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11498 - Warding Off Thoughts of Zina

the question

What should you do if you find yourself thinking about zina (fornication/adultery)?

Detailed answer

Praise be to Allah.

Thinking about zinaa may mean one of two things.

- (1)It may be merely thoughts that cross the mind, without becoming a firm resolve. A person cannot be blamed for this, but it is better to rid oneself of these thoughts so that they do not lead to anything else.
- (2)It may be an established thought accompanied by resolve and intention. In this case, the person must hasten to deal with it in a number of ways, including the following:
- 1-Seriously thinking of getting married, because this is the shar'i (legal Islamic) and natural protection for the Muslim man and woman.
- 2-Fasting if one cannot get married.
- 3-Muslim men and women should strive to strengthen their eemaan (faith) by reading Qur'aan, praying naafil (voluntary) prayers and doing other kinds of acts of worship.
- 4-Taking care to choose righteous friends.
- 5-Keeping away from everything that might provoke desire; one of the most obvious of these is looking at things which are haram (impermissible).
- 6-Remembering the punishment for zinaa in this world and in the Hereafter, and that its evil affects far outweigh the immediate pleasure that a person may experience.