



Upliftment of Spirituality and Its Impacts on The Life of Muslim

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Abstract

Islamic spiritual upliftment is a transformative journey that purifies the soul, aligns with divine guidance, and fosters a personal relationship with Allah. This study aimed to explore the techniques and impacts of spiritual upliftment in Islam, providing insights for the Muslim Ummah to enhance their spiritual growth. Using a qualitative approach with an analytical descriptive method, we reviewed 25 publications from 2015 to 2022, including books, articles, and online materials. Our findings revealed that embracing Islamic guidelines and teachings, such as prayer, repentance, Qur'anic recitation, remembrance of Allah, and ethical conduct, leads to inner tranquillity, resilience, a deeper connection with the Creator, and contentment despite external circumstances. Our study highlights the importance of tawhīd (oneness with Allah), worship, and ethical conduct in achieving spiritual upliftment. This review provides a comprehensive understanding of Islamic spiritual upliftment, guiding Muslims to cultivate a stronger connection with Allah and embody excellence, responsibility, compassion, and social justice.

Keywords *Islamic Spirituality, Spiritual Upliftment, Tawhīd, Human Soul, Ethics*

INTRODUCTION

Islam is a comprehensive way of life that encompasses all aspects of a Muslim's life, including moral values, religious practices, political and economic systems, and social interactions. The Quran and the Prophet Muhammad's (SAW) teachings provide a complete and detailed guide for Muslims to follow in all aspects of life. At its core, Islamic spirituality is rooted in the relationship between the individual, their soul, and their Creator (Mohd Amin et al., 2018). Islamic spirituality is not a personal affair; it has far-reaching implications for how Muslims interact with others, contribute to society, and work towards improving their communities. Through its emphasis on compassion, empathy, and kindness, Islamic spirituality inspires Muslims to care for the well-being of others, to strive for social justice, and to promote the common good. It fosters a service culture, encouraging Muslims to engage in acts of charity, volunteerism, and community service.

Overall, it is a transformative and empowering force that shapes Muslims' beliefs, values, and actions, inspiring them to live a life of purpose, meaning, and service to others. Allah has created the universe to support human life, and the Qur'an encourages humans to exploit its resources for their benefit. However, humans must acknowledge Allah's ownership and sovereignty in managing and utilizing these resources, recognizing their responsibility to Him. This divine accountability shapes their relationships with others, inspiring righteous actions. Humans are cautioned against misusing resources. Instead, they must use them responsibly and ethically by recognizing that these resources are a trust from Allah, not personal possessions.

The term "spirituality" generally refers to a state of being deeply connected to and concerned with matters of the soul, faith, mysteries of existence, the divine, and the values and principles that guide human life, often through religious inquiry (Khalid, 2020). In the context of the Islamic tradition, it refers to the Arabic word rūhāniyyah, which is derived from the word rūh,

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meaning spirit, concerning which the Qur'an instructs the Prophet (SAW) to say when he was asked about the nature of spirit,

“And they ask you concerning the spirit. Say the Spirit is from the command of my Lord”
(Qur'an 17:85)

Islamic spirituality is also defined as a profound connection with Allah that profoundly impacts an individual's sense of purpose, self-esteem, and interpersonal relationships. Additionally, the term is often employed in a non-religious context to describe the ability to understand fundamental ethical and existential inquiries about the nature of the soul and its significance in life (Khalid, 2020). Islamic spirituality is the spark that ignites a person's faith, inspiring them to strive for excellence in all they do. The relational quality of spirituality is understood to be a core theme that comprises beliefs in the articles of faith, ibadat, daily living behaviours and knowledge. This belief system forms the foundation of a Muslim's worldview, influencing their perceptions, attitudes, and actions. Man is the vicegerent (*Khalifah*) of Allah in the World; he is answerable to Him for all his activities. Therefore, in his interactions with others, they should strive to act in a manner that pleases Allah. In Islam, the upliftment of spirituality is equivalent to drawing closer to Allah, which requires effort and obedience. If one is lazy and disobedient, one will not be able to attain nearness to Allah, and distance from Him leads to spiritual decline and degradation. By adhering to the teachings and practices of Islam, individuals seek to cultivate a deeper connection with Allah, achieve personal growth, and realize their full potential (Khalid, 2020).

Islamic spirituality encompasses various practices and beliefs that offer numerous benefits. It plays a vital role in nurturing and safeguarding mental well-being. The roots of Islamic spirituality can be traced back to the Qur'an and the Sunnah, which provide the foundation for this rich spiritual tradition. The life of the Prophet Muhammad (SAW) serves as a living embodiment of the Qur'anic teachings, offering a sacred model that guides Muslims with its profound wisdom, practical guidance, and spiritual insights, illuminating the path to a balanced and virtuous life (Mohd Amin et al., 2018). This paper explores the impacts of Islamic spirituality on Muslim life, analyzing its influence on their beliefs, actions, and social interactions. It highlights how Islamic spirituality shapes a Muslim's perspective on life, relationships with others, and role in shaping a better society.

LITERATURE REVIEW

Mohd Amin et al. (2018) in their paper, explored Islamic spirituality, its scope, and its significance in human well-being. They analyzed classical and contemporary texts, including the Qur'an, Sunnah, and scholarly consensus. Their findings showed that Islamic spirituality is rooted in principles like the oneness of Allah, vicegerency of Allah (human responsibility), Allah's consciousness, Moderation, Asceticism, Gratitude and Patience. He added that these principles, demonstrated in the life of Prophet Muhammad (SAW), are essential for a Muslim's well-being and sustainable living. As a vicegerent of Allah, humans must regulate their affairs according to Allah's will, with responsibility, obedience, and humility, to attain divine pleasure and closeness to the Creator.

In addition, Abdul-Rahman (2017) discussed the role of spirituality in healing and protecting the mind, highlighting Islamic spiritual practices and beliefs as a valuable resource. They focused on a specific Hadith where the Prophet (SAW) prescribed a prayer (*du'ā*) to alleviate anxiety and depression. The author analyzed the psycho-spiritual therapy in this Prophetic prayer, citing scholars' views on spiritual healing. The findings emphasized Islam's perspective on hardship

as an opportunity for spiritual growth, submission, and virtue-building. The author encouraged further research on the Qur'an, Hadith, and historical traditions to uncover timeless mental health and well-being guidance.

Other publications, such as by [Seyyed \(2008\)](#), discuss this topic in two volumes, which provide a profound understanding and discussion. The first volume has four parts, including the foundation of Islamic spirituality and its roots in the Qur'an, Sunnah, and Islamic rites. Basic traditions of Islam, including Sunnism, Shi'ism, Isma'ilism, and female spirituality. Sufism covers its nature, origin, development, spiritual practices, and science of the soul. Knowledge of reality, including Islamic doctrines on God, Angels, cosmos, man, and eschatology.

Meanwhile, the second volume explores Islamic spirituality in history and culture, including the Sufi orders. Arts and literature (architecture to poetry). Philosophy and sciences. The book's overall goal is to show how Islamic spirituality, in all its manifestations, is centred on the principle of *Tawhid*. Furthermore, [Khalid \(2020\)](#) defined spirituality as a state of being connected to religious values and questions. He outlined three paths to attain spirituality: having a clear mind, seeking guidance from a spiritual leader, and changing one's lifestyle. The author further discussed the criteria for spiritual development and highlighted that love, thankfulness, and humbleness are key Islamic spirituality concepts. He further explained the concept of *awliya* (pious worshippers) and the conditions for becoming a *Waliy* (pious worshipper) according to Shari'ah. Additionally, they discussed the concept of *Riqāq* (softening of the hearts) and provided ways to soften a hardened heart, including remembering death, visiting graves, visiting the sick, repentance and reflecting on the Qur'an.

Shams-ud-Deen, in his book, discusses guidance for seeking forgiveness and spiritual healing from sins. It covers issues like the importance of supplication and its benefits. There is a need to rely on Allah's mercy, forgiveness, and generosity. The harmful effects and consequences of sins. Legal Islamic punishments for sinners. The importance of worshipping Allah alone and obeying His commands as the foundation of spiritual care and justice. The severity of polytheism is the greatest sin and act of injustice. The book offers a comprehensive guide for those seeking spiritual healing and forgiveness from sins, emphasizing the importance of relying on Allah's mercy and obedience to His commands. Summarily, from the above review of some existing literature related to the research topic that discusses spirituality, little has been done on its upliftment. Hence, this research emphasizes how to uplift spirituality in Islam and its impact.

RESEARCH METHOD

This study employs a qualitative approach with an analytical descriptive method to examine the data collected from the literature, as [Jacob \(2015\)](#) outlined. The researcher utilized multiple sources to find relevant literature, including books directly related to Islamic spirituality and its impacts on Muslim life, supporting books providing additional insights and information, peer-reviewed articles from academic journals and online materials from reputable Islamic sources. The researcher conducted a comprehensive search using keywords related to the research topic, including spirituality in Islam, Islamic spiritual upliftment, Islamic spirituality and well-being. The researcher applied the following inclusion criteria to select studies for this review: Studies published in English and studies focused on spirituality in Islam and its impacts, published between 2001 and 2023. The researcher collected data from the selected studies, focusing on relevant information related to the research objectives. The data included the perspectives and opinions of Islamic scholars and Muslim individuals, experiences and observations related to Islamic spiritual upliftment, reviews and conceptual models related to Islamic spirituality. The researcher applied existing literature, concepts, and frameworks to interpret and explain the findings. The data was analyzed using thematic analysis, and the results were presented in a narrative format. To ensure

the validity of the results, the researcher used triangulation by comparing the findings from different studies and data sources.

FINDINGS AND DISCUSSION

Spirituality aims to emulate the noble qualities of the Prophet Muhammad (SAW), accomplished through practices and principles inspired by his teachings and the Qur'an (Seyyed, 2008). This involves understanding the profound impact of *Tawhīd* (oneness with Allah) on human life, actions, and thoughts (Khalid, 2020), in order to uplift spirituality, one must eliminate spiritual ailments and soul diseases caused by the Devil's influence (Umar, 2021).

Islamic scholars have diagnosed soul diseases and provided some techniques that will assist in the eradication of soul diseases and uplift spirituality reference from verses of the Glorious Qur'an and the Sunnah of Prophet Muhammad (SAW); these techniques were discussed as follows:

Turning to Allah and Seeking for His Guidance and Assistance

The initial and essential step is to genuinely turn to Allah, humbly seeking His support and guidance in all aspects. Recognizing that true guidance can only come from Allah, one must surrender to His wisdom, acknowledging that His divine grace solely grants authentic spiritual upliftment and soul purification (Zarabozo, 2007). In accordance with the above, Allah (SWT) commanded the believers not to follow the footsteps of Shaytan. He says:

“O you who believe! Follow not the *Khutuwat* of Shaytan. And whosoever follows the footsteps of Shaytan, then, verily, he commands Al-Fahsha' and the evil deeds. And had it not been for the grace of Allah and His mercy on you, not one of you would ever have been pure from sins. But Allah purifies whom He wills, and Allah is All-Hearer, All-Knower.” (Qur'an 24:21)

Seeking and Praying to Him is one of the obligatory acts, a delightful one that pleases Allah. When one supplicates, he humbly acknowledges his limitations and recognizes Allah's limitless power to answer his calls and fulfil his own will. This act of supplication is, in itself, an act of worship that fosters spiritual upliftment. Thus, Prophet Muhammad (SAW) emphasized that "Supplication is the essence of worship" (Abu, 2007). In another place, the messenger of Allah said, "Whoever does not ask Allah, He is angry with him".

Throughout history, past nations of ancient people were destroyed due to their misdeeds and wrongdoings, serving as a reminder to seek forgiveness through supplication. By directly communicating with Allah through prayer, we can strengthen our spiritual bond with Him, seeking His mercy and forgiveness for our sins, which otherwise may incur His wrath (Mohd Amin et al., 2018).

Purification of One's Beliefs

A person's beliefs are the most important part of his being; they shape his actions. Authentic beliefs must be reflected in daily life, influencing thoughts and behaviours. For instance, a strong belief in the moral wrongness of cheating and stealing, coupled with accountability to Allah, will likely deter an individual from such actions. On the Day of Judgment, one's faith and beliefs will be the primary criteria for evaluation on the day of judgement. Without a genuine understanding of *Tawhīd*, all deeds will be rendered meaningless, emphasising the importance of purifying and aligning one's beliefs with divine guidance (Mohd Amin et al., 2018). In the Qur'an, Allah (SWT) said

“Say shall We tell you the greatest losers in respect of (their) deeds. Those whose efforts

have been wasted in this life while they thought that they were acquiring good by their deeds. They are those who deny the Ayat of their Lord and the meeting with Him. So, their works are in vain, and on the Day of Resurrection, we shall assign no weight for them. That shall be their recompense, Hell; because they disbelieved and took My Ayat and My Messengers for jest." (Qur'an 18: 103-6)

This refers to everyone who worships Allah in a way that is not acceptable, thinking that he is right in doing that and his deeds will be accepted, but he is mistaken, and his deeds will be rejected, and Allah will punish them (Safiur-Rahman, 2003). Thus, purification of one's belief and faith are the first step toward spiritual upliftment. In reality, it forms the final step in one's process of growth in faith and increases one's knowledge and certainty. If a person understands the articles of faith better and properly internalizes them, they become the foundation for his understanding of religious knowledge and the growth of his faith. Hence, the correct and true belief has a strong positive impact on all aspects of one's life and will contribute to the overall goal of purification of the soul. His beliefs become the basis for his actions and deeds; they will serve as the sources of his ethics and morals; they are the reasons he does what he does and refrains from what he refrains from (Zarabozo, 2007). *Aqidah* is a fundamental aspect of Islam that every Muslim must comprehend. It plays a crucial role in ensuring that Muslims remain steadfast in following the commands of Allah (Muhammad et al, 2021).

Repentance and Seeking of Forgiveness

Upliftment of spirituality needs sincere repentance. Anyone who has committed sin can ask forgiveness directly from Allah, that is why the word 'Allah is the Most Merciful' is repeated many times in the Qur'an, because "Allah loves those who constantly repent." (Qur'an 2: 222). A believer's heart and soul are purely cleansed, which helps in uplifting spirituality with constant repentance to Allah the Merciful. It is reported that the Prophet (SAW) seeks repentance from Allah 70 times daily. Therefore, to get the pleasure of Allah, who purifies hearts and souls from their diseases, one should always embark on repentance (Umar, 2021). In the Qur'an Allah (SWT) narrated that Prophet Nuh (A.S) told his people:

"I said: Seek your Lord's forgiveness, for He is truly Most Forgiving. He will shower you with abundant rain. And supply you with wealth and children, and give you gardens as well as rivers. What is the matter with you that you are not in awe of the Majesty of Allah? When He truly created you in stages of development." (Qur'an 71: 10-14)

This mean that, if Muslims repent and seek Allah's forgiveness, He will accept the repentance no matter the what the sin is, except associating partners to Him. Thereupon He will send them abundant rain, increase their wealth, more children and bless their gardens with various fruits (Safiur-Rahman, 2003). Therefore, to uplift spirituality one should repent and seek for Allah's forgiveness, there are three conditions of repentance these are: feeling deep remorse over what was done; having the sincere intention to never again return to the performing of that sin for the rest of one's life; and immediate abstinence from the sin if he was in the midst of committing it (Abdurrahman, 2004).

Remembrance of Allah

Another practice that is very much related to one's spiritual upliftment is a remembrance of Allah (*dhikrullah*). It is a repetition of uttering the names and attributes of Allah. Among famous

adhkar (plural of remembrance) are *Allahu Akbar* (Allah the Greatest), *Subhanallah* (praise be to Allah), *Alhamdulillah* (gratitude be to Allah), *Lā Ilāha Ilallah* (there is none worthy of worship but Allah) and other kinds provided in the Qur'an and Sunnah. Allah (SWT) called upon the believers to remember Allah much,

“O you who believe! Remember Allah with much remembrance. And glorify His praises morning and Asila. He is the one who sends Salah on you, and His angels too, so that He may bring you out from darkness into light. And He is Ever Most Merciful to the believers. Their greeting on the day they shall meet Him will be "Salam (Peace!)" And He has prepared for them a generous reward." (Qur'an 33:41-44)

Allah (SWT) exhorts His faithful servants to frequently remember Him, who has graciously bestowed upon them numerous blessings and favours. By doing so, they will reap a tremendous reward and attain a glorious destiny, as gratitude and remembrance of Allah's benevolence pave the way to spiritual upliftment and eternal bliss ([Safiur-Rahman, 2003](#)). It was reported that there was a time when one of the companions of the Prophet (SAW) said: 'O Messenger of Allah, the laws of Islam are too much for us; teach me something that I can adhere to' He said, "Keep your tongue moist with the remembrance of Allah, may He be exalted." ([Nasiruddin, 2007a](#)).

The proper remembrance of Allah is, beyond a doubt, one of the greatest and most important acts a person can perform to purify his soul; it attracts many rewards from Allah (SWT), wipes out sins and upgrades one's status in the side of Allah. One of the virtues of remembrance of Allah the Prophet (SAW) said, "whoever says: *Subhanal-lahi wabihamdih*. (Glorified is Allah, and praised is He.) one hundred times a day will have his sins forgiven, even if they are like the foam of the sea" ([Muhammad, 1997](#)).

Reciting Glorious Qur'an

In the recitation of the Qur'an, there is a reward of ten good deeds for each letter recited; to acquire this reward, individuals should mutter the letters of the Qur'an ([Abdulwahab & Ibrahim, 2023](#)). It is recommended that Muslims should not stay away from reading the Qur'an but should make it a daily routine to read the Qur'an. The Qur'an is the greatest form of remembrance of Allah (Dhikr). Reading the Qur'an connects a believer's heart with Allah and protects him from committing sin, which diseases the heart. The Qur'an lighten the hearts and purifies the souls from the filth of sins ([Umar, 2021](#)). Muslims are expected to have the ability to fully understand, retain, and apply the teachings of the Qur'an in their daily lives ([Sutiono & Syarifah, 2023](#)). In the Qur'an, Allah (SWT) says:

“Those who have believed and whose hearts find rest in the remembrance of Allah, verily, in the remembrance of Allah hearts find rest” (Qur'an 13: 28)

The hearts of the believers find comfort on the side of Allah, become tranquil when He is remembered and pleased to have Him as their Protector and Supporter ([Safiur-Rahman, 2003](#)). Heart is like a mirror, it became rusty but with remembrance of Allah Most High and the recitation of Qur'an. The heart will be polished. The proper remembrance of Allah is, beyond doubt, one of the greatest and most important acts a person can perform to uplift spirituality ([Umar, 2021](#)). The Qur'an was sent down by Allah (SWT) to Prophet Muhammad (SAW) as a guide to lead mankind away from misguidance and crookedness to guidance and the right way ([Safiur-Rahman, 2003](#)). Reciting the Qur'an is another form of remembrance of Allah, the Qur'an consists of stories of

previous people, set of general rules of life, advice, principles, and guidelines of living, one is recommended to read, understand, ponder, and think the messages that Allah conveyed in the Qur'an. The practice of thinking and understanding the Qur'anic verses is called *tafakkur* (meditation) and *tadabbur* (understanding). Practising Allah's remembrance and meditation on the ancient people mentioned in the Qur'an will improve one's knowledge and spiritual life (Mohd Amin et al., 2018).

Observance of Five Daily Prayers

The establishment of prayers is essential for the upliftment of spirituality (Zarabozo, 2007). The prophet (SAW) was asked: "which deed is the dearest to Allah?" He replied: "To offer prayers at their early stated fixed times..." (Muhammad, 1997). The observance of prayers prevents Muslims from committing sins and immoral deeds, as stated in the Qur'an. Allah says:

"...Verily, the prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater..." (Qur'an 29:45)

Genuine prayer must possess three essential qualities: sincerity (Ikhlas) for Allah's sake alone, fear of Allah's majesty, and remembrance of Allah through the recitation of the Qur'an, which contains guidance, commands and prohibitions (Safiur-Rahman, 2003). Zarabozo (2007) emphasizes other importance of prayers for the upliftment of spirituality include:

- a. It empowers believers by connecting them to the ultimate source of strength
- b. It is a joyous occasion and a chance for the soul to race at its journeys in this world
- c. When performed in the proper manner and time, it shapes character and behaviour, purifying the soul of its diseases
- d. The performance of five daily prayers wipes the sins a person commits, like a person who bathes five times daily will not have any filth on his body

According to Yusuf et al. (2022), Salah involves both spiritual and physical postures that are performed daily; each stage of Salah has its benefits. The repetitive movements and concentration on divine utterances. It provides an opportunity to supplicate and seek Allah's guidance, especially during prostration in voluntary night prayers. Prayer is a comprehensive means of spiritual growth, self-purification, and communion with Allah (Mohd Amin et al., 2018).

Truthfulness

Another technique that will help in spiritual upliftment is being truthful. Truthfulness is something which is to be cultivated till it becomes implanted in a person's soul and, therefore, reflected throughout the person's character. By practising truthfulness, a person betters himself; his life will be good, and he will be elevated to praiseworthy heights and raised in ranks in the sight of Allah as well as the people (Abroo, 2011). The Prophet Muhammad (SAW) said: "Hold on to truth, for being truthful leads to righteousness, and righteousness paves a person's way to Paradise. Verily, a man will keep telling the truth and striving for truth until he is written before Allah as very truthful (*Siddiq*). And beware of lying, for lying leads to vice, and vice leads to Hellfire; a man will keep lying and striving for falsehood until he is written before Allah as a great liar" (Muhammad, 1997).

It was also reported that Ali ibn Abi Talib mentioned the positive reciprocal effect of behaving truthfully with people in this worldly life: "Whoever does three things with regards to people, they will necessitate three things from him: whenever he speaks to them, he is truthful; whenever they entrust him with something he does not betray them; and whenever he promises

them something he fulfils it. If he does this, their hearts will love him; their tongues will praise him; and they will come to his aid" (Abroo, 2011). In the Qur'an, Allah (SWT) said:

"And whosoever obeys Allah and His Messenger, such will be in the company of those whom Allah has blessed: of the Prophets, the truthful ones (*Siddiqin*), the martyrs, and the righteous. And how excellent a company are such people!" (Qur'an 4:69)

From the above verse, it is clearly seen that in the Next Life (Hereafter), through Allah's Grace and Mercy, the obedient ones, the practitioners of truthfulness and others Allah will grant them dwelling in the residence of honour, a station in Paradise alongside those most fortunate of souls mentioned in the revelation (Abroo, 2011).

Trustworthiness

Cultivating trustworthiness is a powerful means to uplift spirituality. Trustworthiness encompasses integrity, moral excellence, and reliability, manifesting in honesty, fairness, punctuality, and faithful fulfillment of commitments, promises, and trusts. It encompasses all aspects of life, including moral, social, legal, and religious responsibilities. The Prophet Muhammad (SAW) epitomized trustworthiness, earning the title "Al-Amin" from the people of Makkah, who continued to entrust him with their valuable possessions even after he declared his Prophethood, despite considering him an enemy. By emulating his example, one can strengthen his spiritual foundation and character (Abroo, 2011). In the Qur'an Allah (SWT) said,

"Verily, Allah commands that you should render back the trusts to those, to whom they are due..." (Qur'an 4:58)

Allah mandates the return of trusts to their rightful owners, encompassing all responsibilities and obligations. This includes divine rights, such as performing prayers, paying Zakah, observing fasting, and fulfilling vows, as well as penalties for sins. Additionally, it covers interpersonal rights, like honoring commitments and entrusted responsibilities, whether formally documented or not. Allah's command emphasizes the importance of fulfilling all forms of trust and acknowledging the sacred nature of these obligations (Safiur-Rahman, 2003). Moreover, being truthful in promises and covenants is one of the characteristics by which the believers were praised by Allah (SWT) in the Qur'an and promised them Paradise; he said:

"Those who are faithfully true to their *Amanat* (trust) and to their covenants" (Qur'an 23:8)

Ibn Katheer commented that they are reliable and faithful when entrusted with a responsibility, honouring their commitments and keeping their promises (Safiur-Rahman, 2003), unlike hypocrites, who are known for lying, breaking promises, and betraying trust (Muhammad, 1997). As the Messenger of Allah said. The Prophet Muhammad (SAW) embodied the highest moral standards, repelling evil and promoting virtue. He lived a life of unwavering trustworthiness, no deceiving, lying, or slandering others. Even his enemies, who spoke ill of him, never accused him of dishonesty or untrustworthiness, a testament to his unshakeable character (Abroo, 2011).

Patience

Patience is a vital principle in Islamic spirituality, enabling individuals to resist and endure the temptations and flaws that arise from the soul's imbalances, desires, and weaknesses. It is a

quality of the soul that emerges from the courage to overcome the conflicting motives of religion and passion, allowing one to make righteous choices. Patience is essential at every stage of life as individuals continually grapple with the opposing forces of their lower selves and religious aspirations. Fortunately, patience can be cultivated and strengthened through practice, training, and habituation, leading to greater self-control and spiritual upliftment (Mohd Amin et al., 2018).

Patience and contentment are essential spiritual practices that cultivate a strong and resilient heart. Patience enables individuals to persist in their obligations and resist temptations, while contentment involves embracing life's circumstances with trust in Allah's wisdom and mercy (Zarabozo, 2007). Patience is a comprehensive virtue in Islam that encompasses perseverance, endurance, forbearance, diligence, and restraint. It is a characteristic of enlightenment that develops in the heart of a Muslim (Abroo, 2011). Abu Sa'eed Al-Khudri (R.A) reported that the Messenger of Allah (SAW) said: "... and he who remains patient, then Allah will bestow patience upon him, and he who is satisfied with what he has, Allah will make him self-sufficient. And no gift is better and more comprehensive (you may be given) than patience" (Muhammad, 1997). Above all, practising patience in all its forms is the sole means of perfecting our faith and ensuring our spiritual safety, both in this life and the next, thereby safeguarding us from loss and regret in both worlds. Allah said:

"By the time. Verily, mankind is at a loss. Except those who believe and perform righteous deeds and recommend one another to truth and recommend one another to patience. (Qur'an 103:1-3)

Therefore, patience is very important for our well-being in this life and in the Hereafter, so we should strive to develop patience within ourselves in all aspects. Everything Allah chooses for a person, either good or evil, is for his benefit (Abroo, 2011). Rewards of those who are patient will be given in full without reckoning. Allah says in the Qur'an,

"...only those who are patient shall receive their reward in full, without reckoning." (Qur'an 39:10)

Therefore, patience is a remarkable virtue, yielding a tremendous reward. Allah extols the patient, declaring in the Qur'an, "Indeed, Allah loves those who are patient" (Qur'an 3:146). Patience encompasses three dimensions: Patience in obedience means persevering through challenges while fulfilling Allah's commands, like waking up for Fajr prayers. Patience in affliction means enduring hardships, such as accidents or loss, with equanimity. Then, patience in refraining from sin means resisting temptations and desires that contradict Islamic values, like abstaining from music after learning it is prohibited (Safiur-Rahman, 2003).

Thankfulness

Thankfulness is equivalent to gratefulness, which means expressing appreciation to Allah for His blessings, favours, and provisions. This virtue is deeply connected to contentment with what Allah has bestowed upon a person. When believers practice thankfulness, they draw nearer to Allah, which is a fundamental aspect of spiritual upliftment. In essence, thankfulness is the core of faith (*Iman*); ungratefulness and disbelief are synonymous with the Arabic term *kufr* as described in the Qur'an (Khalid, 2020). Below is a verse of the Qur'an where a contrast is made between thankfulness and unthankful:

“If you are ungrateful (*Takfur-u*), indeed Allah has no need of you, though He does not approve ingratitude (*al-Kufr*) for His servants; and if you give thanks, He approves that for you. No bearer shall bear another’s burden; then to your Lord will be your return, whereas He will inform you concerning what you used to do. Indeed, He knows best what is in the breasts.” (Qur’an 39:07)

Thankfulness is a fundamental aspect of spirituality, closely tied to the essence of faith (*Iman*). Muslim scholars have extensively explored this concept, identifying three primary forms of thankfulness:

1. Inner thankfulness: acknowledging and recognizing Allah's blessings with a grateful heart.
2. Verbal thankfulness: expressing gratitude through words, proclaiming appreciation for divine favors.
3. Active thankfulness: demonstrating gratitude through actions, using one's abilities and faculties to perform good deeds and acts of worship, embodying thankfulness in everyday life (Khalid, 2020)

Humbleness

In Islamic spirituality, utmost humility is a vital concept that deepens our understanding of our need for Allah and cultivates total reliance on Him. We recognize that we are merely creations of Allah, entirely dependent on Him, and not independent in any way. All blessings and possessions are entrusted to us temporarily, and we will be held accountable on the Day of Judgment for how we utilize them. Ultimately, everything, including our very selves and all we possess, belongs to Allah, emphasizing our humble position and dependence on Him (Khalid, 2020). In the Qur’an, Allah (SWT) indicates that we are all needy, while He is self-sufficient. Allah says:

“O mankind! You are the ones who stand in need of Allah and Allah—He is the All-sufficient, the All-laudable.” (Qur’an 35:15)

Reflecting over our limitations and total dependence on Allah humbles us, leaving no room for pride or self-admiration. Everything we possess or control belongs to Allah; we are utterly needy, while Allah is the only One who is self-sufficient and independent. Yet, humans often forget this fundamental truth (Khalid, 2020).

The aforementioned virtues, advocated by scholars of Islamic spirituality, are highly commendable qualities designed to cultivate noble characteristics and restrain the soul's reprehensible traits. These essential principles of Islam are vital for the upliftment spirituality of a Muslim. By embracing and practising these qualities, along with other critical spiritual tools, Muslims can experience profound transformations in their lives, leading to significant positive impacts on their spiritual journey, personal development, and relationships with others.

Impacts of Spiritual Upliftment on the Life of Muslim

Islam offers a holistic approach to life, addressing both physical and spiritual needs. The Five Pillars of Islam serve as a foundation for building a strong spiritual bond with Allah. The Qur'an emphasizes the importance of spirituality, encouraging self-reflection, mindfulness, and contemplation to deepen our understanding of our purpose and relationship with the Creator. Spiritual growth has numerous benefits, including:

1. Stress relief: Spiritual practices like prayer and meditation bring inner peace and tranquillity, alleviating stress and anxiety.

2. Emotional well-being: Spirituality promotes forgiveness, gratitude, and compassion, leading to stronger relationships and greater life satisfaction.
3. Resilience: A strong spiritual foundation helps individuals cope with adversity, fostering meaning, purpose, and perseverance.
4. Personal growth: Pursuing spiritual growth encourages self-awareness, self-improvement, and better decision-making, leading to a more fulfilling life (Abdallah, 2023)
5. Spiritual Experience: Gratifying spiritual experiences can be attained, including the love of Allah, when a Muslim does well in fulfilling his obligations, and also carry out the supererogatory acts. The Prophet (SAW) said in a *hadith qudsi*:

Allah said, "I will declare war against those who show hostility to a pious worshipper (*Waliy*) of Mine. My servant does not draw closer to Me with anything more beloved to me than the religious duties I have imposed upon him. My servant continues to draw closer to Me with supererogatory good works until I love him. When I love him, I am his hearing with which he hears, his seeing with which he sees, his hand with which he strikes, and his foot with which he walks. If he asked me for something, I would surely give it to him. If he asked me for refuge, I would surely grant it to him" (Muhammad, 1997).

Based on this hadith, it is clear that when a person constantly does a great deal of good deeds, he or she will attain the benefits of having his or her limbs do the right things as Allah pleases. This is a sign of Allah's love towards His servants.

6. Sweetness of Faith: Experiencing the sweetness of faith that is deeply rooted in the love for Allah (SWT), the Prophet (SAW) said,

There are three things, whoever attains them will find therein the sweetness of faith: When Allah (SWT) and His Messenger (SAW) are dearer to him than anyone else; when he loves a person and only loves him for the sake of Allah, and when he hates to go back to disbelief as much as he would hate to be thrown into the fire (Nasiruddin, 2007b).

7. Divine pleasure: The goal of purification of the soul according to the Qur'an and the sunnah is to become as complete a servant of Allah as one can be. The better a man purifies his soul with a sense of responsibility, obedience, and humility, he will secure divine pleasure and be closer to the Creator (Mohd Amin et al., 2018). The efforts to attain the highest degree of spirituality and maintain a firm relationship with Allah (SWT) include purifying the soul, repentance, sincerity, and remembrance of Allah, among other virtuous qualities. These practices aim to achieve spiritual growth and deepen one's connection with the divine (Muneeb & Afroz, 2023).

The research paper explores the concept of Islamic spirituality, its techniques, and its impacts on the life of Muslims. Islamic spirituality is defined as the relationship between man and his soul and his relationship with the Creator and the universe. The paper highlights various techniques for spiritual upliftment, including turning to Allah, purification of beliefs, repentance, reciting the Qur'an, observing daily prayers, truthfulness, trustworthiness, patience, thankfulness, and humbleness.

The research findings indicate that spiritual upliftment has numerous impacts on the life of Muslims, including stress relief, emotional well-being, resilience, personal growth, spiritual experiences, sweetness of faith, and divine pleasure. The paper concludes that Islamic spiritual

upliftment is a transformative journey that shapes a Muslim's worldview, behavior, and interactions, inspiring them to strive for excellence in all aspects of life and contribute positively to society.

The paper also highlights the importance of Islamic teachings in guiding spiritual growth, including prayer, remembrance of Allah, and adherence to ethical conduct. The research emphasizes the role of Islamic spirituality in fostering a culture of responsibility, compassion, and social justice, and in cultivating individuals who embody spiritual experience, divine pleasure, and sweetness of faith. Overall, the research paper provides a comprehensive understanding of Islamic spirituality and its impacts on the life of Muslims, highlighting its significance in shaping a Muslim's relationship with Allah, themselves, and the world around them.

CONCLUSIONS

This study explores the upliftment of Islamic spirituality, encompassing various techniques like prayer, purification of beliefs, repentance, Quranic recitation, and daily prayers. It highlights the significance of Islamic spirituality in developing a deep understanding of one's purpose in life and relationship with the Creator, cultivating good character, and contributing to societal betterment. The research provides new insights into the comprehensive approach to Islamic spirituality, its impact on personal development, and the ultimate goals of attaining divine pleasure, faith sweetness, and a deeper connection with Allah, offering a fresh perspective on the topic.

LIMITATION & FURTHER RESEARCH

While this study provides new insights, it has limitations that highlight areas for future research. Firstly, it focuses exclusively on the impact of Islamic spirituality on Muslims, neglecting its effects on non-Muslims. Secondly, the research relies on a literature review without empirical data collection or experimentation. Additionally, the study does not address potential challenges or barriers to spiritual upliftment within Islamic spirituality, nor does it examine its impact on aspects such as mental health, relationships, or career development. Future research could investigate the influence of Islamic spirituality on Muslims in diverse cultural and socio-economic contexts, its effects on mental health and well-being, its relationship with social justice and community building, and its applications in fields like counseling, education, and healthcare.

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