

Responding

to

Tests

PodSeries - Vol 142



Achieve Noble Character

Responding to Tests

ShaykhPod Books

Published by ShaykhPod Books, 2023

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First edition. April 04, 2023.

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Acknowledgements

All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

We would like to express our deepest appreciation to the entire ShaykhPod family, especially our little star, Yusuf, whose continued support and advice has inspired the development of ShaykhPod Books.

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.

Introduction

The following short book discusses some aspects of Responding to the Tests of life. This discussion is based on Chapter 2 Al Baqarah, Verses 155-157 of the Holy Quran:

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient. Who, when disaster strikes them, say, “Indeed we belong to Allah, and indeed to Him we will return.” Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

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.

Responding to Tests

Chapter 2 - Al Baqarah, Verses 155-157

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ

الصَّابِرِينَ ﴿١٥٥﴾

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾

أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ وَأُولَئِكَ هُمُ الْمُهْتَدُونَ ﴿١٥٧﴾

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient. Who, when disaster strikes them, say, “Indeed we belong to Allah, and indeed to Him we will return.” Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

“And We will surely test you...but give good tidings to the patient.”

A Muslim should not be naive and instead realize that this world is not Paradise. It is a world created in order to test mankind so it therefore can never be free of tests and trials. When a Muslim recognizes its innate nature facing difficulties and tests does not surprise them as they expect this from the world. The same way a person expects to get attacked if they find themselves with a wild animal they should expect tests and trials in this world. Mentally preparing in this way will prevent a Muslim being caught off guard which is a cause of impatience.

In addition, people are tested in order to distinguish the sincere from the liars, and the impatient from the patient. This is the way Allah, the Exalted, chose because if times of ease were to persist for people of faith without any trials and tests it would not be clear who is who and that would lead to trouble for everybody. By observing the difference between the patient and impatient a Muslim can choose who to take as their companions and role models so that they too adopt patience throughout their lives. The wisdom of Allah, the Exalted, dictates that good and bad people should be distinguished from each other. Therefore, the purpose of tests is not to cause the believers to lose their faith or turn away from the obedience of Allah, the Exalted. Chapter 47 Muhammad, verse 31:

“And We will surely test you until We make evident those who strive among you [for the cause of Allāh] and the patient, and We will test your affairs.”

Finally, in life a Muslim will always face either times of ease or times of difficulty. No one only experiences times of ease without experiencing some difficulties. But the thing to note is that even though difficulties by definition are hard to deal with they are in fact a means to obtain and demonstrate one's true greatness and servanthood to Allah, the Exalted. In addition, in the majority of cases people learn more important life lessons when they face difficulties than when they face times of ease. And people often change for the better after experiencing times of difficulty than times of ease. One only needs to reflect on this in order to understand this truth. In fact, if one studies the Holy Quran they will realise the majority of the events discussed involve difficulties. This indicates that true greatness does not lie in always experiencing times of ease. It in fact, lies in experiencing difficulties while remaining obedient to Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. This is proven by the fact that each of the great difficulties discussed in Islamic teachings end with ultimate success for those who obeyed Allah, the Exalted. So a Muslim should not be bothered about facing difficulties as these are just moments for them to shine while acknowledging their true servanthood to Allah, the Exalted, through sincere obedience. This is the key to ultimate success in both worlds.

“And We will surely test you with something of fear...but give good tidings to the patient.”

It is part of normal behaviour to fear losing one's possessions. In fact, generally speaking the more one possesses the more they will fear losing them and the less they possess the less they will fear. This is just like the person who goes out in the middle of the night while possessing many valuable things, such as an expensive phone and tablet. This person will obviously have more fear of losing their possessions than the one who leaves their home in the middle of the night while carrying nothing valuable. Muslims should therefore understand the reality of this in respect to this temporal world and the eternal hereafter. The one who possesses much worldly things which will not benefit them in the hereafter, such as excess wealth they have hoarded will always fear leaving this world through death and the troubles of this world more than the one who possesses less worldly things. This fear removes the very aim of these possessions which is to achieve peace of mind and body. In fact, achieving peace of mind and body is the very reason people strive in this material world. But in order to remove this fear a Muslim does not need to become physically empty handed. They only need to detach from their possessions spiritually. This is achieved when one only takes from this material world in order to fulfill their necessities and the necessities of their dependents and then dedicates the rest of their worldly blessings towards the hereafter by using them as prescribed by Islam. This will ensure that they truly own their possessions instead of their belongings possessing them. This will also remove the fear of losing their possessions as they have already sent them forward to the hereafter for safe keeping. This will allow them to achieve peace of mind and body in this world and in the next.

“And We will surely test you with something of fear and hunger...but give good tidings to the patient.”

In a Hadith found in Sahih Muslim, number 6748, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Allah, the Exalted, allocated all things, such as provision, to all creatures over fifty thousand years before He created the Heavens and the Earth.

It is important to understand that there are two aspects in respect to all situations, such as gaining one's provision. The first aspect is what Allah, the Exalted, has decided meaning, destiny; this will occur and nothing in creation can prevent this from occurring. As this is out of a person's hands it makes no sense to stress over this aspect as they have no influence on destiny irrespective of what they or anybody else does.

The second aspect is one's own efforts. This aspect a person has full control over and they should therefore concentrate on this aspect by using the means they have been provided such as their physical strength to obey Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, which they have no control over, according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This includes striving to gain lawful provision in order to fulfill their needs and the needs of their dependents while avoiding the unlawful, excess, waste and extravagance.

A Muslim should never waste time stressing over things they have no control or influence over instead they should use the means they possess and act on those things which they have control over according to the teachings of Islam. This is what Allah, the Exalted, has commanded.

Finally, the fact that Allah, the Exalted, stated something of fear and hunger in this verse means that He will test them with a little of these things in order to purify Muslims not destroy them. And generally speaking, this term gives glad tidings that overall a Muslim's life will consist of ease as long as they maintain sincere obedience to Allah, the Exalted.

“And We will surely test you with something of...loss of wealth...but give good tidings to the patient.”

It is important for Muslims to understand that they should not define a situation as good or bad according to worldly definitions. For example, according to a worldly definition being wealthy is good whereas being poor is bad. Instead, Muslims should ascribe good and bad to events and things according to the teachings of Islam. Meaning, anything which takes one closer to the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, is good even if it is seen as bad from a worldly point of view. And anything which takes one away from the obedience of Allah, the Exalted, is bad even if it appears good.

There are many examples throughout the teachings of Islam which demonstrate this. For example, Qarun was an extremely wealthy person who lived in the time of the Holy Prophet Musa, peace be upon him. Many people then and now may consider his wealth to be a good thing but as it led him to pride it became a means of his destruction. So in his case being wealthy was a bad thing. Chapter 28 Al Qasas, verses 79-81.

“So he came out before his people in his adornment. Those who desired the worldly life said, "Oh, would that we had like what was given to Qārūn. Indeed, he is one of great fortune. But those who had been given knowledge said, "Woe to you! The reward of Allah is better for he who believes and does righteousness. And none are granted it except the patient." And We caused the earth to swallow him and his home. And

there was for him no company to aid him other than Allah, nor was he of those who [could] defend themselves.”

On the other hand, the third rightly guided Caliph of Islam, Usman Bin Affan, may Allah be pleased with him, was also wealthy yet he used his wealth in the correct way. In fact, once after donating a large amount of wealth he was told by the Holy Prophet Muhammad, peace and blessings be upon him, that nothing could harm his faith after that day. This has been indicated in a Hadith found in Jami At Tirmidhi, number 3701. So in his case wealth was a good thing.

To conclude, a Muslim should remember that every difficulty they face has wisdoms behind it even if they do not observe them. So they should not believe something is good or bad from a worldly point of view. Meaning, if the thing encourages them towards the obedience of Allah, the Exalted, then it is good even if it looks bad. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

“And We will surely test you with something...[in your] lives...but give good tidings to the patient.

Islam teaches Muslims that they should never compromise on their faith in order to gain something from the material world. Chapter 4 An Nisa, verse 135:

“O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves or parents and relatives...”

As the material world is temporary whatever one gains from it will eventually fade away and they will be held accountable for their actions and attitude in the hereafter. On the other hand, faith is the precious jewel which guides a Muslim through all difficulties in this world and in the hereafter safely. Therefore, it is plain foolishness to compromise the thing which is more beneficial and lasting for the sake of a temporary thing.

Many people especially women, will encounter moments in their lives where they will have to choose whether to compromise on their faith. For example, in some cases a Muslim woman may believe that if she removed her scarf and dressed a certain way she would be more respected at work and may even climb the corporate ladder more quickly. Similarly, in the corporate world it is considered important to mingle with colleagues after work hours. So a Muslim might find themselves being invited to a pub or club after work.

In times like this it is important to remember that ultimate victory and success will only be granted to those who remain steadfast on the teachings of Islam. Those who act in this way will be granted worldly and religious success. But more importantly their worldly success will not become a burden for them. In fact, it will become a means for Allah, the Exalted, to increase their rank and remembrance amongst mankind. Examples of this are the rightly guided Caliphs of Islam. They did not compromise on their faith and instead remained steadfast throughout their lives and in return Allah, the Exalted, granted them a worldly and religious empire.

All other forms of success are very temporal and sooner or later they become a difficulty for its bearer. One only needs to observe the many celebrities who compromised on their ideals and belief in order to obtain fame and fortune only for these things to become a cause of their sadness, anxiety, depression, substance abuse and even suicide.

Reflect on these two paths for a moment and then decide which one should be preferred and chosen.

“And We will surely test you with something...[in your] lives...but give good tidings to the patient.

It is important to understand that generally when one chooses a path which is different from the path of others, such as their relatives and friends, they will face criticism and resistance from them. In fact, the majority of criticism comes from a person's relatives. For example, when a Muslim decides to concentrate more on acting on the teachings of Islam and if it is something their family have not pursued themselves then they will face criticism from them. They will be labelled foolish and extreme by those who they believed would support them on their path. It is important for Muslims to remain steadfast on the lawful path they choose and trust in the help of Allah, the Exalted, through sincere obedience by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, in order to overcome these difficulties.

This is a common reaction from people for when a person chooses a different path in life from others it makes them feel as if their path is bad or evil and this is the reason the person has chosen a different path. Even though the person does not believe this but only chooses a different path believing it is better for them yet they will still face criticism. It is the same reason all the Holy Prophets, peace be upon them, were criticised by their people as they chose and passively invited others to a different better path.

To conclude, as long as one's path in life is lawful they should remain steadfast and not be deterred by the criticism of others. But this does not mean they should not try to improve their situation and character. It

means they should not be deterred from pursuing their lawful choice according to the teachings of Islam.

“And We will surely test you...loss of...lives and fruits but give good tidings to the patient.

Fruits could be referring to one's children. Every day people lose their loved ones. It is an inevitable outcome. A Muslim can remember and act on many things which can aid them during this difficulty. One thing is to observe the situation in a positive way. Meaning, instead of being sad over what one has lost they should concentrate on the good things that they gained through the person who has departed, such as their good advice and guidance. When one reflects on this they will understand that it was better to know the person before losing them instead of not knowing them at all. It is similar to the statement, it is better to have loved and lost than not loved at all. Though in most cases, this statement is taken out of context and misused but when used in this way it is correct and helpful.

In addition, a Muslim who undoubtedly believes in the hereafter should always remember that people do not meet in this world only to leave each other. But instead they only leave this world in order to meet again in the next world. This attitude can aid one in remaining patient during such a difficulty. And it should inspire them to increase their obedience to Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience so that they can reunite with their loved one in their final resting place in the gardens of refuge, forever.

“And We will surely test you...loss of...fruits but give good tidings to the patient.”

This could also be referring to the fruits of one’s labor. This verse is connected to chapter 11 Hud, verse 115:

“...Allah does not allow to be lost the reward of those who do good.”

This verse provides hope that as long as one strives to do something lawful and beneficial their efforts will not be wasted. If Allah, the Exalted, does not waste the efforts of people who do not even believe in Him why would He not support the Muslims who believe in His Oneness and Lordship? If Allah, the Exalted, does not waste the efforts of people when they strive for the material world how can He then waste the efforts of those who strive to achieve good in the hereafter?

People should therefore, never give up striving to achieve good in both this world and in the next. Unfortunately, some Muslims have given up struggling to earn a lawful income after facing some hardship. They instead opt to receive social benefits and become a burden on society. Those who are rightly entitled to receive benefits should continue to utilise them as it is their right. But those who have the ability to earn for themselves should do so.

This verse also encourages Muslims to continue doing good to others even if they do not appreciate their efforts. If one acts with sincerity meaning, for the sake of Allah, the Exalted, they should be confident their efforts have been recorded and will be rewarded in both worlds.

To conclude, whatever lawful action a Muslim performs whether its worldly, such as a business opportunity, or whether they perform a religious deed they should put full effort into it knowing that Allah, the Exalted, will support them and grant them success, sooner or later.

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

In a Hadith found in Sahih Bukhari, number 1302, the Holy Prophet Muhammad, peace and blessings be upon him, advised that real patience is shown at the onset of a difficulty.

It is important to understand that true patience is shown throughout a calamity meaning, from the very onset of the difficulty onwards. Accepting the reality of a difficulty, such as the death of a loved one, eventually, with the passing of time occurs with everyone. This is acceptance not true patience.

Muslims should therefore ensure they encounter difficulties while patient believing that everything which Allah, the Exalted, chooses is for the best even if they fail to observe the wisdoms behind the choices. Instead, they should reflect on the many times when they believed something was good yet, it ended up being bad and vice versa. Understanding the extreme short sightedness and limited knowledge of humans and the infinite knowledge and wisdom of Allah, the Exalted, can aid a Muslim to show patience from the onset of a difficulty. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

In addition, it is important for Muslims to continue showing patience till the end of their life. This is because a person can easily lose the reward of patience even if they were patient from the onset by demonstrating impatience further down the line. This is an extremely deadly trap of the Devil. He patiently waits for decades just to ruin the reward of a Muslim. The Holy Quran makes it clear that a Muslim will gain reward for what they bring to Judgment Day, meaning, take with them when they die it does not declare they will gain reward after simply doing a deed, such as showing patience at the onset of a difficulty. Chapter 6 Al An'am, verse 160:

“Whoever comes [on the Day of Judgment] with a good deed...”

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

A Hadith found in Musnad Ahmad, number 2803, advises that being patient over the things one dislikes leads to a great reward. Chapter 39 Az Zumar, verse 10:

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

Patience is a key element required in order to fulfil the three aspects of faith: fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny. But a higher and more rewarding level than patience is contentment. This is when a Muslim deeply believes that Allah, the Exalted, only chooses the best for His servants and they therefore prefer His choice over their own. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

A patient Muslim understands that anything which effected them, such as a difficulty, could not have been avoided even if the entire creation aided them. Similarly, whatever missed them could not have affected them. The one who truly accepts this fact will not exult and grow proud over anything they obtain knowing Allah, the Exalted, allocated that thing to them. Nor will they grieve over anything which they fail to obtain knowing Allah, the Exalted, did not allocate that thing to them and nothing in existence can alter this fact. Chapter 57 Al Hadid, verses 22-23:

“No disaster strikes upon the earth or among yourselves except that it is in a register¹ before We bring it into being - indeed that, for Allah, is easy. In order that you not despair over what has eluded you and not exult [in pride] over what He has given you...”

In addition, the Holy Prophet Muhammad, peace and blessings be upon him, has advised in a Hadith found in Sunan Ibn Majah, number 79, that when something occurs a Muslim should firmly believe it was decreed and nothing could have changed the outcome. And a Muslim should not have regrets believing they could have prevented the outcome if they somehow behaved differently as this attitude only causes the Devil to encourage them towards impatience and complaining about destiny. A patient Muslim truly understands that whatever Allah, the Exalted, has chosen is best for them even if they do not observe the wisdom behind it. The one who is patient does desire a change in their situation and even supplicates for it but they do not complain about what has occurred. Being persistently patient can lead a Muslim to a greater level namely, contentment.

The one who is content does not desire things to change as they know the choice of Allah, the Exalted, is better than their choice. This Muslim firmly believes and acts on the Hadith found in Sahih Muslim, number 7500. It advises that every situation is best for the believer. If they encounter a problem they should show patience which leads to blessings. And if they experience times of ease they should show gratitude which also leads to blessings.

It is important to know that Allah, the Exalted, tests those He loves. If they show patience they will be rewarded but if they are angered it only proves their lack of love for Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2396.

A Muslim should be patient or content with the choice and decree of Allah, the Exalted, in both times of ease and hardship. This will reduce one's distress and provide them with much blessings in both worlds. Whereas, impatience will only destroy the reward they could have received. Either way a Muslim will go through the situation decreed by Allah, the Exalted, but it is their choice whether they desire reward or not.

A Muslim will never reach full contentment until their behaviour is equal in times of difficulty and ease. How can a true servant go to the Master namely, Allah, the Exalted, for a judgment and then become unhappy if the choice does not match their desire. There is a real possibility that if a person gets what they desire it will destroy them. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

A Muslim should not worship Allah, the Exalted, on the edge. Meaning, when the divine decree matches their wishes they praise Allah, the Exalted. And when it does not they become annoyed acting as if they know better than Allah, the Exalted. 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 Muslim should behave with the choice of Allah, the Exalted, as if they would behave with a skilled trustworthy doctor. The same way a Muslim would not complain taking bitter medicine prescribed by the doctor knowing it is best for them they should accept the difficulties they face in the world knowing it is best for them. In fact, a sensible person would thank the doctor for the bitter medicine and similarly an intelligent Muslim would thank Allah, the Exalted, for any situation they encounter.

In addition, a Muslim should review the many verses of the Holy Quran and the Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him, which discuss the reward given to the patient and content

Muslim. Deep reflection on this will inspire a Muslim to remain steadfast when facing difficulties. For example, Chapter 39 Az Zumar, verse 10:

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

Another example is mentioned in a Hadith found in Jami At Tirmidhi, number 2402. It advises that when those who patiently faced trials and difficulties in the world receive their reward on Judgment Day those who did not face such trials will wish they patiently faced difficulties such as their skin being cut off with scissors.

In order to gain patience and even contentment with what Allah, the Exalted, chooses for a person they should seek and act on the knowledge found within the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, so that they reach the high level of excellence of faith. This has been discussed in a Hadith found in Sahih Muslim, number 99. Excellence in faith is when a Muslim performs deeds, such as the prayer, as if they can witness Allah, the Exalted. The one who reaches this level will not feel the pain of difficulties and trials as they will completely be immersed in the awareness and love of Allah, the Exalted. This is similar to the state of the women who did not feel pain when cutting their own hands when they observed the beauty of the Holy Prophet Yusuf, peace be upon him. Chapter 12 Yusuf, verse 31:

“...and gave each one of them a knife and said [to Joseph], "Come out before them." And when they saw him, they greatly admired him and cut their hands and said, "Perfect is Allah! This is not a man; this is none but a noble angel."”

If a Muslim cannot reach this high level of faith they should at least try to reach the lower level mentioned in the Hadith quoted earlier. This is the level where one is constantly aware they are being observed by Allah, the Exalted. The same way a person would not complain in front of an authoritative figure they feared, such as an employer, a Muslim who is constantly aware of the presence of Allah, the Exalted, will not complain about the choices He makes.

“...but give good tidings to the patient. Who, when disaster strikes them...”

In a Hadith found in Imam Bukhari's, Adab Al Mufrad, number 492, the Holy Prophet Muhammad, peace and blessings be upon him, advised that a Muslim does not face any type of physical difficulty, irrespective of its size, such as a prick of a thorn, or any emotional difficulty, such as stress, except Allah, the Exalted, erases their sins because of it.

This refers to minor sins as major sins require sincere repentance. This outcome occurs when a Muslim remains patient from the onset of the difficulty until the end of their life. This is important to understand as many people believe they can complain initially and then show patience after. This is not true patience instead it is only acceptance which occurs with the passing of time. This has been indicated in a Hadith found in Sunan An Nasai, number 1870. In addition, patience needs to be shown throughout one's life as a person can destroy their reward by showing impatience down the line.

A Muslim should remember that it is far better to have their minor sins erased through these difficulties than to reach the Day of Judgment while still possessing them. A Muslim should constantly repent and strive to perform righteous deeds in order to erase their minor sins. And if they encounter any physical or emotional difficulties they should remain patient hoping for their minor sins to be erased and to obtain an uncountable reward. Chapter 39 Az Zumar, verse 10:

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

“...but give good tidings to the patient. Who, when disaster strikes them, say, "Indeed we belong to Allah..."”

One of the easiest ways to deal with loss is to recognize that everything one possesses does not belong to them. Allah, the Exalted, is the Creator and true Owner of all blessings. Therefore, all the things a Muslim possesses such as wealth and family has been granted to them as a loan. A sensible person does not attach themselves to a loan as they know it must eventually be returned to its true owner. Instead, they utilize it in the best way they can in a way pleasing to its owner before this return day arrives. Similarly, one should treat their time, wealth, fame, authority and family as a loan which will be recalled or left behind after they depart from this world. This mentality will encourage a Muslim to utilize worldly things in ways pleasing to Allah, the Exalted, and to be patient when the loan is called back.

“...but give good tidings to the patient. Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return.””

Every worldly blessing a Muslim possesses is only a means which should aid them in reaching the hereafter safely. It is not an end in itself. For example, wealth is a means one should use in order to obey Allah, the Exalted, by fulfilling the commands of Allah, the Exalted, fulfilling their necessities and the necessities of their dependents. It is not an end or an ultimate goal in itself.

This not only aids a Muslim in maintaining their focus on the hereafter but it also aids them whenever they lose worldly blessings. When a Muslim treats each worldly blessing, such as a child, as a means to please Allah, the Exalted, and reach the hereafter safely then losing it will not have such a detrimental impact on them. They may become sad, which is an acceptable emotion, but they will not become grieved which leads to impatience and other mental problems, such as depression. This is because they firmly believe the worldly blessing they possessed was only a means so losing it does not cause a loss in the ultimate goal namely, Paradise, the loss of which is disastrous. Therefore, still possessing and concentrating on the ultimate goal will prevent them from becoming grieved.

In addition, they will understand that just like the thing they lost was only a means they firmly believe they will be provided with another means to reach and fulfil their ultimate goal by Allah, the Exalted. This will also prevent them from grieving. Whereas, the one who believes their worldly blessing is the end instead of a means will experience severe grief when

losing it as their whole purpose and objective has been lost. This grief will lead to depression and other mental issues.

To conclude, Muslims should treat each blessing they possess as a means to reach the hereafter safely not as an end in itself. This is how one can possess things without being possessed by them. This is how they can keep worldly things in their hands and not in their hearts.

“...but give good tidings to the patient. Who, when disaster strikes them, say, “...indeed to Him we will return.””

Often when Muslims receive blessings especially, beyond their need, it distracts them from the hereafter and instead focuses their minds on this material world. So in this respect, the wisdom behind a difficulty is to refocus a Muslim’s attention on what is truly important which is preparing for the hereafter. This is like a person who is so preoccupied with their phone that they cross a road without seeing an oncoming vehicle. Another person violently pulls them away from the oncoming car which causes them distress yet, saves their life. Even though being pulled violently causes distress and even pain but it is only done in order to refocus their attention on the life threatening danger namely, the oncoming car. Similarly, a Muslim faces emotional and physical difficulties in order to refocus their attention on more important things such as the hereafter. If a Muslim was left to only face times of ease without difficulties there is no doubt that they would become lost in enjoying the excess of this material world. This neglect in the long run would be disastrous for them. So they face a small difficulty in order to protect them from greater difficulties namely, the difficulties of the hereafter, such as their accountability on Judgement Day. Therefore, Muslims should remember this truth every time they face a difficulty so that they leave the difficulty refocused on more important things and act correctly over this blessing instead of demonstrating impatience and heedlessness to this vital benefit. This is in fact one of the biggest favours of Allah, the Exalted.

“...but give good tidings to the patient. Who, when disaster strikes them, say, “...indeed to Him we will return.””

One of the ways of achieving patience through difficulties is by always comparing them to harder and more severe difficulties. When one does this it will make their problem seem small and less significant. This change in focus can aid a Muslim to be patient and remain obedient to Allah, the Exalted. This can be explained through a worldly example. A person suffering from a severe migraine can be effected in such a way that it seems to them that the world is collapsing around them. But if this same person was on a ship which is about to hit an iceberg and sink in the middle of a freezing ocean then their severe migraine will not seem like a big deal. In fact, they would probably not even be effected by it at all as their whole focus would become shifted to the imminent life threatening danger namely, the sinking ship. This is how a Muslim should behave during difficulties. When they encounter a difficulty they should realise it could have been much worse and try to shift they focus on greater difficulties they could have encountered. This can be achieved by observing others who are in more difficult situations than them. For example, a person who suffers from back pain can ponder over the person who is physically disabled. Or they could ponder over much greater difficulties such as death and Judgment Day. This comparison will reduce the significance of their difficulty and its effects, which in turn will aid them in remaining patient and steadfast on the obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience.

“...but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

In a Hadith found in Sahih Muslim, number 7500, the Holy Prophet Muhammad, peace and blessings be upon him, advised that every situation is blessed for a believer. The only condition is that they need to respond to each situation they encounter while obeying Allah, the Exalted, specifically, patience in difficulties and gratitude in times of ease.

There are two aspects of life. One aspect are the situations people find themselves in whether they are times of ease or difficulties. The control of what situation a person faces is out of their hands. Allah, the Exalted, has decided this and there is no escaping them. Therefore, stressing over the situations one faces does not make sense as they are destined and therefore inevitable. The other aspect is a person's reaction to each situation. This is in each person's control and this is what they are judged on for example, showing patience or impatience in a difficult situation. Therefore, a Muslim must concentrate on their behaviour and reaction in each situation instead of stressing over being in a situation as this is unavoidable. If a Muslim desires to succeed in both worlds they should assess each situation and always act in the obedience of Allah, the Exalted. For example, in times of ease they must use the blessings they possess as prescribed by Islam which is true gratitude to 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 in times of difficulty they must show patience knowing Allah, the Exalted, chooses what is best for His servants even if they do not understand the wisdom behind the choices. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

“...but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

In a Hadith found in Sahih Muslim, number 159, the Holy Prophet Muhammad, peace and blessings be upon him, gave a short but far reaching piece of advice. He advised people to sincerely declare their belief in Allah, the Exalted, and then remain steadfast on it.

Remaining steadfast on one's faith means that they must strive in the sincere obedience of Allah, the Exalted, in all aspects of their life. It consists of fulfilling the commands of Allah, the Exalted, which relate to Him, such as the obligatory fasts and those which relate to people, such as treating others kindly. It includes refraining from all the prohibitions of Islam which are between a person and Allah, the Exalted, and those involving others. A Muslim must also face destiny with patience truly believing Allah, the Exalted, chooses what is best for His servants. Chapter 2 Al Baqarah, verse 216:

“...But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”

Steadfastness can include refraining from both types of polytheism. The major type is when one worships something other than Allah, the Exalted. The minor type is when one shows off their good deeds to others. This has been warned in a Hadith found in Sunan Ibn Majah,

number 3989. Therefore, an aspect of steadfastness is to always act for the sake of Allah, the Exalted.

It includes obeying Allah, the Exalted, at all times instead of obeying and pleasing oneself or others. If a Muslim disobeys Allah, the Exalted, by pleasing themselves or others they should know neither their desires nor people will protect them from Allah, the Exalted. On the other hand, the one who is sincerely obedient to Allah, the Exalted, will be protected from all things by Him even if this protection is not apparent to them.

Remaining steadfast on one's faith includes following the path set out by the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, and not adopting a path which deviates from this. The one who strives to adopt this path will not need anything else as this is enough to keep them steadfast on their faith.

As people are not perfect they will undoubtedly make mistakes and commit sins. So being steadfast in matters of faith does not mean one has to be perfect but it means they must strive to adhere strictly to the obedience of Allah, the Exalted, as outlined earlier, and to sincerely repent if they commit a sin. This has been indicated in chapter 41 Fussilat, verse 6:

“...so take a straight course to Him and seek His forgiveness...”

This is further supported by a Hadith found in Jami At Tirmidhi, number 1987, which advises to fear Allah, the Exalted, and to erase a (minor) sin which has occurred by performing a righteous deed. In another Hadith found in Imam Malik's Muwatta, book 2, Hadith number 37, the Holy Prophet Muhammad, peace and blessings be upon him, advised Muslims to try their best to remain steadfast on the obedience of Allah, the Exalted, even though they will not be able to do it perfectly. Therefore, a Muslim's duty is to fulfil the potential they have been given through their intention and physical actions in the steadfast obedience of Allah, the Exalted. They have not been commanded to achieve perfection as this is not possible.

It is important to note, that one cannot remain steadfast in the obedience of Allah, the Exalted, through their physical actions without purifying their heart first. As indicated in a Hadith found in Sunan Ibn Majah, number 3984, the limbs of the body will only act in a pure way if the spiritual heart is pure. Purity of heart is only achieved by gaining and acting on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him.

Steadfast obedience requires one to control their tongue as it expresses the heart. Without controlling the tongue steadfast obedience to Allah, the Exalted, is not possible. This has been advised in a Hadith found in Jami At Tirmidhi, number 2407.

Finally, if any deficiency in the steadfast obedience of Allah, the Exalted, occurs one must make sincere repentance to Allah, the Exalted, and seek the forgiveness of people if it involves their rights. Chapter 46 Al Ahqaf, verse 13:

“Indeed, those who have said, “Our Lord is Allah,” and then remained on a right course - there will be no fear concerning them, nor will they grieve.”

“...but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

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 through all difficulties and situations 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.

“...but give good tidings to the patient...Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

A Hadith found in Sunan Abu Dawud, number 3127, warns that the Holy Prophet Muhammad, peace and blessings be upon him, forbade people from wailing.

Unfortunately, some believe it is not permitted to cry in times of difficulty, such as losing a loved one. This is incorrect as the Holy Prophet Muhammad, peace and blessings be upon him, cried on many occasions when someone passed away. For example, he wept when his son Ibrahim, may Allah be pleased with him, passed away. This is confirmed in a Hadith found in Sunan Abu Dawud, number 3126.

In fact, crying on someone's death is a sign of mercy which Allah, the Exalted, has placed in the hearts of His servants. And only those who show mercy to others will be shown mercy by Allah, the Exalted. This has been advised in a Hadith found in Sahih Bukhari, number 1284. This same Hadith clearly mentions that the Holy Prophet Muhammad, peace and blessings be upon him, cried over his grandson who passed away.

A Hadith found in Sahih Muslim, number 2137, advises that a person will not be punished for crying over the death of someone or the grief they feel in their heart. But they may well face punishment if they utter words showing their impatience with the choice of Allah, the Exalted.

It is clear that feeling grief in one's heart or shedding tears is not prohibited in Islam. The things which are prohibited are wailing, showing one's impatience through words or actions, such as tearing one's clothes or shaving one's head in grief. They are severe warnings against those who act in this way. Therefore, one should avoid these actions at all costs. Not only may a person face punishment for acting in this way but if the deceased desired and commanded others to act like this when they passed away they too will be held accountable. But if the deceased did not desire this then they are free of any accountability. This is confirmed in a Hadith found in Jami At Tirmidhi, number 1006. It is common sense to understand that Allah, the Exalted, would not punish someone because of the actions of another when the former did not advise them to act in that manner. Chapter 35 Fatir, verse 18:

“And no bearer of burdens will bear the burden of another...”

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