# Why Imaan Matters

Why does Imaan matter so much? It is a fair question, and the best answer comes from the Qur'an and the Prophet  themselves. They speak about faith again and again, and when we gather what they say, a clear picture appears. Let us walk through it slowly.

# Every day is passing

Allah begins Surah al-'Asr by swearing by time, the time in which every one of us lives and does everything we do. Then He says that human beings, as a whole, are in loss. Only those are saved who believe, do good deeds, and advise one another

toward truth and toward patience.[1] Ibn Kathir explains that "time" here means the whole stretch in which people do their deeds, good or bad. So the message is simple: our days are being spent whether we notice it or not, and what keeps them from being a loss is faith, followed by good deeds and caring for one another. It is a serious warning, but a kind one, because the way out is given in the very same surah.

# A good life, a heart at rest

Allah promises that whoever does good, man or woman, while being a believer, He will give a good life and reward them according to the best of what they did.[2] A good life here does not mean a life without problems. Ibn Kathir records that the early scholars explained it as contentment, lawful provision and the happiness of obeying Allah, and he says the best understanding includes all of these. Where does such calm

come from? Another verse answers: the hearts of those who believe find rest in remembering Allah, and truly it is in remembering Allah that hearts find rest.[3] So Imaan changes life from the inside. The days and worries may be the same, but the heart has somewhere to turn.

# Out of the darkness

Allah says that He is the ally of those who believe, and that He takes them out of darknesses into light.[4] Ibn Kathir points out that "darkness" is in the plural while "light" is singular, because falsehood has many shapes, such as confusion, doubt and wrong paths, while the truth is one clear road. Another verse says the same in its own way: those who believe and do good, their Lord guides them because of their faith.[5] So Imaan is not only something we hold on to. It is also the door through which guidance keeps coming to us.

# Allah stands with the believer

Allah says it plainly: He defends those who believe.[6] The Prophet ﷺ taught the same comfort to his young cousin Ibn Abbas, may Allah be pleased with him. Be mindful of Allah and He will protect you. Be mindful of Him and you will find Him before you. When you ask, ask Allah, and when you need help, seek help from Allah. And know that if the whole world gathered to benefit you, they could benefit you only with what Allah had already written for you, and if they gathered to harm you, only with what He had already written.[7] A person who really believes this is relieved of a great deal of fear: fear of people, of the future, and of being left alone.

# Safe ground

When the verse came saying that those who believe and do not mix their faith with wrong will have safety and guidance,[8] the Companions were troubled. Who among us has never done any wrong? It was explained to them that the "wrong" meant here is shirk, giving someone else a share in what belongs to Allah alone, as another verse calls shirk a great wrong. So the promise of safety belongs to the one whose faith in Allah alone is clean. The Prophet ﷺ once asked Mu'adh, who was riding behind him, whether he knew Allah's right over His servants and their right over Him. Then he told him: Allah's right is that they worship Him and associate nothing with Him, and their right over Allah is that He will not punish the one who does so.[9] This does not mean we can ignore our mistakes. We still ask forgiveness and try to improve. It means that clean Imaan is the ground a believer stands on.

# When things go wrong

No calamity strikes except by Allah's permission, and whoever believes in Allah, He guides his heart.[10] Ibn Abbas explained this guidance as certainty: the heart comes to know that what reached it could never have missed it, and what missed it could never have reached it. A loss still hurts, but it is carried differently when we know it did not slip past Allah's knowledge. The Prophet ﷺ described this whole attitude in one sentence: the believer's affair is amazing, because all of it is good for him, and this is true for no one but the believer. If something pleasant comes, he is thankful, and that is good for him. If something hard comes, he is patient, and that is good for him.[11] So even a difficult day is not wasted.

# Held firm to the end

Allah also says that He keeps the believers firm with the firm word, in this life and in the Hereafter.[12] Ibn Kathir connects this with the moment in the grave, when a believer is questioned and Allah keeps him steady to answer with the

testimony of faith. In other words, Imaan is not only a help for today. It is what Allah uses to hold us steady when we need it most.

# The sweetness of faith

The Prophet ﷺ spoke of Imaan as something one can actually taste. Whoever is content with Allah as his Lord, with Islam as his religion and with Muhammad ﷺ as his Messenger has found the taste of faith.[13] In another hadith he named three things that bring this sweetness: that Allah and His Messenger are dearer to a person than anything else, that he loves someone only for the sake of Allah, and that he hates the thought of going back to disbelief as much as he hates being thrown into a fire.[14] Notice that this sweetness is not a mood that falls from the sky. It grows out of contentment, love and loyalty, and the coming pages will look at how to grow them.

# It changes how we live

Imaan also matters because it reaches beyond our own heart. The Prophet ﷺ said that whoever believes in Allah and the Last Day should not harm his neighbour, should honour his guest, and should say what is good or else keep silent.[15] He also compared the believers, in their love and mercy for one another, to a single body: when one part hurts, the whole body responds with sleeplessness and fever.[16] A person who truly believes in Allah, and in standing before Him one day, tends to become gentler, more careful with his words, and more caring toward the people around him.

# What it is worth in the end

Finally, the Qur'an tells us where faith leads. Those who believe and do good are the best of creation, and their reward with their Lord is gardens of eternity, where Allah is pleased with them and they are pleased with Him.[17] The Prophet  gave hope even to those who feel weak in their deeds: whoever says there is no god but Allah and has in his heart good equal to a grain of barley, then of wheat, then of the smallest speck, will be brought out of the Fire.[18] And he said that whoever testifies that there is no god but Allah alone, that Muhammad is His servant and messenger, that Isa is His servant and His word, and that Paradise and Hell are true, Allah will let him enter Paradise through whichever of its eight doors he wishes.[19] Even a small amount of real faith is never wasted.

To put it all together: Imaan gives us a good life, a heart at rest, guidance, protection, safe ground under our feet, steadiness in hardship, a sweetness we can taste, a better way with people, and a hopeful end. If your Imaan is not where you would like it to be, that is a very normal place to start, and the

coming pages are written for you.

*Next: Imaan in the heart, tongue and actions.*

# References

1 Qur'an 103:1-3, 2 Qur'an 16:97, 3 Qur'an 13:28, 4 Qur'an 2:257, 5 Qur'an 10:9, 6 Qur'an 22:38, 7 Jami' at-Tirmidhi 2516 (also Arba'in an-Nawawi 19), 8 Qur'an 6:82 and 31:13, Sahih al-Bukhari 32, 9 Sahih Muslim 30 (also Sahih al-Bukhari 2856), 10 Qur'an 64:11, 11 Sahih Muslim 2999, 12 Qur'an 14:27, 13 Sahih Muslim 34, 14 Sahih al-Bukhari 16 and Sahih Muslim 43, 15 Sahih al-Bukhari 6018 and Sahih Muslim 47, 16 Sahih Muslim 2586, 17 Qur'an 98:7-8, 18 Sahih al-Bukhari 44 and Sahih Muslim 193, 19 Sahih Muslim 28.

---

Revision #3

Created 2026-11-10 05:48:29 UTC by Danish Nayeem

Updated 2026-11-10 18:46:18 UTC by Danish Nayeem