

# 3 Steps Toward Building an Ideal Marriage in Islam



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# Introduction



Almost everyone agrees that marriage is one of the vital phases of our lives in many ways. In Islam, marriage paves the way toward complementing our faith. But, how is this possible? Are there any criteria for choosing the most suitable spouse in Islam?

Is marriage in itself important or is it on us to make this bond as fruitful and beneficial as possible? What are the prerequisites for a successful marriage in Islam? These are some of the questions that will be answered in what follows.

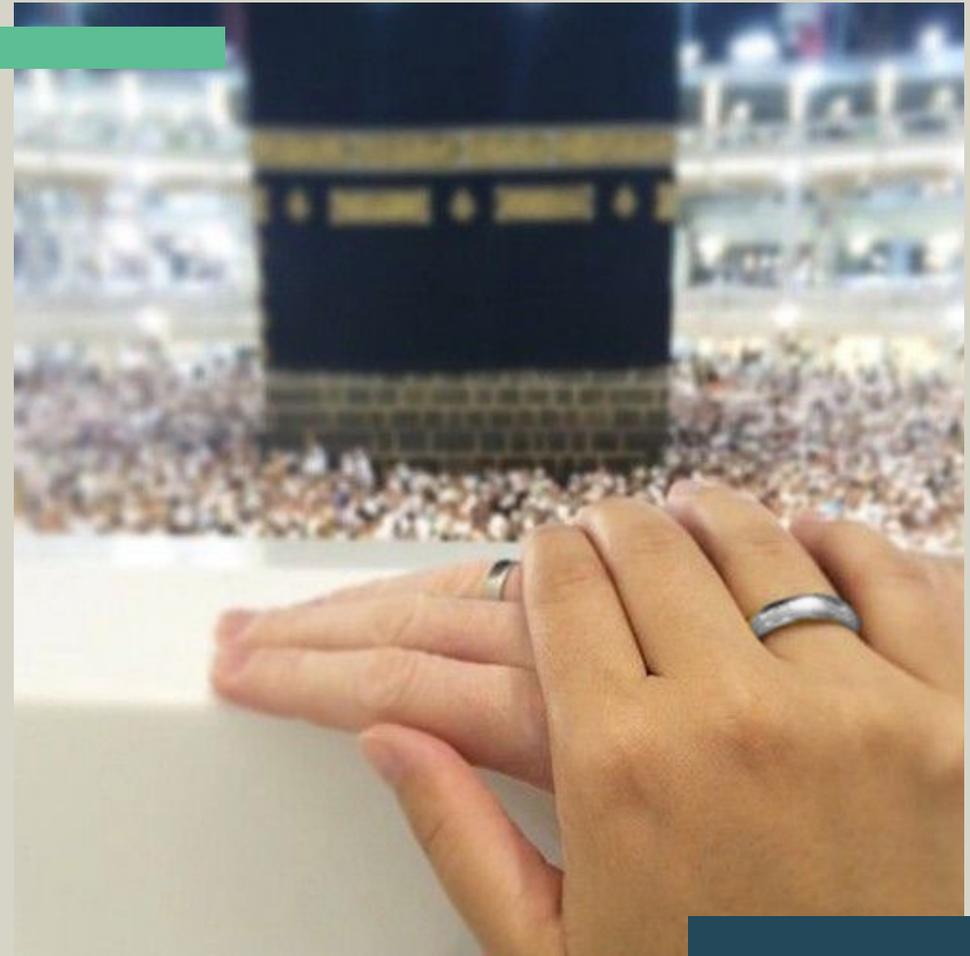


# 1. Be Careful with Whom You Want to Marry

Your freedom in choosing your future spouse is undeniable. Nevertheless, this freedom should be accompanied by careful investigation and foresight to result in an ideal marriage. Islam gives us some criteria that would help us in finding our most desirable mate:

- **Having faith and piety**

According to Islam, the first criterion of the most eligible person to marry is having faith and being pious; In other words, the candidate should have a firm belief in [Allah](#) and the [principles of Islam](#). This characteristic is so important that without it no other criteria is worthy of attention.



If a person believes in God and whatever He commands him/her to do, consequently he/she will not be seduced by temptations of Satan,



will be totally devoted to his/her own family and observant of his/her behavior towards them and will treat his/her spouse and the whole family fairly.

## ● Morality

Another important feature in evaluating the suitable person for marriage is being good-tempered and following the codes of morality in his/her behavior. This characteristic has been defined as “being modest, well-spoken and good-natured” [1] by Imam Sadeq (AS). Nevertheless,

acting morally is not only restricted to being good-tempered but includes honesty, chastity, using decent language, forbearance, politeness, contentment, benevolence, faithfulness, and generosity as well. The presence of morality in one’s behavior is so vital that when Imam Reza (AS) was asked of his advice in marrying a person who was famous for being ill-natured, he strongly disagreed [2].

## ● The Nobility of The Family

It is stressed in the religion of Islam that one should choose her/his spouse from a decent and noble family. Family nobility does not mean



fame, wealth, or social status; rather it means modesty, chastity, purity, and religiousness, which will be all passed on to the next generations. The Messenger of Allah (PBUH) has said in this regard: "Marry in the lap of a decent family, since the semen and the genes will be affected." [3]. He has also said to avoid the greenery (herbs) growing over a sewer (cesspool); i.e., a beautiful woman born and raised in an indecent family [4].



## ● Compatibility

Islam also lays special emphasis on compatibility in marriage. The marrying partners must be Kufw of each other; i.e., they should be equal and close to one another in terms of religiosity and morality, as well as social, financial and also physical aspects. Spouses in the Quran are likened to clothing: "*They are clothing for you and you are clothing for them*" (2:187). Just like clothes that should be of the right size, color and material to suit you well, your spouse has to be a suitable match for you. But do not forget that in Islamic view, the main point of similarity is in the couple's belief and faith. Prophet Muhammad (PBUH) has said: "a faithful man is suitable for a faithful woman and a Muslim man is good for a Muslim woman" [5].

Someone who is inferior in faith to you may degrade your belief as well. Marriage is a means of elevation of the soul, so if it results in the opposite way the whole purpose of this holy union will be wasted.



we are advised by him to reject the proposal of a person who is accustomed to drinking alcohol for its detrimental effects on the body and soul.

It is noteworthy that there are other features for choosing the right person to marry like financial matters, age difference, racial differences, etc. Though there are a lot of psychological and religious advice on these issues as well, they are not of much importance in Islam as long as the girl and the boy are Muslims and have taken the five above-mentioned significant aspects into consideration.

## ● Physical and Mental Health

Although health problems do not preclude marriage, they have negative effects on the continuation of married life. There are various narrations in the Islamic teachings on the importance of marrying someone healthy and of sane state of mind: “when you intend to marry a woman, ask about her physical characteristics, since this will create a bond of affection and love between you and your spouse” Prophet Muhammad (PBUH) [6]. It has also been narrated from him that “Avoid marrying a stupid person, since her/his company is a woe” [7]. Moreover,



## 2. Feel the Importance of Marriage in Your Life

According to a narration from Prophet Muhammad (PBUH), marriage in Islam is considered as half of a Muslim's religion: "One who marries has already fulfilled half of his religion, therefore he should fear Allah for the other half" [8]. What do you think the reason is? What are the important benefits to which marriage is linked?

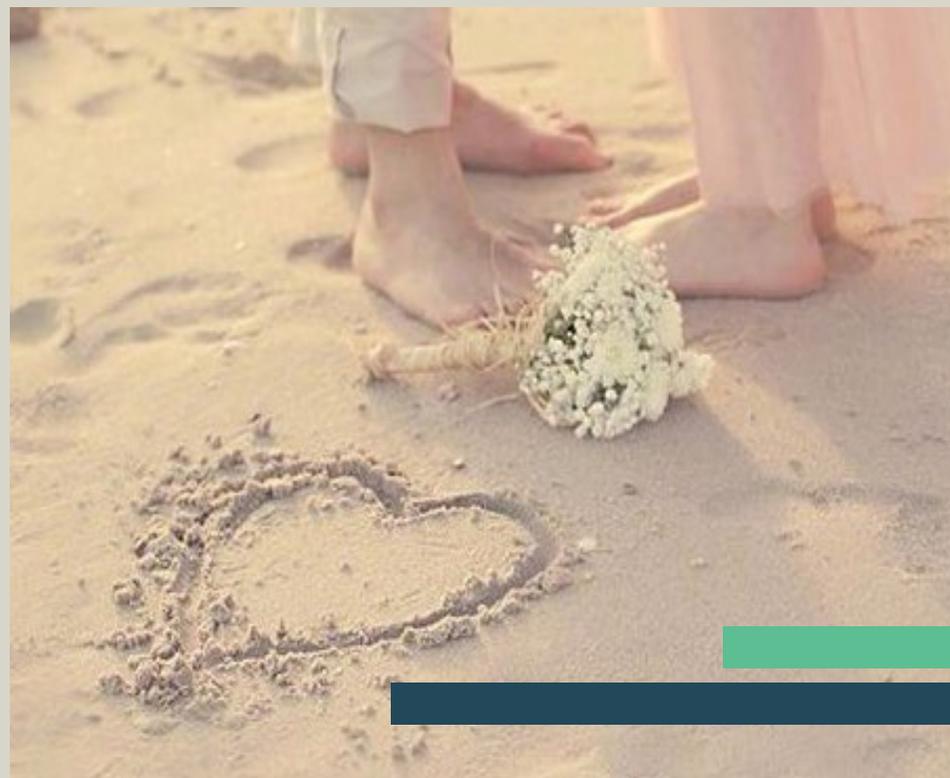


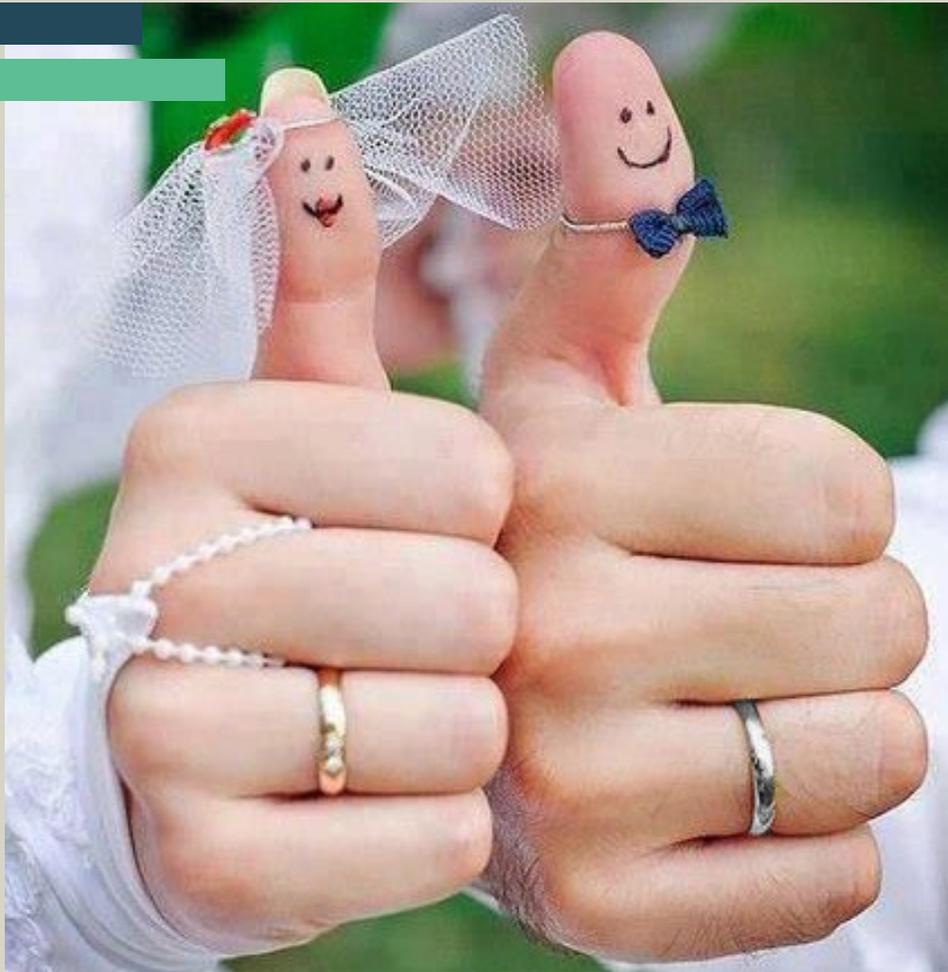
Looking into it from different aspects, one might find various reasons for getting married, like money, popularity, religion, beauty, etc. But the religion of Islam focuses on the more

spiritual aspect of this holy covenant, i.e., peace, security, and affection. The Following are the most important benefits of getting married:

### ● Receiving Support and Affection

According to Quran, marriage in Islam, in the most suitable way, is the source of emotional comfort to us. Quran also says: *"It is He (God) who created you from a single soul, and made from it its mate, that he might find comfort with her"* (7:189).





When you get married, the first thing you promise your spouse is to care for her/him, to meet his/her emotional needs. That is what makes you fall in love with your life companion and lets the two of you experience love, affection, mutual understanding, peace of mind, and happiness.

## ● Fulfillment of the Physical (Sexual) Needs

Everyone feels the urge to have a partner for fulfilling their sexual needs in a safe and serene environment, which will help them grow and reach high levels of perfection and satisfaction. Abstaining from marriage often results in physical and mental disorders. Doctors from Georgia State University in a study published in 2001 found that those who choose to be celibate are frequently afflicted with feelings of anger, frustration, self-doubt and even depression [9]. The religion of Islam not only recognizes the sexual needs of human but also strongly recommends marriage as the only legal way of fulfilling this desire.

## ● Having a Better Social Status

Human beings are social creatures, who like all other beings, have urges which lead to starting a family of their own and reproduction. In this regard, Quran says: "*The originator of the heavens and the earth, He made for you mates from your*

*own selves, and mates of the cattle, by which means He multiplies you..." (42:11).*



Based on this verse, Children are the results of marriage in Islam that make the procreation of humankind continue. They also play an important role in stabilizing the family foundations. Islam gives a great deal of emphasis to both marriage and bringing up faithful and virtuous children since they are considered as building blocks of a healthy society

Apart from that, marriage shields the whole society as well as every single individual from lots of evil deeds. It has been narrated from Prophet Muhammad that, when a person gets married at a young age, Satan will become angry since she/he has guarded two-third of his/her religion against him [10]. Married people are less involved in socially destructive acts like any extramarital affairs.

### ● **Becoming a Better Version of Ourselves**

From the Islamic perspective, marriage is not merely a means of legalizing sexual relations. In fact, it unites the existence of the man and woman

as a couple, brings them together and makes them complementary to each other. The peaceful and secure environment that the husband and wife live in is the best place to practice self-control, selflessness, and self-purification. Pious couples always invite one another to goodness.

They are also a source of encouragement in preventing each other from committing sins, and performing the obligatory acts of worship, which eventually makes them have a respectable and honest life forever.



It has been narrated that once the Prophet (PBUH) went to Imam Ali (AS)'s and [Lady Fatimah \(AS\)](#)'s house after their wedding. He asked Imam Ali (AS) how he found his spouse. Imam replied: "I found Zahra (AS) as the best help in worshipping the Almighty Allah." The Prophet (PBUH) then asked Fatimah al-Zahra (AS) the same question, and she replied: "He is the best husband" [10].

We learn from this narration that one of the main purposes of marriage is actually what Imam Ali (AS) has mentioned, i.e., serving Allah. When a man and a woman get married, the two become one. The bond between them mirrors the unconditional love between The Creator and us, and this is the ultimate experience a true believer always seeks to have.



## 3. Realize Your Responsibilities in Marriage

### ● Be Kind and Affectionate

The very first duty that has been defined for husbands and wives mutually is affability in behavior [11]. In other words, they should act in a kind and respectful manner toward each other, speaking with dignity and affection, understanding each other's needs and feelings, being ready to comfort one another in times of hardship and sharing their joy in times of happiness.

Also, they should consult in their affairs with each other and respect one another's views and decisions. Furthermore, honesty and faithfulness are among the most important characteristics that both husbands and wives should observe in their married life. They should try to be as open as possible to one another and avoid hiding things from each other. Otherwise, there may arise



a feeling of suspicion and insecurity between them.

### ● Cooperate in Family Affairs

Despite many misunderstandings, Islam does not consider housework the responsibility of women and condemns the men who force their wives to do so. On the contrary, Islam obliges both husbands and wives to participate in this task and help one another in doing it, rather than leaving the whole burden on the shoulder of one person only [i] [12].

They should also both cooperate in upbringing their children and reach unity in their behavior and speech toward them so that the feeling of harmony and comfort will spread in the family.

## ● Be Careful with Your Appearance

For husbands and wives to be always attracted to one another in an Islamic family, both of them should appear as clean and beautiful as possible in front of each other [14] & [13]. For instance, they should wear the best clothes they have got, wear perfume, adorn their hair, etc. As a result, the love between them will increase, and they will feel more secure. Also, when the need for physical attraction is satisfied in the private environment of married life, neither husband nor wife will feel the desire and urge to satisfy this need in other unlawful ways.



### Notes:

[i]. Whenever Imam Ali (AS) found a chance and was free, would come and help his wife Fatimah (AS) in the housework. One day Prophet Muhammad came to their house and saw they were working together and asked: "which one of you are more tired so that I take his/her place?", Imam Ali (AS) answered: "Fatimah is more tired." Our kind prophet gave Fatima rest and continued her work himself [13].

### References:

- [1]. Usul Al-Kafi , v. 2, p.563
- [2]. Wasa'il ul-Shi'a, v. 14, p.54
- [3]. Makarem ul Akhlaq, v. 1, p. 432
- [4]. Al-Kafi, v. 5, p. 332
- [5]. Wasa'il ul-Shi'a, Vol. 14 , p.44
- [6]. Shaikh al-Hur al-Aamili, Wasa'il ul-Shi'a, chapter 35
- [7]. Al-Jafariat, p. 92
- [8] Wasa'il ul-Shi'a, Vol. 14, p 5.
- [9] <http://www.webmd.com>
- [10] Navader (Ravandi), p 12.
- [11] Quran (4:19)
- [12] MirzaHossein Noori, Mustadrak al-Vasael, V.13, P.48.
- [13] Morteza Motahari, Dastan-e- Rastan, V.2, P.252.
- [14] Shaikh al-Hur al-Aamili, Wasail al-shiah, V.20, P.158.

# The Last word



Finally, for a marriage to be successful and healthy and form the recommended Islamic family, both husbands and wives should attempt to do whatever is best to save this holy bond. For sure, this is not an easy job; it takes self-sacrifice, patience, hope, and optimism. You may sometimes feel tired, disappointed and hopeless but at the end of the day, when you look at your spouse, feel the love in him/her and think about the beautiful life that you can build with him/her, you will be surely willing to pay any expense to make this come true.



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