

# Divine

# Rescue

**PodSeries - Vol 355**



**Achieve Noble Character**

**Divine Rescue**

**ShaykhPod Books**

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Divine Rescue

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## **Acknowledgements**

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

## **Compiler's Notes**

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to [ShaykhPod.Books@gmail.com](mailto:ShaykhPod.Books@gmail.com).

## Introduction

The following short book discusses some aspects of Divine Rescue. This discussion is based on Chapter 21 Al Anbiya, Verses 87-88 the Holy Quran:

*“And [mention] the man of the fish [Prophet Yunus, peace be upon him], when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, “There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.” So We responded to him and saved him from the distress. And thus do We save the believers.”*

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

*“And indeed, you are of a great moral character.”*

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.



## Divine Rescue

### Chapter 21 – Al Anbiya, Verses 87-88

وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ  
أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾  
فَأَسْتَجِبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُخْرِجُ الْمُؤْمِنِينَ ﴿٨٨﴾

*“And [mention] the man of the fish [Prophet Yunus, peace be upon him], when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, “There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.”*

*So We responded to him and saved him from the distress. And thus do We save the believers.”*

***“And [mention] the man of the fish [Prophet Yunus, peace be upon him], when he went off in anger...”***

Even though he was angry at his nation for persistently disobeying Allah, the Exalted, his anger never led him to a sin. Meaning, he was angered for the sake of Allah, the Exalted.

In a Hadith found in Sunan Abu Dawud, number 4681, the Holy Prophet Muhammad, peace and blessings be upon him, advised the characteristics which perfect a muslim’s faith.

The first is to love for the sake of Allah, the Exalted. This includes desiring what is best for others in both worldly and religious matters. This must be practically shown through one's actions meaning, supporting others financially, emotionally and physically within one's means. Counting one's favors to others not only cancels the reward but also proves their lack of love for the sake of Allah, the Exalted, as this person only loves gaining praise and other forms of compensation from people. Chapter 2 Al Baqarah, verse 264:

*“O you who have believed, do not invalidate your charities with reminders [of it] or injury...”*

Any type of negative feelings towards others over worldly reasons, such as envy, contradicts loving others for the sake of Allah, the Exalted, and must be avoided.

To sum up, this noble quality includes loving for others what one loves for themselves through actions not just words. This is an aspect of being a true believer according to a Hadith found in Jami At Tirmidhi, number 2515.

The next characteristic mentioned in the main Hadith under discussion is to hate for the sake of Allah, the Exalted. This means one should dislike the things Allah, the Exalted, dislikes such as His disobedience. It is important to note, this does not mean one should hate others as people can sincerely repent to Allah, the Exalted. Instead a muslim should dislike the sin itself which is proven by them avoiding it and warning others against it also. Muslims should continue to advise others instead of breaking ties with them as this act of kindness may well cause them to sincerely repent. This includes not disliking things based on one's own feelings, such as an action, which is lawful. Finally the proof of one disliking for the sake of Allah, the Exalted, is that when they show their dislike through their words and actions it will never be in a way which contradicts the teachings of Islam. Meaning, their dislike for something will never cause them to commit a sin as this would prove that their dislike for something is for their own sake.

***“And [mention] the man of the fish [Prophet Yunus, peace be upon him], when he went off in anger...”***

Even though he was angry at his nation for persistently disobeying Allah, the Exalted, his anger never led him to a sin. Meaning, he was angered for the sake of Allah, the Exalted.

In a Hadith found in Sahih Bukhari, number 6116, the Holy Prophet Muhammad, peace and blessings be upon him, advised a person not to get angry.

In reality, this Hadith does not mean a person should never get angry as anger is an innate characteristic which is even found in the Holy Prophets, peace be upon them. In fact, in some rare cases anger can be useful for example, in self-defence. This Hadith actually means that a person should control their anger so it does not lead them to sins. In addition, this Hadith shows that anger can lead to many evils and controlling it leads to much good.

Firstly, this advice is a command to adopt all the good characteristics which will encourage one to control their anger, such as patience. This Hadith also indicates that a person should not act according to their anger. Instead, they should struggle with themselves in order to control it so that it does not lead them to sins. Controlling anger for the sake of Allah, the

Exalted, is a great deed and leads to divine love. Chapter 3 Alee Imran, verse 134:

*“...who restrain anger and who pardon the people - and Allah loves the doers of good.”*

There are many teachings within Islam which encourage muslims to control their anger. For example, as anger is linked to and inspired by the Devil a Hadith found in Sahih Bukhari, number 3282, advises that an angry person should seek refuge in Allah, the Exalted, from the Devil.

An angered Muslim has been advised in a Hadith found in Jami At Tirmidhi, number 2191, to cling to the ground. This could mean that they should prostrate on the Earth until they calm down. In fact, the more one takes an inactive body position the less chance they will lash out in anger. This has been indicated in a Hadith found in Sunan Abu Dawud, number 4782. Acting on this advice allows one to imprison their anger within themselves until it passes so that it does not negatively affect others.

A Muslim who is angered should follow the advice given in the Hadith found in Sunan Abu Dawud, number 4784. The Holy Prophet Muhammad, peace and blessings be upon him, advised the angry muslim to perform ablution. This is because water counters the innate characteristic of anger namely,

heat. If one then offers prayer this would help them control their anger further and lead to a great reward.

The advice discussed so far helps an angry muslim to control their physical actions. In order to control one's speech it is best to refrain from speaking when angered. Unfortunately, words can often have more of a lasting effect on others than physical actions. Countless relationships have been fractured and broken because of words spoken in anger. This behaviour often leads to other sins and crimes as well. It is important for a muslim to note the Hadith found in Sunan Ibn Majah, number 3970, which warns that it only takes a single evil word to cause a person to plunge into Hell on Judgement Day.

Controlling anger is a great virtue and the one who masters this has been described by the Holy Prophet Muhammad, peace and blessings be upon him, as a strong person in a Hadith found in Sahih Bukhari, number 6114. In fact, the one who swallows their anger for the sake of Allah, the Exalted, meaning, they do not commit a sin because of their anger, will have their heart filled with peace and true faith. This has been advised in a Hadith found in Sunan Abu Dawud, number 4778. This is a characteristic of the sound heart which is mentioned in the Holy Quran. It is the only heart which will be granted safety on the Day of Judgment. Chapter 26 Ash Shu'ara, verses 88 and 89:

"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."

As mentioned earlier, anger within limits can be useful. It should be used for repelling harm to one's self, faith and possessions which if done correctly, according to the teachings of Islam, is counted as anger for the sake of Allah, the Exalted. This was the state of the Holy Prophet Muhammad, peace and blessings be upon him, who was never angered for the sake of his own desires. He only became angry for the sake of Allah, the Exalted, which is confirmed in a Hadith found in Sahih Muslim, number 6050. The character of the Holy Prophet Muhammad, peace and blessings be upon him, was the Holy Quran, which has been advised in a Hadith found in Sahih Muslim, number 1739. This means he would be pleased with what it was pleased with and angered with what it was angered with.

It is important to note, that becoming angered only for the sake of Allah, the Exalted, is praiseworthy but if this anger causes one to exceed the limits then it becomes blameworthy. It is absolutely vital for one to control their anger according to the teachings of Islam even when they are angered for the sake of Allah, the Exalted. A Hadith found in Sunan Abu Dawud, number 4901, warns of a worshipper who angrily claimed Allah, the Exalted, would not forgive a specific sinful person. As a result this worshipper will be sent to Hell while the sinner will be forgiven on Judgment Day.

The origins of evil consist of four things: failing to control one's desire, fear, evil appetites and anger. Therefore, the one who accepts the advice of this Hadith will remove a quarter of evil from their character and life.

To conclude, it is vital for muslims to control their anger so it does not cause them to act or speak in a way which will lead them to a great regret in both this world and the next.



***“And [mention] the man of the fish [Prophet Yunus, peace be upon him], when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darkneses, ”  
"There is no deity except You...”***

After Allah, the Exalted, informed him that his nation would be punished for persistently disobeying Him he decided to migrate away from his nation. This was a common practice of all the Holy Prophets, peace be upon them. But in his case, he migrated without the prior permission of Allah, the Exalted. Even though this was not a sin it was still against the standard protocol and the high station of Prophethood. Therefore, he was confined within the belly of a whale for a while.

There are many Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him, which advise mankind that whoever testifies that there is none worthy of worship except Allah, the Exalted, and that the Holy Prophet Muhammad, peace and blessings be upon him, is the servant and final messenger of Allah, the Exalted, will be saved from the fire of Hell. One such example is found in Sahih Bukhari, number 128.

The meaning of these Hadiths is that whoever dies while believing in this testimony will either enter Paradise and escape Hell or they will enter Hell to the extent of their sins and then eventually be allowed into Paradise where they will dwell forever. This has been advised in a Hadith found in Sahih Bukhari, number 7510.

It is important to note, that those who desire to enter Paradise without entering Hell first must not only declare their belief in Islam verbally but they must also fulfil its conditions and obligations. The testimony of faith is undoubtedly the key to Paradise but a key needs teeth in order to unlock a specific door. The teeth of the key to Paradise are its obligations and duties. Without them meaning, the key without its teeth, will not open the door to Paradise. This is proven through many Hadiths which indicate entry into Paradise requires one to fulfil the conditions and duties of Islam. For example, a Hadith found in Sahih Bukhari, number 1397, indicates that the testimony must be supported by actions in the form of the pillars of Islam, such as establishing the obligatory prayers.

The first part of the testimony namely, there is none worthy of worship save Allah, the Exalted, means that Allah, the Exalted, is the only One who must be obeyed and never disobeyed. When one accepts Allah, the Exalted, as their God they must not obey anything which leads to His disobedience as Allah, the Exalted, alone is their Master and they are only His slaves. But the moment one obeys anything which leads to the disobedience of Allah, the Exalted, then they have corrupted their belief in His Oneness which has been indicated in chapter 45 Al Jathiyah, verse 23:

*“Have you seen he who has taken as his god his [own] desire...”*

The Holy Quran has warned muslims that whoever commits sins is in reality worshipping the Devil as they have obeyed him over the obedience of Allah, the Exalted. Chapter 36 Yaseen, verse 60:

*“Did I not enjoin upon you, O children of Adam, that you not worship Satan - [for] indeed, he is to you a clear enemy.”*

The muslims who reject their desires, the desires of others and the commands of the Devil and instead only obey Allah, the Exalted, have truly taken Allah, the Exalted, as their God. These muslims have been granted the protection of Allah, the Exalted, in both worlds. These muslims have practically actualised the testimony of Islam as they supported their verbal and internal claim with sincere actions according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. When one acts according to his traditions they have fulfilled the second aspect of the testimony namely, the Holy Prophet Muhammad, peace and blessings be upon him, is the servant and final messenger of Allah, the Exalted. These muslims are the ones referred to in a Hadith found in Sahih Bukhari, number 128. It advises they will be saved from the Hellfire by Allah, the Exalted.

The person who declares Islam with the tongue and internally accepts it is undoubtedly a muslim but their true sincere belief in the Oneness of Allah, the Exalted, is diminished according to their sins.

An aspect of truly acting on the testimony is sincerely loving Allah, the Exalted. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, has indicated this in a Hadith found in Sunan Abu Dawud, number 4681. It advises that this is an aspect of perfecting one's faith. This is when one loves what Allah, the Exalted, loves and hates what He hates. As this was the characteristic of the Holy Prophet Muhammad, peace and blessings be upon him, according to a Hadith found in Sunan Ibn Majah, number 2333, Muslims have been commanded to follow him. Chapter 3 Alee Imran, verse 31:

*“Say, [O Muhammad], “If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins...”*

It is clear from Islamic teachings that loving what Allah, the Exalted, hates and disliking what Allah, the Exalted, loves is a clear indication of a person following their own desires and obeying them over Allah, the Exalted. This attitude reduces one's belief in the Oneness of Allah, the Exalted. The following verse makes it clear that adopting this mentality is a deviation from true belief in the testimony of Islam. Chapter 9 At Tawbah, verse 24:

*“Say, [O Muhammad], “If your fathers, your sons, your brothers, your wives, your relatives, wealth which you have obtained, commerce wherein you fear decline, and dwellings with which you are pleased are more beloved to you than Allah and His Messenger and striving in His cause, then wait until Allah executes His command. And Allah does not guide the defiantly disobedient people.””*

The one who worships Allah, the Exalted, according to their own desires worships Him on the edge. Meaning, when they face times of ease they become pleased but when they encounter difficulties they turn away from His obedience in anger. Chapter 22 Al Hajj, verse 11:

*“And of the people is he who worships Allah on an edge. If he is touched by good, he is reassured by it; but if he is struck by trial, he turns on his face [to unbelief]. He has lost [this] world and the Hereafter. That is what is the manifest loss.”*

A Hadith found in Sahih Bukhari, number 6502, informs muslims how to correctly believe and act on the testimony of faith, which prevents one being harmed by the fire of Hell in the next world. This is to first complete the obligatory duties correctly while fulfilling all their conditions and etiquettes. Then one must add to this by performing voluntary righteous deeds, the best of which are the established traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This leads to the love of Allah, the Exalted, and causes Allah, the Exalted, to empower every organ of their body so that they only obey Him. This true and sincere obedience is the fulfilment of the testimony of faith. This is the sound heart which contains only the love of Allah, the Exalted, and is free of worldly desires and the love of the material world. Chapter 26 Ash Shu'ara, verses 88-89:

*"The Day when there will not benefit [anyone] wealth or children. But only one who comes to Allah with a sound heart."*

It is important to note, this does not mean a muslim becomes free from committing sins but it means they sincerely repent from them whenever they are rarely committed.

To conclude, it is vital for muslims to not only declare the testimony of Islam internally and verbally but they must also show it in their actions as this is the only way to achieve true success in this world and completely escape punishment in the next world also.

***“...And he called out within the darknesses, “...exalted are You...”***

Allah, the Exalted, is the One who is sanctified and free of all possible flaws and deficiencies and the One who deserves to be described with every attribute of perfection.

A muslim should plead to Allah, the Exalted, to sanctify and purify them of all their sins and bestow them with attributes He loves. A muslim should therefore actively purify their body from sins. Purify themselves from following evil desires. Purify their wealth by not seeking it from doubtful or unlawful sources. Purify their minds from heedlessness of the divine law. Purify their intention so they only act for the pleasure of Allah, the Exalted, even in worldly deeds as these are recorded as good deeds for example, providing for one's family in a lawful manner. This is confirmed in a Hadith found in Sahih Bukhari, Number 4006.

***“...And he called out within the darkneses, “...Indeed, I have been of the wrongdoers.””***

A divine Hadith found in Jami At Tirmidhi, number 3540, advises the importance and vastness of the forgiveness of Allah, the Exalted. The first part of the Hadith declares that as long as a muslim sincerely supplicates to Allah, the Exalted, and hope's in His mercy they will be forgiven by Him.

This response has in fact been guaranteed for all lawful supplications in the Holy Quran not just for the supplication of forgiveness. Chapter 40 Ghafir, verse 60:

*“And your Lord says, “Call upon Me; I will respond to you.”...”*

In fact, the Holy Prophet Muhammad, peace and blessings be upon him, mentioned this verse and declared that supplication is an act of worship meaning, a righteous deed. This has been advised in a Hadith found in Sunan Abu Dawud, number 1479. A Hadith found in Jami At Tirmidhi, number 3604, advises that every supplication is accepted in different ways as long as it is a lawful one. The person is either granted what they requested or a reward will be reserved for them in the hereafter or they will be forgiven an equivalent sin. But it is important to note, that in order to receive a positive response a muslim must fulfil the conditions and the etiquettes of the supplication.



One of the greatest supplications a muslim can make is for forgiveness as it is a means for one obtaining blessings, avoiding difficulties in this world and a means to obtaining Paradise and escaping Hell in the next world. Chapter 71 Nuh, verses 10-12:

*“And said, 'Ask forgiveness of your Lord. Indeed, He is ever a Perpetual Forgiver. He will send [rain from] the sky upon you in [continuing] showers. And give you increase in wealth and children and provide for you gardens and provide for you rivers.’”*

As indicated by the main Hadith under discussion having hope in the infinite mercy of Allah, the Exalted, when supplicating is a condition for forgiveness. In fact, Allah, the Exalted, acts according to His servant's opinion of Him, which has been confirmed in a divine Hadith found in Sahih Bukhari, number 7405.

One of the greatest causes of forgiveness is when a muslim only hopes in Allah, the Exalted, to forgive them full well knowing no one can forgive them or protect them from punishment except Allah, the Exalted.

The next thing mentioned in the main Hadith under discussion is that no matter how many sins a person commits the mercy and forgiveness of Allah, the Exalted, is greater. In fact, it is unlimited therefore a person's limited sins will never be able to overcome it. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised muslims to magnify what they supplicate for as nothing is too great for Allah, the Exalted, to grant. This has been confirmed in a Hadith found in Sahih Muslim, number 6812.

The next part of the main Hadith under discussion indicates the importance of sincerely seeking the forgiveness of Allah, the Exalted, which has been mentioned in many verses and other Hadiths. This act of seeking forgiveness is a part of sincere repentance. It can be understood that seeking forgiveness is an act of the tongue while the rest of sincere repentance involves turning away from the sin through actions. It also includes feeling genuine remorse, making a firm promise not to commit the sin again and making up for any rights which have been violated in respect to Allah, the Exalted, and people. It is important to note, that not persisting on the same sin is a condition for the repentance to be accepted. Chapter 3 Alee Imran, verse 135:

*“And those who, when they commit an immorality or wrong themselves [by transgression], remember Allah and seek forgiveness for their sins - and who can forgive sins except Allah? - and [who] do not persist in what they have done while they know.”*

It is extremely important for a muslim to be persistent in seeking forgiveness as this leads to deliverance from every worry, a way out from every difficulty and support from places where one would not expect. This has been advised in a Hadith found in Sunan Abu Dawud, number 1518.

The next thing mentioned in the main Hadith under discussion is the greatest cause of forgiveness namely, not associating anything to Allah, the Exalted. There are two types of associating things with Allah, the Exalted: major polytheism and minor polytheism. The major type is when one worships things other than Allah, the Exalted, or in addition to Him. The minor version is when one acts for the sake of anyone except Allah, the Exalted, such as showing off. This has been warned in a Hadith found in Sunan Ibn Majah, number 3989. In fact, the one who acts for the sake of people will be told by Allah, the Exalted, on Judgment Day to seek their reward from those they acted for, which will not be possible. This is confirmed in a Hadith found in Jami At Tirmidhi, number 3154. The one who acts in this way will find that they will eventually be exposed in this world and no matter how well they treat others they will never gain their real love or respect because of their bad intention. This has been indicated in a Hadith found in Sahih Muslim, number 6705.

When one realises the Oneness of Allah, the Exalted, they only think, act and speak for the pleasure of Allah, the Exalted, out of fear and love for Him. This behaviour minimises the chances of committing sins and whatever sins do occur will be forgiven by Allah, the Exalted. It is the reason why the Holy Prophet Muhammad, peace and blessings be upon him, declared in a Hadith found in Sunan Ibn Majah, number 3797, that the statement there is none worthy of worship except Allah, the Exalted, removes all wrong actions.

This is the behaviour all muslims must strive to adopt. The foundation of it is fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and being patient with destiny.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

This great event teaches muslims that whenever they encounter a difficult situation they should remain firm on the obedience of Allah, the Exalted, trusting that He will provide them a way out of it even if this seems impossible at the time just like He done for the Holy Prophet Yunus, peace be upon him. Chapter 65 At Talaq, verse 2:

*“...And whoever fears Allah - He will make for him a way out.”*

A muslim should understand that Allah, the Exalted, chooses the best for His servants even if the wisdoms behind the difficulty are not obvious. It is a person's reaction which either leads to blessings or the anger of Allah, the Exalted. One only needs to reflect on the countless examples in their own life where they believed something was bad only to change their mind later on and vice versa. This is just like when a person takes a bitter medicine prescribed to them by a doctor. Even though the medicine is bitter they still take it believing it will benefit them. It is strange how a muslim can trust a doctor whose knowledge is limited and who is not absolutely certain the bitter medicine will benefit them and fail to trust Allah, the Exalted, whose knowledge is infinite and when He only decrees the best for His servants.

A muslim should understand the difference between wishful thinking and trust in Allah, the Exalted. The person who does not obey Allah, the Exalted, and then expects Him to help them in difficulties is a wishful thinker. The one who will gain the help of Allah, the Exalted, which is indicated in this great event, is the one who sincerely strives in the obedience of Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience and then trusts His judgment without complaining or questioning His choice.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

Allah, the Exalted, safeguards and preserves the creation and takes care of them with special care. He protects the obedient from the plots and traps of the Devil and He safeguards the disobedient from His immediate punishment in order to give them an opportunity to sincerely repent.

A muslim should act on this divine name by using the means provided to them by Allah, the Exalted, but always trust in His divine care and choices in every situation and outcome they face even if they do not observe the wisdom behind some choices. This inspires patience and even contentment with the choice of Allah, the Exalted. Chapter 65 At Talaq, verse 3:

***“...And whoever relies upon Allah - then He is sufficient for him...”***

A muslim should also understand that they will only be protected from misguidance and punishment by the Guardian namely, Allah, the Exalted. This removes any signs of pride and ensures they seek His protection through sincere obedience to Him. A muslim must act on this divine name by safeguarding every trust they possess such as their blessings by using

them according to the teachings of Islam. They should safeguard their actions and speech from the disobedience of Allah, the Exalted. This will ensure they receive more blessings from Allah, the Exalted. Chapter 14 Ibrahim, verse 7:

*“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]...”*



***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

These verses also indicate that one can only avoid distress such as poor mental health through the sincere obedience of Allah, the Exalted.

It is important for muslims to strive in the obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

*“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”*

This good life will protect a muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and effect their entire life on a long term basis. This is because a muslim who

strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For example, they look forward to the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

*“...Indeed, the patient will be given their reward without account [i.e., limit].”*

Whereas, the muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

These verses also indicate that one can only avoid distress such as poor mental health through the sincere obedience of Allah, the Exalted.

In a Hadith found in Jami At Tirmidhi, number 2465, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever prioritises the hereafter over this material world will be granted contentment, their affairs will be corrected for them and they will receive their destined provision in an easy way.

This half of the Hadith means that whoever correctly fulfils their duties in respect to Allah, the Exalted, and to the creation, such as providing for their family in a lawful manner while avoiding the excess of this material world will be granted contentment. This is when one is pleased with what they possess without being greedy and actively striving to obtain more worldly things. In reality, the one who is content with what they possess is a truly rich person even if they possess little wealth as they become independent of things. Independence of anything makes one rich in respect to it.

In addition, this attitude will allow one to comfortably deal with any worldly issues which may arise during their life. This is because the less one interacts with the material world and focuses on the hereafter the less worldly issues they will face. The less worldly issues a person faces the more comfortable their life will become. For example, the one who possesses one house will have fewer issues to deal with in respect to it, such as a broken cooker, than the one who possesses ten houses. Finally, this person will easily and pleasantly obtain their lawful provision. Not only this but Allah, the Exalted, will place such grace in their provision that it will cover all their responsibilities and necessities meaning, it will satisfy them and their dependents.

But as mentioned in the other half of this Hadith the one who prioritises the material world over the hereafter meaning, by neglecting their duties or striving for the unnecessary and excess of this material world will find that their need, meaning greed, for worldly things is never satisfied which by definition makes them poor even if they possess much wealth. These people will go from one worldly issue to another throughout the day failing to achieve contentment as they have opened too many worldly doors. And they will receive their destined provision with difficulty and it will not give them satisfaction and never seem enough to fill their greed. This may even push them towards the unlawful which only leads to a loss in both worlds.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

These verses also indicate that one can only avoid distress through the sincere obedience of Allah, the Exalted. This is true belief.

In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards Allah, the Exalted.

Sincerity towards Allah, the Exalted, includes fulfilling all the duties given by Him in the form of commands and prohibitions, solely for His pleasure. As confirmed in a Hadith found in Sahih Bukhari, number 1, all will be judged by their intention. So if one is not sincere towards Allah, the Exalted, when performing good deeds they will gain no reward in this world or in the next. In fact, according to a Hadith found in Jami At Tirmidhi, number 3154, those who performed insincere deeds will be told on Judgement Day to seek their reward from those who they acted for, which will not be possible. Chapter 98 Al Bayyinah, verse 5.

*"And they were not commanded except to worship Allah, [being] sincere to Him in religion....."*

If one is lax in fulfilling their duties towards Allah, the Exalted, it proves a lack of sincerity. Therefore, they should sincerely repent and struggle to fulfil them all. It is important to bear in mind Allah, the Exalted, never burdens one with duties they cannot perform or handle. Chapter 2 Al Baqarah, verse 286.

*"Allah does not charge a soul except [with that within] its capacity...."*

Being sincere towards Allah, the Exalted, means that one should always choose His pleasure over the pleasure of themselves and others. A Muslim should always give priority to those actions which are for the sake of Allah, the Exalted, over all else. One should love others and dislike their sins for the sake of Allah, the Exalted, and not for the sake of their own desires. When they help others or refuse to take part in sins it should be for the sake of Allah, the Exalted. The one who adopts this mentality has perfected their faith. This is confirmed in a Hadith found in Sunan Abu Dawud, number 4681.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

These verses also indicate that one can only avoid distress through the sincere obedience of Allah, the Exalted. This is true belief.

In a Hadith found in Sunan Abu Dawud, number 4297, the Holy Prophet Muhammad, peace and blessings be upon him, warned that a day would soon come when other nations would attack the muslim nation and even though they would be great in number they would be deemed insignificant by the world. Allah, the Exalted, would remove the fear of muslims from the hearts' of the other nations. This would occur because of the muslim nation's love for the material world and their hatred for death.

The Companions, may Allah be pleased with them, were small in number yet, they overcame entire nations whereas the muslims today are greater in number yet, have no social or political influence in the world. This is because the Companions, may Allah be pleased with them, lived their lives according to the teachings of Islam thereby, favouring and preparing for the hereafter over enjoying the lawful pleasures of this world. Whereas, most of the muslims today have adopted the opposite mind-set. It is important to understand that the root of all sins is the love of the material world. This is because any sin which is committed is done out of love and desire for it. The material world can be split into four aspects: fame, fortune, authority and one's social life, such as their relatives and friends. It is in the excess

pursuit of these things which lead to sins, such as earning unlawful wealth out of love for fortune. It is why a Hadith found in Jami At Tirmidhi, number 2376, warns that love for wealth and authority is more destructive to one's faith than the destruction two hungry wolves would cause if they were let loose on a herd of sheep. Whenever people seek the excess of these aspects of the material world it always leads to disobedience of Allah, the Exalted. When this occurs the mercy of Allah, the Exalted, is removed which leads to nothing but trouble.

Even though, some muslims believe pursuing the excess things of the material world is harmless it is something the Holy Prophet Muhammad, peace and blessings be upon him, warned against in many Hadiths such as the one found in Sahih Bukhari, number 3158. He warned that he did not fear poverty for muslims. What he feared was that muslims would pursue the excess of this material world, such as excess wealth, and this would cause them to compete with each other over it and this would lead to their destruction. As warned in this Hadith this was the behaviour of the past nations.

As the material world is limited it is obvious that people would have to compete over it if they desired more than their necessities. This competition would cause them to adopt the characteristics which contradict the character of a true muslim, such as envy and enmity for others. They would stop caring for each other as they are too busy competing in gathering and hoarding the material world. And they would contradict the advice given in a Hadith found in Sahih Bukhari, number 6011, which advises that muslims should act like one body when any part of the body suffers from an illness the rest of the body shares in the pain. This competition would drive a muslim to stop loving for others what they love for themselves which is a



characteristic of a true believer according to a Hadith found in Jami At Tirmidhi, number 2515, as they desire to outdo their fellow muslims in worldly things. Persisting on this competition will cause a muslim to love, hate, give and withhold all for the sake of the material world instead of for the sake of Allah, the Exalted, which is an aspect of perfecting one's faith according to a Hadith found in Sunan Abu Dawud, number 4681. This competition is the difference between the Companions, may Allah be pleased with them, and many of the muslims today.

If muslims desire to regain the strength and influence Islam once had they must strive and prioritise preparing for the hereafter over striving for obtaining and hoarding the excess of this material world. This must occur from an individual level until it affects the whole nation.

***“...And he [Prophet Yunus, peace be upon him] called out within the darkneses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.”***

The Holy Prophet Muhammad, peace and blessings be upon him, has advised in a Hadith found in Jami At Tirmidhi, number 3505, that when the following verse of the Holy Quran is recited the supplication is always accepted. Chapter 21 Al Anbiya, verse 87:

*“...There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.”*

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