

Assalamu Alaikum Warahmatullah,



I'm Sabit Rayhan, and welcome to Sabit International. Today, I'm going to talk about the importance of family.

You are blessed if you have a family. Someone who doesn't have a family truly doesn't know what inner peace feels like. In society, having a family means you are complete. In contrast, being alone in society often makes you feel incomplete, in the perception of others and yourself. Allah, the best Creator, has made you, and just think about it — in a society where you are surrounded by families, you are not alone. You are a part of a larger whole. Your parents, your siblings — they support you, and together, you are strong and complete.

So today, I want to share some important points that emphasize the value of family. Without family, you are nobody on this beautiful planet. A lonely life can be very depressing. When you are sad, where do you go? You go home, talk to your parents, siblings, or spouse. They listen, provide advice, and offer moments of love that reduce your anxiety. You are blessed if you have a family. Think about someone who is depressed and doesn't have that support — it's heartbreaking.

Now, let's dive into some key points that highlight why family is essential:

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### **Point 1: Family is the Foundation of Society**

Imagine being in a society without your family. How would you be treated? Without your parents, siblings, or anyone to introduce as family, how would you navigate social situations? You might even be in a foreign country, and when asked about your family, you have nothing to say. Without family, you could feel completely alone and unconnected. In situations like wanting to get married or simply living day-to-day, you would feel the weight of loneliness. So, remember: if you have a family, you are truly blessed. Take care of them.

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### **Point 2: Unconditional Love**

Just take a moment and reflect. You have parents who love you deeply. They love you not because you can buy them gifts or do things for them, but simply because they are your parents, and their love for you is unconditional. The same goes for your spouse, siblings, and children. They love you without expecting anything in return. These moments of pure, unconditional love are where you find peace. After a long, hard day, when you return home to your family, their smiles, greetings, and love make everything feel better. A good family is like a garden in your life, a paradise where you find true joy.

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### **Point 3: Emotional Support**

When you're in danger, feeling anxious, or facing depression, your family is always there for you. They provide emotional support and comfort, offering words of encouragement and standing by you no matter what. A family doesn't leave you, no matter the circumstances.

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### **Point 4: Moral and Ethical Development**

Consider where you learned the good manners and principles you follow today. It wasn't from school or university, but from your family, particularly your parents. Your mother could be your first teacher, teaching you how to eat, how to speak, how to think, and how to respond to others. The first lessons in life come from your family members.

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### **Point 5: Lifelong Bond**

Can you imagine being separated from your mother, father, siblings, spouse, or children if you are a good human being? There's a deep, lifelong bond between family members. It's a bond you can't sever, no matter the challenges in life. When you're facing a rough day, feeling sad or anxious, you can always turn to your family for comfort. They are your sanctuary, your paradise.

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### **Point 6: Trust and Reliability**

Who do you trust the most on this earth? You might trust your friends, colleagues, or acquaintances, but the ones you trust the most are your family members. Your family is where you find trust and security. In times of danger or fear, you can return to your family and find safety. You feel certain, knowing your family has your back.

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### **Point 7: Happiness and Well-Being**

Think about how you feel when you're far away from your family. Do you feel happy or excited? No, you miss them deeply because you are spiritually and emotionally connected with them. Family is the core of happiness. Without your family, you're incomplete. Family represents collectivism — togetherness with your loved ones, neighbors, and friends. Individualism, on the other hand, often leads to loneliness.

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**Conclusion:**

To conclude, if you want to be happy in life, find happiness with your family. Start with your family, then extend that happiness to your neighbors, colleagues, and friends. You can't spread happiness if you're not happy within your family. It's like cleaning your own courtyard first before cleaning your neighbors' courtyards. Once you are happy with your family, you can spread that light to others. So, focus on your family, cherish them, and remember that they are the core of your happiness and well-being.

Move with mindfulness, stay connected with your family, and take care of them. They will take care of you in return.