



AL-BAQI  
ACADEMY

Challenges and Solutions

# Protect Your Marriage

# Protect Your Marriage!

*Most divorces are not caused by a single major sin – but by prolonged neglect of Islamic responsibilities combined with unmanaged emotional wounds*

- **Weakness in Deen**
- **Failure to fulfil rights**
- **Poor Communication & Emotional Immaturity**
- **Family Interference & Cultural Control**
- **Unrealistic Expectations of Marriage**
- **Sexual & Intimacy Issues**
- **Abuse**

# Weakness in Deen

- Salah is not prayed regularly, Quran is absent from the home
- Barakah is removed from the home due to haram income, entertainment, or relationships
- Religion is used selectively “when it suits me”
- One spouse becomes more practicing, the other remains stagnant
- Culture is more dominant than Islam inside the house

*“If you are not attached to Deen, difficulties are harder to bear. Deen drives the marriage as an Ibadah”*

## **Solutions:**

**Remind each other their Islamic duties like Salah, Quran through Hikmah NOT Force!**

# Failure to Fulfil Rights

## Husband's Failure

- Emotional Neglect
- Lack of Leadership/Control
- Absence
- Anger, Harshness, intimidation

## Wife's Failure

- Persistent disrespect
- Weaponizing Silence/Children
- Refusal of Intimacy without valid reasons
- Comparing husband to others

# Failure to Fulfil Rights

## UK Specific

- Dual Income Stress. Finances, Finances, Finances!!!
- Role Confusion (Secular)
- Cultural Expectations

## **Solutions:**

- ✓ Teaching the Fiqh of Marriage *after* marriage as well as before
- ✓ Teaching the aspect of respect, Adab, manners and Akhlaq
- ✓ Bringing in elder mediation early – not as a last resort

# Poor Communication & Emotional Immaturity

- Assumptions instead of dialogue
- Passive-aggressive behaviour
- Escalation over small issues
- Stonewalling or explosive arguments
- Many individuals grew up in a household where emotions were suppressed or explosive

## Solutions:

- Teaching Adab (Especially Adab of arguments)
- Having quality time with each other (Private Dinner/Walks)

# Family Interference & Cultural Control

- Parents control finances, decisions, living arrangements (Housing in UK can be an issue)
- Comparing spouses to other members of the family (immigrant Parents & Cultural Norms)
- Undermining authority of Husband/Wife

## Solutions:

- Place your boundary (these are Islamic not ungrateful)
- Premarital clarity on living arrangements
- Mediation to your Parents that are firm but respectful, possibly led by the Imam

# Unrealistic Expectations of Marriage

- Lovey Dovey all the way through marriage...
- Conflict means incompatible
- My spouse should heal me! (Trauma)
- Marriage is easy...
- Social Media/TV/Bollywood/Romance influenced

## Solutions:

- Marriage Course – learn about Sabr + Shukr
- Teaching that attraction fluctuates and character is gold
- Teaching that Love is maintained and not discovered

# Sexual & Intimacy Issues

- Addicted to Pornography
- Ignorance
- Emotional disconnection affecting Intimacy
- Shame preventing help-seeking
- Cultural silence

## Solutions:

- Safe, Halal Education (take a course)
- Remove the shame in seeking help (Counselling)
- Teaching that Intimacy is a *right and act of Mercy/Sadaqah*

# Abuse (Physical, Emotional, Spiritual)

- Physical Violence
- Degrading emotionally
- Gaslighting using Deen
- Financial Abuse

All is Haram – The harm aspect in Islam is a strong principle as an act of protection

## Solutions:

- Safe pathways to support
- Clear Red lines taught
- Family & Community Support

# Miscellaneous Issues

- Digital World – No connection, Comparisons, No Emotions, Posting Online
- *Extreme* gender views
- Immaturity - avoiding responsibility, stuck in adolescence



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