



**Course Title:** The Beginning of Guidance

**Class Meetings:** Thursdays 7pm

**Instructor:** Ustadh Abdurrahman Wood

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### **Course Description:**

Bidayatul Hidayah (The Beginning of Guidance) is a foundational text in Tazkiyah, Islamic ethics and spirituality authored by Imam Abu Hamid al-Ghazali. This course offers an in-depth study of the book, focusing on its practical advice for personal conduct, daily worship routines, and moral rectitude. Through examining al-Ghazali's insights, students will gain a comprehensive understanding of the principles of Islamic behavior, the importance of sincerity in worship, and the steps towards spiritual refinement. This class is to introduce a student to striving and seeking guidance in their Deen.

### **Syllabus (Tentative):**

#### **Week 1 (June 27): Introduction**

- **Lecture Topics**
  - Basic biography of Imam Al Ghazali
  - Purpose of book being written
  - What is Tazkiyah?
    - Cleansing from sins
    - Body as a trust
  - Etiquette of a Muslim
  - Cleansing Intentions

#### **Week 2: The Sins of the Limbs: Tongue**

- **Lecture Topics**
  - Priority of distancing ourselves from sin
  - Wrong uses of the tongue
    - Backbiting
    - Manipulation/deceit
    - False promises
    - Purposeless speaking
    - Boasting
    - Making fun
  - Using the tongue intentionally
    - Debating baselessly
    - Argumentation
    - Good praise alternative to criticism

- Honor and reputation

### **Week 3: The Sins of the Limbs: Tongue and Ears**

- **Lecture Topics**
  - Proper use of the tongue
    - Kindness and respectful use
  - Desensitization to improper usage of the tongue
    - By ourselves and others
  - Controlling our environments
  - Necessary use
    - Forbidding evil and ordaining good

### **Week 4: The Sins of the Limbs: Stomach, Hands, and Feet**

- **Lecture Topics**
  - Conscious decisions
  - Everything built on our sustenance
  - Best/halal intake, wealth, food
  - The distraction of food
  - Better alternatives
  - Controlling desires, limiting ourselves
  - The Hands and Feet

### **Week 5: Diseases of the Heart**

- **Lecture Topics**
  - Weight of deeds by intention
  - Envy
  - Arrogance
  - Riyaa/showing off

### **Week 6: Etiquette of a Muslim**

- **Lecture Topics**
  - Showing Respect
  - Khidma/Service
  - Advising people
  - Time management

### **Week 7: Friendship**

- **Lecture Topics**
  - Qualities

- Reputation
- Emotions of others
- Intentional distance

**Week 8 (August 15): Conclusion and Recap**