

The Cause of Stress

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Achieve Noble Character

The Cause of Stress

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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.

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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.

Introduction

The following short book discusses some aspects of the Cause of Stress. This discussion is based on Chapter 68 Al Qalam, Verses 44-45 of the Holy Quran:

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know. And I will give them time. Indeed, My plan is firm.”

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.

The Cause of Stress

Chapter 68 – Al Qalam, Verses 44-45

فَذَرْنِي وَمَنْ يُكَذِّبُ بِهَذَا الْحَدِيثِ سَنَسْتَدْرِجُهُمْ مِنْ حَيْثُ لَا
يَعْلَمُونَ ﴿٤٤﴾

وَأُمْلِي لَهُمْ إِنَّ كَيْدِي مَتِينٌ ﴿٤٥﴾

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.

And I will give them time. Indeed, My plan is firm.”

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]...”

It is important for muslims to understand an important point in respect to advising others. It is the duty of muslims to advise others towards good and forbid evil but a muslim should not behave as if they have been put in charge as controllers over others. This attitude only leads to anger and bitterness especially, when others do not follow their advice. It is best for muslims to discharge their duty by advising others but they should avoid stressing over the outcome of their advice meaning, whether the person acts on their advice or not. If Allah, the Exalted, advised the greatest teacher and guide of mankind namely, the Holy Prophet Muhammad, peace and blessings be upon him, not to stress over the outcome in many places of the Holy Quran how can a muslim claim or behave as if they have been put in charge of others. Chapter 88 Al Ghashiyah, verses 21-22:

“So remind, [O Muhammad]; you are only a reminder. You are not over them a controller.”

The muslim who behaves as a controller will not only become bitter when people fail to follow their advice but it can lead them to giving up advising others which is a duty on all muslims according to their ability.

In addition, this attitude will also cause muslims to neglect themselves and their own duties as they are too busy concerning themselves with the duties of others. Therefore, muslims should remain firm in commanding good and forbidding evil but refrain from observing and bothering about the outcome of their advice.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]...”

Even though commanding good and forbidding evil is an important duty on each muslim yet they will encounter people who do not seem to listen nor act on the advice given to them. This is quite obvious especially in this day and age. In cases like this it is best not to give up but to consider changing one's technique. Advising others through words is one way of commanding good and forbidding evil but a better way is to advise others through one's actions. The Holy Prophet Muhammad, peace and blessings be upon him, was the greatest teacher as he advised others through his words and actions. This leading by example technique is important to adopt as it is more likely to affect others in a positive way. But those who still fail to accept this technique of commanding good and forbidding evil should be left alone. One should continue showing a practical example but perhaps take a step back from verbally advising them as continuously advising others who do not pay attention can cause both parties to become irritated and angered. This contradicts the very attitude a muslim should possess when they advise others towards good. It is a sad truth that one should not bother verbally imposing themselves on people who do not care what they have to say. But they should continue advising others through their actions. In this way one not only helps themselves by refining their own character but also fulfils their duty in commanding good and forbidding evil. Chapter 31 Luqman, verse 17:

“...enjoin what is right, forbid what is wrong, and be patient over what befalls you. Indeed, [all] that is of the matters [requiring] resolve.”

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]...”

The Holy Quran teaches mankind that certain people are so drowned in the material world no advice will penetrate their veiled hearts. The Holy Quran describes how this group of people possesses hearts harder than rocks. Chapter 2 Al Baqarah, verse 74:

“Then your hearts became hardened after that, being like stones or even harder...”

At this point those who desire to spread the word of Islam should separate from this type of person and instead concentrate on others. But it is important to note, even in this case a muslim should always demonstrate good character towards the sinful as they can repent at anytime. Chapter 25 Al Furqan, verse 63:

“...and when the ignorant address them [harshly], they say [words of] peace.”

Similarly, in another verse of the Holy Quran Allah, the Exalted, advises that when a limit is reached it is best to separate and leave the stubborn and misguided people to their false beliefs. A day will undoubtedly come when Allah, the Exalted, will inform mankind who was rightly guided and who was lost in darkness. Chapter 28 Al Qasas, verse 55:

“And when they hear ill speech, they turn away from it and say, “For us are our deeds, and for you are your deeds. Peace will be upon you; we seek not the ignorant.””

Muslims should never get depressed and confused when their good advice does not affect others. In some cases, these people are drowned in sins to such an extent their heart becomes veiled. This veil prevents the good advice affecting them in a positive way. A Hadith found in Sunan Ibn Majah, number 4244, explains how a sin causes a black spot to be etched onto the spiritual heart. The more one sins the more their spiritual heart becomes engrossed by this darkness. Chapter 83 Al Mutaffifin, verse 14:

“No! Rather, the stain has covered their hearts of that which they were earning.”

This is similar to another verse where Allah, the Exalted, declares that their ears, eyes and hearts have been veiled from the truth and they therefore cannot be guided to the truth. Chapter 2 Al Baqarah, verse 7:

“Allah has set a seal upon their hearts and upon their hearing, and over their vision is a veil...”

The fault does not lie with the message of Islam but in the hearts of the misguided. Just like the fault lies in the eyes of a blind person and not the bright Sun. Unfortunately, this stubborn attitude has become a widespread problem within society. Some of these people believe in Islam yet have closed their hearts and minds to the teachings of the Holy Quran and Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him. They refuse to accept any good advice which would benefit them in both worlds.

Those who choose to spread the word of Islam should understand that there are two types of mind-sets people can adopt. The first is when someone makes their mind up beforehand about an issue and then searches and accepts only those things which support their predetermined belief. Whereas, the correct attitude is to live with an open mind by searching and accepting strong evidence regarding different issues. The first mentality will only cause problems from a personal level right up to a national level. Unfortunately, this is how some aspects of the media work. They predetermine the information they would like to publish, find bits of weak supporting evidence and then blow it out of proportion for the world to see. Those spreading the word of Islam should avoid the first type of people and instead concentrate on inviting the second group towards the truth.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it.

In a Hadith found in Imam Munzari's, Awareness and Apprehension, number 30, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the Holy Quran will intercede on Judgment Day. Those who follow it during their lives on Earth will be led to Paradise on Judgment Day. But those who neglect it during their lives on Earth will find that it pushes them into Hell on Judgment Day.

The Holy Quran is a book of guidance. It is not merely a book of recitation. Muslims must therefore strive to fulfill all aspects of the Holy Quran to ensure that it guides them to success in both worlds. The first aspect is reciting it correctly and regularly. The second aspect is to understand it. And the final aspect is to act on its teachings according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Those who behave in such a manner are the ones who are given glad tidings of right guidance through every difficulty in this world and its intercession on the Day of Judgment. But as warned by this Hadith the Holy Quran is only guidance and a mercy for those who correctly act on its aspects according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. But those who misinterpret it and instead act according to their

desires in order to gain worldly things, such as fame, will be deprived of this right guidance and its intercession on Judgment Day. In fact, their complete loss in both worlds will only increase until they sincerely repent. Chapter 17 Al Isra, verse 82:

“And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.”

Finally, it is important to understand that even though the Holy Quran is a cure for worldly problems a muslim should not only use it for this purpose. Meaning, they should not only recite it in order to fix their worldly problems thereby, treating the Holy Quran like a tool which is removed during a difficulty and then placed back in a toolbox. The main function of the Holy Quran is to guide one to the hereafter safely. Neglecting this main function and only using it to fix one's worldly problems is not correct as it contradicts the behaviour of a true muslim. It is like the one who purchases a car with many different accessories yet, it possesses no engine. There is no doubt that this person is simply foolish.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it.

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure which means their actions become correct. But if one's heart is corrupt the

body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah, the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

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 affect 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.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

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 Mosa, 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.”

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

It is a universal aim and goal for all people, irrespective of their faith or social class, to achieve peace of mind in this world. It is the ultimate reason why people strive in this material world, work long hours and dedicate the majority of their efforts to this world. People desire to obtain such a life whereby they have no stresses or worries such as financial difficulties. But it is strange how people, especially muslims, look for peace of mind in the wrong place. Just like a person who desires to watch a football game yet, goes to a cricket match. Allah, the Exalted, has made it clear that true peace of mind only lies in His obedience which involves fulfilling His commands, refraining from His prohibitions and being patient with destiny. Chapter 13 Ar Ra'd, verse 28:

“...Unquestionably, by the remembrance of Allah hearts are assured.”

Whenever a person seeks peace of mind in the material world it will only lead them further away from their goal. Whenever a person sets a target in respect to this material world that target will only lead onto more targets. This continues until the person departs this world without obtaining what they were looking for. It is obvious that the rich do not obtain true peace of mind as they stress more than normal people and whatever they obtain of the world ends up becoming a burden for them. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2465, that the one who focuses on the hereafter will be blessed with a rich heart and Allah, the Exalted, will organize their affairs meaning, they will obtain peace of mind. But the one who focuses on the material world will only see their poverty and their affairs will become scattered meaning, they will not achieve peace of mind. The one who obeys Allah, the Exalted, will find peace of mind even if they possess little of this world. But the one who is lost in the material world will go from one worldly door to another but will never find true peace as it has not been placed there. If a person wants to watch a football game they should not go to a cricket match and if a muslim desires peace of mind they should not search for it in the material world as it lies only in the obedience of Allah, the Exalted. It is important to note, that those who adhere to the teachings of Islam will encounter difficulties throughout their lives as this is guaranteed but through their obedience Allah, the Exalted, will remove fear and grief from them so that they remain firm and steadfast on the correct path. This is similar to the one who only feels slight discomfort from a medical procedure as they have been anaesthetised.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

First of all, it is important to understand, that the major thing which separates a human from an animal is the fact that people live by a higher moral code. If people abandoned this and simply acted on their desires then they would be no difference between them and animals. In fact, people would be worse as they possess the higher level of thinking yet, still choose to live like animals.

Secondly, whether people want to admit it or not in reality, every person is a servant of something or someone. Some are servants of others, such as Hollywood executives and do whatever they command them to do even if it challenges modesty and shame. Others are servants of their relatives and friends and do whatever it takes to please them. Others are the worse by being servants of their own desires as this is the attitude of animals who generally act to please themselves. The best and highest form of servanthood is being a servant of Allah, the Exalted. This is quite evident if one turns the pages of history which clearly shows that those who were the servants of Allah, the Exalted, such as the Holy Prophets, peace be upon them, were

granted the highest honour and respect in this world and will be granted this in the next. Centuries and millennia have passed yet their names are remembered as the pillars and beacons of history. Whereas those who became servants of others especially, their own desires were eventually disgraced in this world even if they achieved some worldly status and they became mere footnotes in history. The media barely remembers those who pass away for more than a few days before moving onto the next person to report on. During their lives these people eventually become sad, lonely, depressed and even suicidal as selling their souls and decency to their worldly masters did not grant them the contentment they were looking for. One does not need to be a scholar to understand this obvious truth. So if people must be servants they should be the servants of Allah, the Exalted, as lasting honour, greatness and true success lies only in this.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

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.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

Those who disbelieve or avoid acting on their faith in Islam do so out of love for the material world and the things within it. They believe that believing or acting on their faith will prevent them from enjoying worldly blessings meaning, for them faith is something that restricts their desires and therefore they turn away from it either literally or practically. Instead they turn towards the material world and strive to fulfill their desires without restrictions believing that true peace lies in this. They look down at those who accept and actualize their faith by controlling their actions and using their worldly blessings in ways pleasing to Allah, the Exalted. They believe that these pious Muslims are lowly slaves who been restricted from enjoying themselves whereas they, the disbelievers and the misguided, are free. But in actual fact this could not be further from the truth as the real slaves are those who fail to accept and submit to Allah, the Exalted, and the superior ones are those who have done this as they become free of slavery to the world. This can be understood by an example. A good parent will restrict the type of food their child eats meaning, they will only let them eat junk and unhealthy food once in a while and instead force them to follow a healthy diet. This child therefore believes that their parent has placed undesirable restrictions on them and that they have become slaves

to their parent and their healthy diet. On the other hand another child has been given permission from their parent to eat whatever they desire, whenever they desire and how much they desire. So this child believes that they are completely free of all restrictions. When these children come together the child who has been given complete freedom criticizes and looks down on the child who has been restricted by their parent. The latter child will also feel sorry for themselves when they observe the other child has been given free reign to behave however they wish. Outwardly it appears the child who has been granted freedom has obtained happiness whereas the other child is too tied up with restrictions to enjoy life. But years down the line the truth will become manifest. The child who had no restrictions grows up to become extremely unhealthy e.g. obesity, diabetes, high blood pressure, etc. As a result of this they even become mentally unhealthy as they lose confidence in their body and the way they look. Because of this they become a slave of medications, diseases, mental and social problems. All these things restrict their happiness and life. Whereas, the child who was restricted by their parent grows up healthy in mind and body. As a result they become confident in their body and ability, which aids them to succeed in life. They become free of any slavery to medications, diseases, mental and social problems as they grew up with the correct balance and guidance. So the child who had no restrictions grew up becoming a slave to many things, whereas the child who had restrictions grew up independent of all restrictions.

To conclude, the real slave is the one who becomes a slave to all other things except Allah, the Exalted, such as social media, society, fashion and culture, and this leads to mental, physical and social problems, whereas the real free person is the one who submits only to Allah, the Exalted, thereby achieving peace of mind and body.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will not use the blessings they have been granted correctly. This will cause them great difficulties in both worlds.

In reality, in most cases nothing in this material world in itself is good or bad, such as wealth. What makes a thing good or bad is the way it is used. It is important to understand that the very purpose of everything which was created by Allah, the Exalted, was for it to be used correctly according to the teachings of Islam. When something is not used correctly it in reality becomes useless. For example, wealth is useful in both worlds when it is used correctly such as being spent on the necessities of a person and their dependents. But it can become useless and even a curse for its bearer if it is not used correctly, such as being hoarded or spent on sinful things. Simply hoarding wealth causes wealth to lose value. How can paper and metal coins one tucks away be useful? In this respect, there is no difference between a blank piece of paper and a note of money. It is only useful when it is used correctly.

So if a Muslim desires all their worldly possessions to become a blessing for them in both worlds all they have to do is use them correctly according

to the teachings found in the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. But if they use them incorrectly then the same blessing will become a burden and curse for them in both worlds. It is as simple as that.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will not use the blessings they have been granted correctly. This will cause them great difficulties in both worlds. One can adopt the correct attitude when they understand the purpose of these blessings.

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.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

In a Hadith found in Sahih Muslim, number 7232, the Holy Prophet Muhammad, peace and blessings be upon him, advised that people will be resurrected on Judgment Day in the same state they died on Earth.

This means that if a person dies on good they will be resurrected on good. But if they die on evil they will be raised in an evil way.

A muslim should not live in heedlessness by believing just because they have faith in Islam it guarantees they will die and therefore be raised in a good state on Judgment Day. If they persist on the disobedience of Allah, the Exalted, and then die in this state without sincerely repenting then they will be raised in an evil way. It does not take a scholar to determine what will happen to this person on Judgment Day.

From this Hadith one can understand that the way they will die will be in the same state they have lived. Meaning, if they lived in the obedience of Allah, the Exalted, by sincerely fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, then they will die in a good state and therefore be raised in a good state which includes being raised with the righteous as they practically followed in their footsteps. This has been indicated in a Hadith found in Sahih Bukhari, number 3688.

A muslim should therefore not walk the path to Hell by disobeying Allah, the Exalted, and believe that they will somehow be raised with the pious and end up in Paradise.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know.”

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Allah, the Exalted, guides those who sincerely try to obey Him. But those who persistently disobey Him are left to wander blindly in misguidance. Therefore, it is vital for Muslims to sincerely obey Allah, the Exalted, as persistent disobedience leads to corruption of the spiritual heart and one's actions.

This is similar to a person who is warned by a judge not to behave in an unlawful way but after the person persists on this behaviour the judge gives the order for them to be locked up in prison. Therefore, Allah, the Exalted, has not wronged them they have only wronged themselves.

But it is important to note that as being abandoned in misguidance is a spiritual thing and therefore hidden to mankind, it is important for Muslims not to assume certain people have reached this point. Instead they should

think positively about all people and therefore sincerely practically aid them in reforming their belief and behaviour.

Allah, the Exalted, has created human beings with the best possible capabilities. He gave them knowledge and power to differentiate between good and evil and even placed in them an innate inclination to like what is good and to dislike and avoid what is evil. This has been indicated in a Hadith found in Jami At Tirmidhi, number 2389. Allah, the Exalted, has also granted mankind free will to choose between good and evil. This choice plays a role in enhancing or diminishing a person's natural faculties of reason. Chapter 91 Ash Shams, verses 9-10:

“He has succeeded who purifies it [the spiritual heart – the greatest faculty of reason]. And he has failed who instills it [with corruption].”

When a person chooses a path of goodness their natural potential develops and Allah, the Exalted, grants them further support in their efforts. Chapter 29 Al Ankabut, verse 69:

“And those who strive for Us - We will surely guide them to Our ways...”

But if one follows their evil desires and chooses the evil path gradually their spiritual hearts will become engrossed with darkness and no good will remain therein. This has been indicated in a Hadith found in Jami At Tirmidhi, number 3334. If a person fails to repent then the main verse under discussion comes into effect. This person becomes so engrossed in evil that they find joy in their evil mentality and actions. They absolutely hate anything good.

In a Hadith found in Sahih Bukhari, number 52, the Holy Prophet Muhammad, peace and blessings be upon him, advised that if one's spiritual heart is sound the whole body will become sound but if their spiritual heart is corrupt then the whole body will become corrupt.

First of all, this Hadith refutes the foolish belief where one claims to have a purified heart even though their speech and actions are bad. This is because what is inside will eventually manifest outwardly.

The purification of the spiritual heart is only possible when one eliminates evil characteristics from themselves and replaces them with good characteristics discussed in Islamic teachings. This is only possible when one learns and acts on Islamic teachings so that they can sincerely fulfill the commands of Allah, the Exalted, refrain from His prohibitions and face destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Behaving in this manner will lead to a purified spiritual heart. This purification will then reflect in the outward limbs of the body, such as one's tongue and eyes. Meaning, they will only use their organs in ways pleasing to Allah, the Exalted. This is in

fact a sign showing the love Allah, the Exalted, has for His righteous servant according to a Hadith found in Sahih Bukhari, number 6502.

It is important to note, that this purification will guide one through all worldly difficulties successfully so that they achieve both worldly and religious success.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know. And I will give them time. Indeed, My plan is firm.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

One should not fail to take advantage of the respite given to them as it will not last forever.

Allah, the Exalted, does not hasten the punishment for the one who deserves it out of leniency. Instead He gives them an opportunity to sincerely repent and rectify their behaviour. The muslim who understands this will never give up hope in the mercy of Allah, the Exalted, but will not also cross the limits and adopt wishful thinking by believing Allah, the Exalted, will never punish them. They understand that punishment is only delayed not abandoned unless they sincerely repent. So this divine name creates hope and fear in a muslim. A muslim should use this delay in order to repent and hasten towards good deeds.

A muslim should act on this divine attribute by being lenient with people especially, when they demonstrate bad character. They should show leniency towards others just as they desire Allah, the Exalted, to be lenient with them in their moments of heedlessness. But at the same time they should not be lenient with their own bad characteristics knowing that punishment for sins is delayed not permanently abandoned until they sincerely repent. They should also remain steadfast in leniency by replying evil with good according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 41 Fussilat, verse 34:

“And not equal are the good deed and the bad. Repel [evil] by that [deed] which is better; and thereupon, the one whom between you and him is enmity [will become] as though he was a devoted friend.”

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know. And I will give them time. Indeed, My plan is firm.”

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A great obstacle to the obedience of Allah, the Exalted, is having false hope for a long life. It is an extremely blameworthy characteristic as it is the main cause for a muslim giving priority to amassing the material world over preparing for the hereafter. One only needs to assess their average 24 hour day and observe how much time they dedicate to the material world and how much time they dedicate to the hereafter in order to realise this truth. In fact, having false hope for a long life is one of the strongest weapons the Devil uses in order to misguide people. When a person believes they will live long they delay preparing for the hereafter falsely believing they can prepare for it in the near future. In most cases, this near future never comes and a person passes away without adequately preparing for the hereafter.

In addition, false hope for a long life causes one to delay sincere repentance and changing one's character for the better as they believe they have much time left to do this. It encourages a person to hoard the things of this material world, such as wealth, as it convinces them they will need these things during their long life on Earth. The Devil scares people into thinking they must hoard wealth for their old age as they may find no one to support them when they become physically weaker and therefore can no longer work for themselves. They forget that the same way Allah, the Exalted, took care of their provision when they were younger He will provide for them in old age too. In fact, the provision of the creation was allocated over fifty thousand years before the creation of the Heavens and the Earth. This is confirmed in a Hadith found in Sahih Muslim, number 6748. It is strange how a person will dedicate 40 years of their life saving for their retirement which very rarely lasts longer than 20 years but fails to prepare in the same way for the eternal hereafter.

Islam does not teach muslims to not prepare anything for the world. There is no harm in saving for the near future as long as priority is given to the hereafter. Even though, people admit they may die at any time yet, some behave as if they will live forever in this world. Even to the point that if they were given a promise of eternal life on Earth they would not be able to strive harder in order to accumulate more of the material world due to the restrictions of the day and night. How many people have passed away earlier than expected? And how many learn a lesson from this and change their behaviour?

In reality, one of the greatest pains a person will feel at the time of death or any other stage of the hereafter is regret for delaying their preparation for the hereafter. Chapter 63 Al Munafiqun, verses 10-11:

“And spend [in the way of Allah] from what We have provided you before death approaches one of you and he says, “My Lord, if only You would delay me for a brief term so I would give charity and be of the righteous.” But never will Allah delay a soul when its time has come. And Allah is Aware of what you do.”

A person would be labelled a fool if they dedicated more time and wealth on a house which they were only going to live in for a short while compared to a house they were planning to live in for a very long time. This is the example of giving priority to the temporal world over the eternal hereafter.

Muslims should work for both the world and the hereafter but know that death does not come to a person at a time, situation or age known to them but it is certain to come. Therefore, preparing for it and what it leads to should take priority over preparing for a future in this world which is not certain to occur.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know. And I will give them time. Indeed, My plan is firm.”

This can include the one who fails to fulfil the rights of the Holy Quran even if they believe in it. The one who fails to obey Allah, the Exalted, by sincerely obeying and following the Holy Quran will find difficulties in both worlds.

One should not fail to take advantage of the respite given to them as it will not last forever.

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.

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It is important to learn that no matter how much physical or social strength a person has a day will certainly come when they face the consequences of their actions. In most cases, this occurs during their life where the actions of a person leads them to trouble, such as prison and eventually they will face the consequences of their actions in the hereafter as well. This applies to all people not just leaders.

A muslim should therefore never mistreat others, such as their relatives. They should learn a lesson from the tyrannical leaders of history who were greater in strength than them yet, a day certainly came when their strength did not benefit them and they faced the consequences of their evil deeds.

Social influence and strength are fickle things as they quickly pass from person to person thereby, never remaining with anyone for long. Therefore, a muslim who possesses such strength should use it in a way which is pleasing to Allah, the Exalted, by benefiting themselves and others. But if they abuse their authority then they will eventually face a punishment which no one can protect them from.

In addition, it is important not to abuse one's authority as it may cause them to be hurled into Hell on Judgment Day. Every oppressor will have to give their righteous deeds to their victims and if necessary take the sins of their victims until justice is established. This will cause many oppressors to be thrown into Hell. This has been confirmed in a Hadith found in Sahih Muslim, number 6579.

To conclude, a muslim should never forget to hold themselves accountable for their deeds. Those who do will avoid disobeying Allah, the Exalted, and harming others. But those who do not judge themselves will continue disobeying Allah, the Exalted, and harming others heedlessly not knowing that in actual fact they are only harming themselves. But when they realize this fact it will be too late for them to escape punishment.

“So leave Me, [Prophet Muhammad, peace and blessings be upon him], with [the matter of] whoever denies this statement [the Quran]. We will progressively lead them [to punishment] from where they do not know. And I will give them time. Indeed, My plan is firm.”

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It is important for muslims to understand a simple yet profound lesson namely, they will never succeed in this world or the next in worldly or religious matters through the disobedience of Allah, the Exalted. Since the dawn of time to this age and till the end of time no person has ever achieved true success nor will they ever through the disobedience of Allah, the Exalted. This is quite obvious when one turns the pages of history. Therefore, when a muslim is in a situation which they desire to achieve a positive and successful outcome from they should never choose to disobey Allah, the Exalted, irrespective of how tempting or easy it may seem to be. Even if one is advised by their close friends and relatives to do so as there is no obedience to the creation if it means disobedience to the Creator. And in truth they will never be able to protect them from Allah, the Exalted, and His punishment in either this world or the next. The same way Allah, the Exalted, grants success to those who obey Him He removes a successful

outcome from those who disobey Him even if this removal takes time to witness. A muslim should not be fooled as this will occur sooner or later. The Holy Quran has made it extremely clear that an evil plan or action only encompasses the doer even if this punishment is delayed. Chapter 35 Fatir, verse 43:

“...but the evil plot does not encompass except its own people...”

Therefore, no matter how difficult the situation and choice muslims should always choose the obedience of Allah, the Exalted, in both worldly and religious matters as this alone will lead to true success in both worlds even if this success is not obvious immediately.

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When one remains heedless to the remembrance of Allah, the Exalted, thereby failing to use the blessings they have been granted in ways pleasing to Him their blessings will become a source of their misery. Chapter 20 Taha, verse 124:

“And whoever turns away from My remembrance - indeed, he will have a depressed [i.e., difficult] life...”

But as they persistently disobey Allah, the Exalted, they will not be granted the ability to recognise why their life has become depressed

even though they have obtained much worldly success, such as wealth and fame. This will cause them to fall further in stress and depression as they will wrongly attribute their misery to other things, such as their spouse, friends, relatives, etc. As a result they will sever their connections with the few decent people in their lives believing they are the cause of their misery. This will increase their stress and depression. One only needs to observe the media to witness countless cases like this whereby one progressively worsens their own stress and depression through their incorrect choices as they fail to observe the real reason behind their poor mental and physical health.

This is in fact worse than the one who recognises the source of a problem and therefore has the opportunity to correct it. But the one who fails to recognise the source of their problem will never be able to correct it. Therefore, one must avoid ignorance by gaining and acting on Islamic knowledge to avoid this fate.

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