

FRIDAY SPEECH SUMMARY

June 13, 2008

Speaker: Imam Mohamad Mwafak Algalaieni, PhD.

Subject: "Youth Energy"

Muslim youth are the hope of the Muslim society and our Muslim nation. They have a wide range of energy and it is our responsibility to direct this energy in a positive way to benefit the youth and the Muslim nation. That is why we will discuss the different types of energy so we can direct it to good use.

The main points of the speech are:

- Our youth have a lot of energy, if not directed in a positive way the results will be disastrous to them and the community.
- There are 4 types of energy: physical, intellectual, spiritual, and psychological energy.
 - Physical energy: The easiest to fulfill through physical activities such as sports and exercise.
 - Intellectual and Spiritual energy: Can be satisfied by learning Islamic literature and understanding the basic teachings of Islam. They are also fulfilled by studying the life of the Prophet and the meaning of the verses of Quran (especially the ones that were revealed in Mecca).
 - Psychological energy: Allah has created all mankind, each with a vast psychological energy which has to be released in a positive and constructive way. Love and hate energy for example, can be directed to loving worldly materialistic things such as money, fame, and food more than anything else. At the same time we would hate anything that restrains us from these worldly desires. Islam helped us to fulfill this energy by loving Allah and his messengers and hating the devil and all evil acts. Allah said in the Quran (Surah Al-Baqarah) [And of mankind are some who take others besides Allah as rivals to Allah. They love them as they love Allah. But those who believe love Allah more than anything else.] 002-165
- When the hearts of our youth are filled with unlimited love for Allah and his messenger, this will Inshaa Allah help them make the right decisions and help them avoid bad behavior.
- What should youth expect when they love Allah and become worthy of his mercy and love?
 - The Prophet Mohammed (P.B.U.H) told us about Allah: he said [When my servants seek my favor through voluntary act, I start loving him and when I love him I become his ear with which he hears, and his eyes with which he sees, and his hand with which he grasps, and his foot with which he walks, and when he requests anything from me I grant it to him, and when he seeks protection I give him protection.] Narrated by Bukhari.