



Backbiting

SOCIAL ISLAM

LEVEL 1

الغيبة

Objectives >>>

Students should:

- Understand what it means to backbite
- Be able to recognise backbiting
- Understand that backbiting is forbidden in Islam
- Know basic tips on avoiding backbiting

Backbiting



WHAT IS BACKBITING?

Backbiting is when a person talks about someone when they are not there. When we talk about people behind their backs it hurts their feelings and this can break up friendships and make people not like each other. It's a good idea to think about what we say before we say it. We should think – "If someone were to say this about me, how would I feel?" If you think they would feel good then say it! But if you would feel bad if someone were to say the same things about you, then don't say it!

WHY DO PEOPLE BACKBITE?



Some people commit backbiting because they wish to draw others' attention. They imagine that by backbiting they would impress other people or have more friends. This is wrong, and instead often people dislike a person who always talks about others in a negative way.



Some people commit backbiting to show off that they are better than others. They want to show others as bad, so that they themselves appear better. This is also wrong, and we end up looking bad because of our backbiting.



Some people commit backbiting to harm others, and this is another terrible action that we should definitely avoid.

BACKBITING (GHĪBAH) IS FORBIDDEN



Talking about someone without them knowing is not allowed in Islam. It is hurtful and causes people not to trust each other.

When we talk badly about someone behind their back, not only does it hurt the other person, but it also hurts us. When we talk badly about someone else, we also lose our good deeds- we spoil the good things we've done.

Imam Ja'far al-Şādiq (as) says:

“*Ghībāh* is *Ḥarām* for all Muslims and there is no doubt that *Ghībāh* destroys good deeds like fire destroys wood.”

HOW TO AVOID BACKBITING

Before we say something about another person, we should ask ourselves the following question:

- Would the person be upset if they heard me say this?



- Would I be upset if someone said this about me?

If the answer to those questions is 'yes', then we shouldn't say what we were about to say.

Class activity

Colour the picture of Hassan and Husain being good friends because they never talk badly about each other. They only have good things to say about each other and so they stay good friends.

