



TARBIYYAT PACK

DIGITAL DISCIPLINE &  
PROTECTING THE HART

# Digital Discipline & Purification of the Heart

## September Tarbiyyat Pack

Using the blessings of modern technology  
with purpose and restraint



**TECHNOLOGY**

Power with Purpose.



**FAITH**

Guided by Taqwa.



**PURPOSE**

Intent in Every Click.



**PURIFICATION**

A Heart Connected to Allah.



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# The Questions of Our Generation



These questions have been raised in  
**Mulaqats with Hazrat Khalifatul Masih V (aba).**



How best can  
we utilise social  
media platforms  
for our **Tabligh**?



How could one avoid  
the **pitfalls** of social  
media in the current  
day and age?



How can we  
**safeguard**  
ourselves from  
the negative  
impacts of social  
media?



What is **Huzoor's**  
**guidance** regarding  
using social media?



How can young  
people be  
**safeguarded** from  
the ills of social  
media?



What is the role of  
**Artificial Intelligence**  
in line with Islamic  
teachings?



Is artificial  
intelligence **good**  
and should we **use**  
**it**?







# Technology Is Powerful But It Is Not Our Purpose

“Allah the Almighty has bestowed a huge favor on man that He exalted him above all other creations and granted him a mind that allows him to subjugate other living beings and things created by God, and take maximum advantage of those.

Each day the human mind is using this faculty to bring forth the latest innovations “



**Technology  
is a means.  
Allah is the  
destination.**



“

And I have not  
created the Jinn  
and the men but  
that they may  
worship Me

”

The Holy Qur'an, 51:57



**Is technological progress itself the  
objective of life?**

“Young men of today who are **not drawn to religion** and are **engrossed in the world** think that these latest inventions, such as **television and the Internet**, are the **real means to progress**. This is an **extremely erroneous concept**.”

“

Friday Sermon delivered 15 January 2010  
Baitul Futuh Mosque, London





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# A Blessing Or a Distraction

Social media and modern technology are not inherently evil. The same television, Internet, smartphone, AI and social media can either strengthen or weaken faith depending on how they are used.

## USED WELL



MTA



Friday Sermons



Holy Qur'an



Knowledge



Family  
Connection



Tabligh



Service



Education



## USED POORLY



Missed Salat



Loss of sleep



Indecent content



Gossip



Comparison



Arguments



Addiction



Wasted Time

Staying awake late on the Internet, even viewing something permissible, can become spiritually harmful when it causes Fajr to be missed. Protect your sleep, protect your Salat, protect your connection with Allah.





# The Feeds Eventually Reach the Heart

What we expose our eyes and minds to doesn't stay outside it travels inward. Small choices, repeated often, reshape our thoughts, feelings and heart.

## Habits Develop Gradually

The journey away from Allah rarely happens in an instant. It usually follows a pattern:



The goal is not simply to avoid obvious sin, but to recognise the steps that slowly move the heart away from Allah.

"Follow not the footsteps of Satan...."

Qur'an 24:22

## Reflection

Take a moment to reflect honestly.

## Protect Your Heart with These Practices



### Istighfar

Turn back to Allah often. Istighfar cleanses the heart and removes rust.



### Prayer

Regular prayer anchors us to Allah and brings peace when the heart feels restless.



### Self-awareness

Check your motives and feelings. What enters your mind shapes your heart.



### Boundaries

Set clear limits for screen time, apps and content. Protect your attention.



### Removing temptation

Delete, block and unfollow what pulls you away. Make it easier to stay close to Allah.



### Replacing harmful habits with beneficial ones

Fill your feed and your time with Qur'an, knowledge, good company and service.

- Where am I in this pattern?
- What steps can I take today to protect my heart?
- Which practice will I start or strengthen?
- How can I fill my feed and time with what brings me closer to Allah?



# Ghadh-e-Basar

## The Jihad of the Self

Ghadh-e-Basar (lowering the gaze) is not only about the eyes in the physical world. It also includes what we see and hear in the digital world.



Protecting chastity applies to the **eyes and ears** as well as physical actions.

In the digital age, lowering the gaze includes:



Scrolling away



Unfollowing



Blocking inappropriate content



Avoiding pornography



Controlling curiosity



Avoiding inappropriate online relationships



QUR'AN 24:31

قُلْ لِلْمُؤْمِنِينَ يَغُضُّوا مِنْ  
أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ

Say to the believing men that they restrain their eyes and guard their private parts



## The screen does not cancel the command to lower the gaze.



Guidance of  
Hazrat Khalifatul Masih V (aba)

Huzoor (aba) has consistently drawn the attention of Khuddam towards the **evils of immoral content**, the limits of free mixing online, and the importance of purifying our gaze and our hearts. Huzoor (aba) urges us to build strong filters through **taqwa, prayer, and righteous company**.



Guidance of  
The Promised Messiah (as)

The Promised Messiah (as) taught that true **chastity is a spiritual quality**. He drew our attention to the purity of thoughts, the guarding of the gaze, and the company of the righteous as means to **protect the soul** from sin and to draw nearer to Allah the Exalted.





# Your Character Does Not Change When You Go Online

Islamic teachings guide us in every part of life including online. The screen may change, but our responsibility does not.



**Digital behaviour  
is still behaviour  
before Allah.**

There should be no difference between the morals we demonstrate in the physical and digital worlds.



## ✦ LIVE THESE PRINCIPLES ONLINE ✦



### **Speak respectfully**

Use kind words. Avoid harsh, rude or sarcastic language.



### **Protect privacy**

Respect others' personal information and boundaries.



### **Do not expose people**

Do not share private content or personal matters.



### **Avoid gossip**

Do not speak about others in their absence, online or offline.



### **Do not forward unverified information**

Check before you share.  
Think: Is it true? Is it necessary?



### **Do not argue with abuse**

Do not respond to provocation or abusive behaviour.



### **Do not impersonate official Jama'at accounts**

Only verified accounts should speak on behalf of Jama'at.



### **Do not use official Jama'at logos**

Use Jama'at logos only with permission and the correct purpose.



"Indeed, among the excellence of a person's Islam is his leaving what does not concern him."  
**Jami' al-Tirmidhi 2317**



"The best among you are those who have the best manners and character."  
**Sahih al-Bukhari**



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# Modern Technology Can Become a Servant of Faith

The principle has remained the same  
while the tools have changed.



QUR'AN 77:4

And by the forces that  
spread the truth, a good  
spreading



QUR'AN 81:11

And when books  
are spread abroad



Modern communications allow the  
Qur'an, the books of the Promised  
Messiah (as), sermons and Islamic  
literature to **travel around the  
world almost instantaneously.**

"It is a **favor of Allah the Exalted** that  
he has provided **these latest  
inventions** in this time. By making  
these available, the work of **preaching**  
has been **made easier**. We should try  
to **appropriately use these**"

Hazrat Khalifatul Masih V (aba)  
Friday Sermon, 15 October 2010.



Let us use every blessing of this age to spread the message  
of truth, with wisdom, sincerity and in the service of Allah.





# The Message Will Spread Like Lightning

The Promised Messiah (as) lived in an age of remarkable change. He recognised the unprecedented developments in communications and transport as signs of Allah's benevolence and wisdom and means created for the spread of truth.

He saw in the railways, telegraph, steamships, improved postal services and easier travel a clear fulfilment of the divine promise that his message would reach every land. What once took months or years could now be conveyed in days or even moments.

The Promised Messiah (as) understood that these marvels of his age were not merely human achievements; they were divine instruments placed at humanity's disposal so that spiritual light could travel farther and faster than ever before.

Today, these means have advanced beyond imagination from satellites and smartphones to live streaming and global networks. The tools have changed, but the purpose remains the same: to carry the message of Islam Ahmadiyyat to every heart and every home.

“

**“God has Himself provided the means for fulfilling His prophecy that the message of the Messiah will spread in the world like lightning and will encompass all four corners of the earth like the light from a tower.”**



**Hazrat Mirza Ghulam Ahmad,  
*The British Government and Jihad*, pp. 18.**







# One Sermon Heard Across the World

When the loudspeaker was first installed in Masjid Aqsa, Qadian, Hazrat Musleh-e-Maud (ra) envisioned a future in which one person could speak from Qadian and people across the world could simultaneously listen.

“

**That day is nigh, when an individual will be able to lecture and teach from one place, captivating the entire world in the process.**

”

He envisaged a sermon delivered in Qadian being heard in Java, (Island of Indonesia) America, England, France, Germany, Australia, Arabia, Egypt, Iran and other countries through wireless radio.

Today, his vision continues to unfold. From radio waves that once crossed oceans, to satellites that orbit the earth, to digital platforms that stream to millions the message of truth and guidance reaches hearts in every corner of the globe.



Friday Sermon, 7 January  
1938, Khutbat-e-Mahmud,  
Vol. 19, p.2;







# Jalsa Salana UK

## From One Jalsa Ground to the Whole World

**Jalsa Salana UK takes place in one physical location, yet its audience is no longer limited by geography.**

What once could only have been witnessed by someone able to travel to the Jalsa can now be seen from villages, homes, mosques and mobile devices thousands of miles away.

The addresses of the Khalifa, the International Bai'at, Qur'anic recitation, speeches and the atmosphere of brotherhood are able to cross borders almost instantly.

This is precisely the positive potential of modern technology: distance no longer has to prevent a person from encountering the message of Islam.

A satellite does not know what message it carries. A camera does not know what it records. The Internet does not determine what we watch.

But when these technologies are placed in the service of faith, a gathering in the United Kingdom can become a means of Tarbiyyat, Tabligh and spiritual awakening across the world.



**What do our viewing  
habits say about what we value?**





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# A Screen Can Become a Doorway to Faith

George is a teacher by profession and a Christian pastor living in Taintafor village in Sierra Leone. He was not an Ahmadi Muslim, but during Jalsa Salana UK 2026, he spent three days watching the proceedings.

What struck him most was not simply the scale of the gathering, but the spirit he witnessed amongst Ahmadi Muslims their love for Khilafat, peace, loyalty, mutual respect and concern for humanity.

He explained that the speeches seemed to him to be beyond the ability of an ordinary person, and that he found himself listening carefully to every word and every sentence.

Reflecting afterwards, he said:

"I now understand why the Ahmadiyya Muslim Jama'at is spreading so rapidly throughout the world."

Pastor George's experience is another reminder of what modern technology can make possible. The technology carried the broadcast, but it was the message that reached the heart.

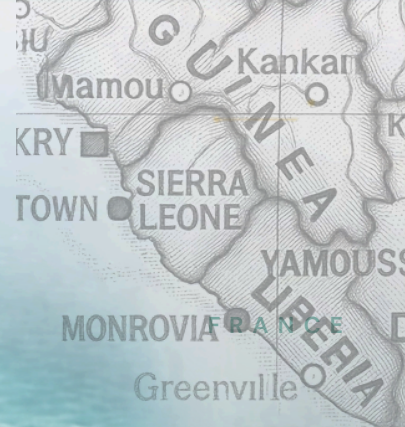
Hazrat Khalifatul Masih V(aba)

Friday Sermon 31st July 2026

## LESSON

**Technology itself is neutral.**

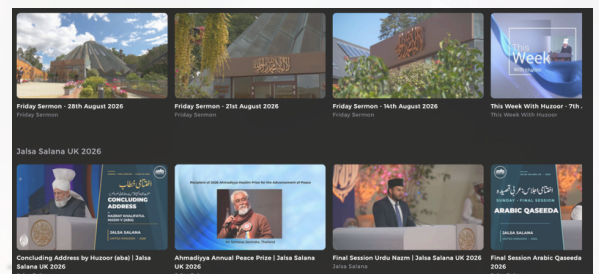
The same screen that can distract the heart can also introduce someone to Allah, Islam and the Imam of the age.



What is Ahmadiyyat?



## Jama'at Programmes







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# Knowledge No Longer Has Borders

The mission of the Promised Messiah (as) has always used the written word to convey divine guidance, remove doubts and illuminate hearts. From the earliest days in Qadian to the digital age, the written word has been a powerful means of tabligh and tarbiyyat.

This legacy continues today carried forward through trusted publications and platforms that reach seekers in every corner of the world. Among these are:



**The Review of Religion**



**Ruhani Khaza'in**



**Translated Jama'at literature**



**Alislam.org**



**Audiobooks**



**Searchable digital archives**

The Review of Religions, founded by the Promised Messiah (as) in 1902, later expanded through print, websites, social media, YouTube and exhibitions, reaching more than a million people through these platforms.

Hazrat Khalifatul Masih V (aba),  
Address at Jalsa Salana UK,  
13 August 2016



## DIGITAL ARCHIVE

Search the archives...



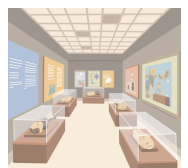
Articles



Books



Speeches



Exhibitions



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# The Spiritual Treasures of the Promised Messiah (as) Searchable Worldwide

The Promised Messiah (as) left behind a vast treasure of divine wisdom in the form of books, pamphlets, letters and discourses. To ensure these timeless teachings reach every corner of the world, **Alislam** digitised and preserved this these with care and dedication.

Today, these works are available online, beautifully presented, fully searchable and accessible to all — **at the push of a button.**



Technology is a means of goodness when used to connect with truth, seek knowledge and serve humanity.



How technology helps us to:



Research Islamic teachings



Read Jama'at literature



Listen to the Holy Qur'an



Access to sermons



Learn about Ahmadyyat



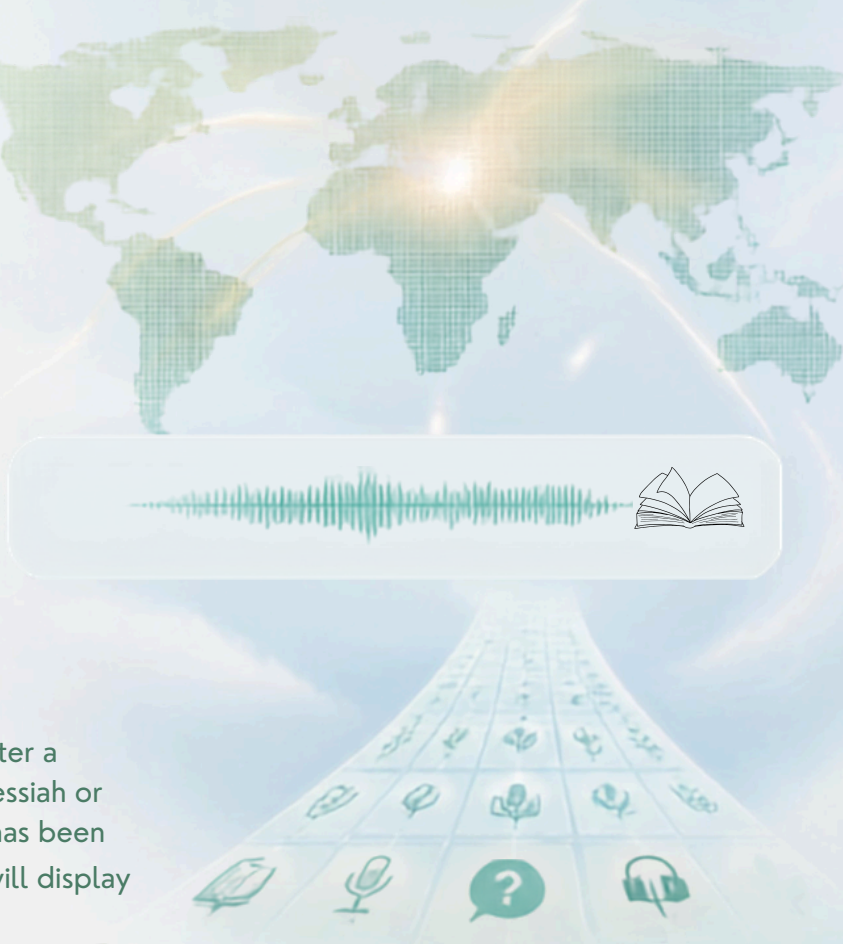
Answer questions



Gain Knowledge

“If you want to find something and you enter a word, for example, Allah or Jesus the Messiah or Muhammad(sa) then, wherever this word has been used in the volumes of 'Ruhani Khaza'in will display in the form of name and reference”

Friday Sermon 31 December 2010  
Baitul Futuh Mosque, London.







# Artificial Intelligence

## Benefit with Responsibility

Artificial Intelligence is a powerful tool that can support learning, service and positive impact. Used wisely, It can save time, open doors to knowledge and help us serve humanity better.

### AI CAN ASSIST WITH



Organising knowledge



Searching information



Translation



Accessibility



Research



Summarisation



Educational tools



Productivity



An Ahmadi should not surrender judgement to technology.

AI should assist the human mind, not replace:



Verification



Sincerity



Scholarship



Prayer



Responsibility



Moral judgement



### DISCUSS TOGETHER



What is the role of Artificial Intelligence in line with Islamic teachings?



Is artificial intelligence good and should we use it?



What is Huzoor's perspective on robotics and AI?





# What Is My Technology Doing to My Heart?



This is your **personal digital audit**.

Take time to reflect honestly. Awareness is the first step to change. Use this space to evaluate how technology is shaping your heart, your energy, and your connection.

1



Does what I consume online weaken or strengthen my trust in Allah?

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2



Which apps or content distract my spiritual focus?

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3



What am I trying to run from (not chase)?

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4



Which apps/scrolls influence my moods?

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5



Do I seek online approval?

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6



Do I use technology for Tabligh Efforts?

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7



How often do I speak ill/fitnah?

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8



When did I last ask Allah to increase my knowledge and understanding?

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9



Have I ever forwarded anything without verifying authenticity?

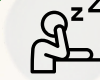
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10



Am I constantly checking my phone because I crave stimulation?

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My permanent digital change from this month will be:

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# Four Weeks to Reset Your Digital Life

A practical pathway from awareness to purposeful technology.

## 01 WEEK 1 — NOTICE

- Review screen time
- Identify triggers
- Identify the apps consuming most attention

## 02 WEEK 2 — GUARD

- Protect Salat
- Lower the gaze
- Introduce app limits
- Reduce harmful content

## 03 WEEK 3 — REPLACE

- Qur'an
- MTA
- Books
- Exercise
- Family
- Service

## 04 WEEK 4 — USE IT FOR GOOD

- Share beneficial content
- Introduce someone to MTA
- share a sermon
- Learn something on Alislam
- Use technology for Tabligh or Tarbiyyat

*Small choices, repeated with sincerity, become a life of purpose.*





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# The Technology of the Age In the Service of Allah



RAILWAYS



PRINTING



TELEGRAPH



RADIO



TELEVISION



SATELLITES



INTERNET



SOCIAL  
MEDIA



AI

Railways, printing, telegraph, radio, television, satellites, the Internet, social media and now AI have transformed the speed at which ideas travel.

For an Ahmadi Muslim, this should not simply mean more entertainment, more consumption or more distraction.



These tools can help fulfil an extraordinary purpose, to spread the message of Islam, strengthen our connection with Khilafat, increase religious knowledge, serve humanity and bring people closer to Allah.

But this is only possible if the person holding the technology remains spiritually in control.

**Let technology advance.**  
**Let the message spread.**  
**But let the heart remain with Allah.**



May Allah enable us to increase our capabilities to gain knowledge, do tabligh (propagation) and tarbiyyat (reformation) through maximum utilization of the latest inventions. May we excel in service and become Sultan Naseera [strong helpers] of the Khalifa of the time and the proud progeny of Islam Ahmadiyyat. Ameen.