

What is the Meaning of "Taubatan Nasuhaa"?

Q: Imaan-6 : What is meant by the Qur'aanic phrase 'Taubatan Nasuhaa'?

Answer: The term 'Taubatan Nasuhaa' refers to repentance that is truly and sincerely from the heart. This means that one makes the firm resolve never to repeat the sin one is repenting from. Hadhrat Umar RADI. Hadhrat Ubay bin Ka'b RADI. and Hadhrat Mu'aadh bin Jabal RADI. all explain that, Taubatan Nasuhaa' refers to one making the resolve that just as it is impossible for milk to return to the udders of a cow. So too it is impossible for one to return to the sin in question.

There are four prerequisites for repentance to be regarded as sincere and failure to comply with any one of them will disqualify the repentance from being regarded as sincere. These are quoted in the book 'Majaalisul Abraar'¹ While it is Waajib (compulsory) for every Mu'min to repent, there are four prerequisites for repentance. Failure to comply with any one of them will disqualify the repentance. The first is for the heart to regret committing the sin in the past. This means that one should be distressed and hurt about it and wish that it had never happened.

The second precondition is that one stops committing the sin for the present. The third is that one resolves never to return to the sin in future and the fourth is that one does this because of fear for Allaah and for no other reason."

Merely saying the words of Taubah with the tongue while harbouring the intention to sin is not Taubah but actually a mockery before Allaah. A poet says that when a person is holding a Tasbeeh in his hand, saying the words of Taubah with the tongue but still thinking of committing a sin, even the sin laughs at him. And Allaah knows best what is most correct.

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