

Quarterly Discussion Topics on Family Life

Domestic Issues and their Solutions Excerpts from Addresses given by Khalifat-ul-Masih V^{ab}

Quarter 5:

Some Causes of Acrimony in Relationships: Marriage Not of One's Choice; Egocentric Tendencies: A Mountain of Problems; Lack of Tolerance; Lack of Trust Due to Falsehood; Falsehood and False Testimony; Lack of Contentment and Trust in Allah; Unfair Wishes and Demands of Wives.

Sagacious Teaching for a Peaceful Married Life: Patience and Fortitude; Gratefulness; Complete Faithfulness to Husband and Motivation to Engage in Istighfar; Facing Difficult Times with Prayers, Alms Giving, Repentance and Istighfar; Important Role of Tongues, Ears, and Eyes in Married Life; Compliant Wife and Righteous Husband (Pages 125 – 161).

Holy Qur'an:

Surah Al TaHa, 20:83

“But surely, I am forgiving to those who repent and believe and do good deeds, and then stick to guidance.”

Hadith: The Holy Prophet^{sa} said, “The world is a provision for this life, that is the world is a means for this life, and there is no better provision in the world than a pious woman.”

Talking Points

- ❧ Huzoor^{ab} continues to elaborate on further causes of marital problems from both men and women in these pages (125 - 147) of **‘Domestic Issues and Their Solutions.’** Discuss all these causes of Marital Disharmony with particular attention to *Marriage not of one's choice*. What guidance for us and what solutions to these issues does Huzoor^{ab} provide?
- ❧ Huzoor^{ab} then gives some invaluable guidance on how to maintain ‘a peaceful married life’ (pages 148 – 161) Please discuss these teachings so that they remain clear in our minds.

Practical Tools:

- ❧ Analyze conversation styles / Improve listening skills and emotional Intelligence by using **Part 3, slides 25 – the end** of the PowerPoint **Proposal 1 Practical Tools**, which continue to explain how to use **Non-Violent Communication** and illustrates it with scenarios 2 and 3 and gives advice on how to make requests instead of demands.

NOTE: If your Majlis has already covered this section of **Practical Tools**, please review a part that you have discussed before. This work requires a lot of repetition in order to bring the proper awareness and make good changes in our communication skills and emotional intelligence.