionally and can articulate themselves better than men

*Men and women were meant to **complete** each other not to compete against each other*

Rights and Obligations Between Man and Woman

In some areas men have more advantage over women, and in other women have more advantages

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The Rights of Spouses

1. Mutual Rights

-Having the right to enjoy one another: it is the right of both the husband and the wife to be able to enjoy each other to the fullest

-Treating each other in good manners: both husband and wife should not abuse the other; Allah has given men the upper hand in the home so as not to abuse their wives but to take care of them and treat them in the best way

RasulAllah [saws] said in a hadith: "The best of you is the one who is best to his family, and I am the best to my family." [At.Tirmidhi and ibn Majah]

- Establishing the right of inheritance: neither can prevent the other from inheriting from them even if the marriage is not yet consummated

2. The Rights of the Husband

- The right of obedience to the husband: as long as what the husband asks is not against the shariah, the wife is obligated to obey

The man is the head of the house, but the woman is the neck, anywhere the woman wants, the head goes

- Remaining in the house, and leaving with permission: leaving the house to do everyday chores, doesn't need permission; when attending specific events she should make sure he's ok with it; husband should also be courteous and inform his wife if he's going to be late etc.

- Responding to his call when he calls her to bed: men should be considerate though, if his wife is really tired, they need to respect that.

- Protecting his house in his absence: the husband does not have the right to prevent his wife from seeing her family but he could ask for a specific person not to come over during his absence

- Serving the husband: [some fuqaha say women are not responsible to bring the food, but remember that during this fatwa there were servants; ibn Taymiyyah said this was considered part of the kind treatment, it's something that should be given with a common understanding of expectations]

- Protecting his honor, children and wealth

- Being thankful to him

- Chastisement/discipline: this permission should not be abused and the rules and regulations that are required must be adhered to before punishment is actually meted out; rasulAllah [saws] never used physical punishment on his wives; the only time rasulAllah ever raised his hands on any of his wives is when he pushed 'Aisha in her chest because she assumed that he was going to leave her in the night for one of his other wives

3. The Rights of the Wife

- Treating her in a kind and respectful manner

- Teaching her the matters of the religion and worship

- Maintaining her chastity

-Financially maintaining her: the man has to responsibility to provide the food, clothes, and shelter the family needs to survive; Islamically, the wife has no obligation to use her money to provide any of the needs of the household however, if she decides to help, then her reward is with Allah

Activity:

What Men Consider Loving Actions

1. **Cooking and cleaning**
2. Shows respect and appreciation
3. Beautifying herself for him
4. Physical affection
5. Taking interest in his interest

What Women Consider Loving Actions:

1. **Thoughtful gifts**
2. Appreciation/affection/kindness
3. Not pointing out the mess around the house/ helping out around the house
4. Listening/being heard
5. Does things for you without be asked

Things Men Dislike:

1. Not being appreciated
2. Nagging/gossip/backbiting
3. Manipulation
4. Untidy home/not cooking
5. Raising voice/showing disrespect

Things Women Dislike:

1. Not honoring you/not validating feelings
2. Being ignored
3. Controlling/abusive behavior
4. Harsh language
5. Inconsiderate

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Love From the Life of RasulAllah

-RasulAllah [saws] married more than 1 wife from mixed backgrounds and in mixed ways [i.e. he married single and divorced women, he had an arranged and non arranged marriage, he married young, old, Arab, non Arab, convert, Jewish, and Christian women, etc.]

-Had rasulAllah only married one woman, many would find him [saws] relatable. If we look at his marriages it is easy to find a model that fits everybody.

-Having many wives made it easier to know more about rasulAllah's life; they'd give insight to rulings on intimacy, love, romance, sexual intercourse, cleanliness, manners to spouse and obligations/rights in a marriage.

The Wives of RasulAllah [saws]

-For most of his life, rasulAllah only had one wife, Khadijah bint Khuwailid [ra]; she was older than him, a divorcee, had children from a previous marriage, and was a business woman; she is the only one of rasulAllah [saws] to give him children; she was the first woman to accept Islam after rasulAllah [saws] having received the revelation of prophet hood from Allah [swt]; she was given salaams from Allah [swt] and the angel Jibreel

-RasulAllah's first wife after Khadijah [ra] was Saudah [ra]; she was older than him and older than him as well

-RasulAllah then married 'Aisha bint Abu Bakr [ra]; she was the only virgin rasulAllah ever married and the youngest of his wives

-He [saws] then married Umm Habibah who was an exile living in Abyssinia [common day Ethiopia]; the mahr was paid by the king of Abyssinia; they had a distant marriage; she later moved with him

-Then Safiyyah who was a slave given freedom; she was a daughter of one of the leaders of Banu Israel

The Manners of RasulAllah [saws] as a Husband

-He loved to listen to his wives [hadith: in itikaf and Safiyyah came to visit, he sat with her and listened to her, he escorted her to the end of the masjid, and started chit chatting with her again; two men saw rasulAllah with her and went the other way, in an rasulAllah called to them and told them she was his wife]

-RasulAllah would be intimate and would seek them for warmth after showering

-When traveling rasulAllah would be considerate and go back to where the women were and would chat with them

-He was very helpful and served his family; he'd help sweep the floors, milk the goats, and would fix his own clothes and shoes; however, when it was time for salaah he would go to the masjid

-He would eat the food from the same spot they ate from while watching them; to show them he'd done so on purpose [hadith narrated by 'Aisha]

-RasulAllah was very considerate to give time to his family; he would let his wife step on his knee and let her climb on the camel; and give them nicknames [would call 'Aisha, Aa'ish]

-His wives also loved him so much that they would compete for his affection; they had two rival teams; one led by 'Aisha [with Hafsa, Safiyyah, and Sawda] against the team of Umm Salama [with Zainab and Maimoonah]

Stories of the Marriages of RasulAllah [saws]

- Once 'Aisha made a dish and had Sawda in her home with rasulAllah but 'Aisha was not known to be a great cook. When rasulAllah began to eat and 'Aisha noticed Sawda not eating, she asked why. Sawda responded saying she didn't like it. 'Aisha told her to eat or she would smear the food in her face. When Sawda did not eat, 'Aisha followed her words with actions and smeared some in the face of Sawda. RasulAllah responded by indirectly indicating, with a head nod, for Sawda to reciprocate. He started smiled.

-Narrated Anas: Once rasulAllah brought guests to the house of 'Aisha, she had nothing prepared to feed them but began right away, one of his wives had food ready and sent in a dish. When 'Aisha noticed she caused the dish to fall and break. RasulAllah gathered the broken pieces of the dish, started collecting the food that had been in the dish, and said to his guests, "Your mother [my wife] felt jealous." He detained the servant until 'Aisha's dish was brought out. He gave 'Aisha's dish to the wife whose dish had been broken and kept the broken one at 'Aisha's house. [Bukhari]

'Aisha narrates: He enjoyed his meals only when she sat next to him. They drank from one cup and he watched where she placed her lips so that he could place his lips on the same area. He ate from a bone after she ate and placed his mouth where she had eaten. She also said that he placed morsels of food into her mouth and she would do the same. [Muslim]

-Once rasulAllah's wives would not stop asking for more money from him so he separated from them for one month and stayed in a loft above 'Aisha's house. After news spread in the city that rasulAllah [saws] had divorced his wives Umar [ra] ran to his daughter Hafsa and said, "I told you, don't compare yourself to Aisha, what happened, did he divorce you?" He went to the prophet and asked him for permission to enter, after the third time he [saws] allowed him to enter. Upon entering he saw rasulAllah lying on his side saying nothing. Umar sensed rasulAllah was angry, so he didn't sit right away. He proceeded to ask him [saws] if he had divorced Hafsa. RasulAllah didn't answer. In an effort to lighten the mood, Umar began to tell rasulAllah about how his wife had started talking back to him. When he rasulAllah smiled, he sat down. He continued saying, "you know when we were in Makkah, the Qurayshi woman had a better attitude in the way they treat their husbands. When we came to Madinah we saw the Ansari woman controlling their husbands and now our women are picking up their habits." RasulAllah smiled so Umar felt comfortable and asked, "Did you divorce your wives?" He said no, I'm just separating from them for 1 month. After 29 days he returned to 'Aisha to which she responded saying, "there is still 1 day left." He responded telling her that a month can be 29 days or 30 days.

-Once while traveling 'Aisha and Safiyyah decided to have fun and switched their camels. RasulAllah went back as he normally did to chat with them and first went to 'Aisha. At night rasulAllah [saws] asked the men to carry 'Aisha's tent to him [which had Safiyyah

in it]. When 'Aisha got out and saw that she was alone she was extremely jealous and put her foot to a bush asking for something to bite her [in an effort to relieve her jealousy].

Chapter 4
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Marital Discord

Marital Discord = An.Nushooz

Definition: rebellion; resisting obedience; when each of the spouses feels hostile against each other

Rebellion can be fixed

What Causes Marital Discord

-The main cause for An.Nushooz is the Shaytaan

Jabir reported that rasul Allah [saws] said: "Ibis places his throne upon water; he then sends detachments [for creating dissension]; the nearer to him in rank are those who are most notorious in creating dissension. One of them comes and says: I did so and so. And he [Ibis] says: You have done nothing. Then one amongst them comes and says: I did not spare so and so until I sowed the seed of discord between a husband and a wife. The Satan goes near him and says: 'you have done well'. A'mash said: He then embraces him." [Muslim]

There are 3 steps for divorce:

1. First divorce
2. Waiting period ['iddah]
3. If things are not improving, then final divorce

Break the Silence [Dangers of Marital Discord]

Have conflicts? Bring a representative from her side, and one from his [because usually they won't listen to each other]; this neutral entity can help reconcile; it is in the Qur'an and from the sunnah to get help to fix a marriage

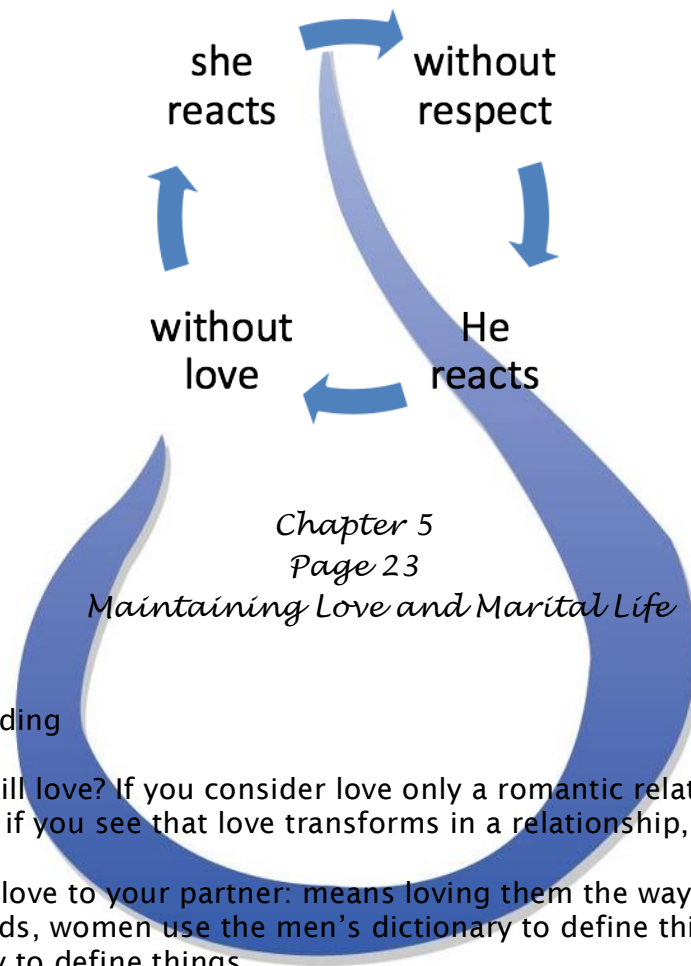
What causes the biggest problems?

Men want to be respected; women want to feel loved; however what women don't realize is that men see love as respect and being obeyed; and men don't understand that women want to be loved the way they want to be loved; this is the vicious cycle of marriage

The vicious cycle of love and respect will continue until one breaks the cycle and sacrifices by reacting the way the other wants to be treated

-And while men are allowed to discipline their wives, they can not leave any bruise, mark, or break any bone; leaving a mark on a woman is a punishable crime in Islamic law; the ayah that allows for this refers to a small degree of physical discipline [i.e. a light push]

If the husband is not shown respect, he reacts without love and when he reacts without love she responds without respect ... becoming a vicious cycle



Love After the Wedding

1. Does marriage kill love? If you consider love only a romantic relationship, then perhaps it will, but if you see that love transforms in a relationship, then it won't
2. Communicating love to your partner: means loving them the way they want to be loved; in other words, women use the men's dictionary to define things, men use the women's dictionary to define things

Food for Thought: Men feel motivated when they feel needed; women feel motivated when they feel cherished

-Emotional cycle of men is like a rubber band, the more space you give them the quicker they'll be to come talk things thorough when they are ready

-Emotional cycle of woman is like a roller coaster [up and down]

-Rationalize love in marital life by knowing that your partner is not perfect; you must realize that your marital relationship will not be exactly what you dreamt it to be.

We must be willing to learn our spouses primary love language if we are to become effective communicators of love

Understanding Differences

1. Men are from Mars and Women are from Venus [recommended read]

2. Understanding the Different Values

- Men value achievements, leadership, and motivation
- Women value relationships, quality, and quantity
- Men want efficiency [ex. why bother getting more gas if you still have some]
- Women want bonding and a meaningful experience
- Men value speed, power, efficiency, and strength
- Women value, beauty, sharing, caring, and talking

3. Crisis Approach and Coping with Stress

-Men prefer silence, reflection, and being left alone

Sisters: Instead of trying to talk to him, give him a cup of tea and tell him, "we can talk when you are ready, I know Allah will make it easy for you"

-Women want to talk and share, they want to be listened to

Brothers: Instead of leaving her alone, just sit down next to her quietly, and listen to her patiently. Don't offer solutions!

4. The Power of Motivation

-Men want to feel needed, if they don't feel needed they start withdrawing and that's when they seek another wife

-Women want to be cherished, that's what gives them motivation; their emotional cycle goes up and down, so brothers be nice, gentle and helpful.

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The Many Different Languages of Love

1. Words of affirmation: giving compliments, being thankful, make requests/no demands, try to say thank you for the simple everyday things, sending spontaneous texts to tell your spouse your thinking of them; saying things like, "jazakAllahu khair", "that was amazing", "you look beautiful", "I love you", "wow, this is good", "good cooking good looking!"

2. Quality time: togetherness alone time [away from kids], vacations, surprise family trips, make things an enjoyable moment

Word to the Wise: Women care about quality time and undivided attention; men interpret quality time as more of a physical interaction over talking and listening

3. Receiving gifts: women love spontaneous gifts [gifts given out of nowhere], they like the thoughtfulness of the gift [ex. buying her, her favorite candy bar just because]; men look at gifts in terms of monetary value, women look at the meaning.

Sisters: give your husband something he admires [ex. a gadget, electronics]

Brothers: get your wife a customized gifts that's only for her

4. Acts of service: do things without being told or asked, men helping with the children, massage

5. Physical contact: kissing, hugging, leaning on each other, holding hands, etc.

Heads up: doing so in public depends on the culture of the society your living in, don't over do it

RasulAllah [saws] once patiently stood for 'Aisha just so she could watch the Abyssinians outside her window. He allowed her to watch while resting her chin on his shoulder and he resting his head on hers. Later she told the people that it was not because she was interested in watching the Abyssinians, she just wanted to show the other wives her position with him.

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Final Advice

A marriage is a work of art, it's an art piece that requires both to put effort