

HASSAN ABDUL AKBAR

GUIDED
by
STARS

Foreword by
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Guided by Stars

The Benefits of Honoring Parents

هَدَايَةُ الْكَوَاكِبِ لِمَا فِي بِرِّ الْوَالِدَيْنِ مِنْ مَكَاسِبَ

Dr. Hassan 'Abdul Akbar

Dedication

For my father ﷺ who instilled in me my love of Islām and
whose passing put me on the path from a boy to a man,
from average to great, from layman to scholar.

﴿إِذْ قَالَ يُوسُفُ لِأَبِيهِ يَا أَبَتِ إِنِّي رَأَيْتُ أَحَدَ عَشَرَ
كَوْكَبًا وَالشَّمْسَ وَالْقَمَرَ رَأَيْتُهُمْ لِي سَاجِدِينَ﴾

“O my dear father! Indeed, I saw in a dream eleven
stars and the sun and the moon—I saw them
prostrating themselves to me!”

(*Sūrah Yūsuf*, 12:4)



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Foreword

This timely book reshapes our understanding of the status of parents in Islām. Dr. Hassan Akbar's *Guided by Stars: The Benefits of Honoring Parents* offers an insightful exploration of this essential Islāmic duty. This book is especially important as Western and Westernized societies increasingly neglect their elders, a trend now affecting traditionally Muslim countries.

Honoring parents is a virtue enshrined in the Qur'ān and Sunnah. Dr. Akbar provides practical advice for dealing with difficult parents and follows the examples of prophets who revered their own parents. He addresses the challenges of abusive and manipulative parents, offering wisdom across fourteen chapters divided into four main parts.

The book emphasizes the crucial role of parents in Islām, describing them as gateways to paradise, and stresses the importance of caring for them as they age. It discusses the impact of parents' prayers, both for and against their children, and highlights the necessity of advising one's children, as seen in Luqmān al-Hakīm's advice.

Dr. Akbar defines what it means to be dutiful to one's parents, both in life and after their passing, using examples from prophets and messengers. He also tackles extremism, reminding readers that love for parents shouldn't prevent us from embracing the

◆ GUIDED BY STARS

truth. Finally, he addresses the sensitive topic of managing abusive parents, offering techniques for avoiding confrontations and navigating complex situations.

Guided by Stars is a crucial reminder of our ethical and spiritual obligations toward our parents and counters the growing trend of parental neglect. It is a welcome addition to the Islāmic English library, and we pray for more works from Hassan in the future.

Jazākumullāhu khairan,

Dr. Bilal Philips,

Founder and Chancellor of
the International Open University

