

# The Stages of Life

**PodSeries - Vol 361**



**Achieve Noble Character**

**The Stages of Life**

**ShaykhPod Books**

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The Stages of Life

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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.

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

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

## **Compiler's Notes**

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

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

## Introduction

The following short book discusses some aspects of the Stages of Life. This discussion is based on Chapter 80 Abasa, Verses 17-22 of the Holy Quran:

*“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death and provides a grave for him. Then when He wills, He will resurrect him.”*

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 Stages of Life

### Chapter 80 – Abasa, Verses 17-22

قُنِيَ الْإِنْسَانُ مَا أَكْفَرَهُ ۗ

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مِنْ أَيِّ شَيْءٍ خَلَقَهُ ۗ

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مِنْ نُّطْفَةٍ خَلَقَهُ فَقَدَرَهُ ۗ

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ثُمَّ أَمَانَهُ فَأَقْبَرَهُ ﴿٢١﴾

ثُمَّ إِذَا شَاءَ أَنشَرَهُ ﴿٢٢﴾

*“Destroyed is man; how ungrateful is he.*

*From what thing [substance] did He create him?*

*From a sperm-drop He created him and destined [apportioned] for him.*

*Then He eased the way for him.*

*Then He causes his death and provides a grave for him.*

*Then when He wills, He will resurrect him.”*

***“Destroyed is man; how ungrateful is he.”***

A muslim must ensure they fulfill all three aspects of gratitude so that they avoid becoming a denier of Allah, the Exalted, as the one who is ungrateful in reality, scorns the One who granted them the blessings. Chapter 2 Al Baqarah, verse 152:

*“...And be grateful to Me and do not deny Me.”*

The three aspects of gratitude are to internally acknowledge Allah, the Exalted, as the sole Creator and Provider of all blessings. An aspect of this is to correct one's intention so that they only perform actions to please Allah, the Exalted. The next aspect is to praise Allah, the Exalted, via the tongue. And the final and highest aspect is to practically show gratitude through one's actions by using each blessing as prescribed by Islam in order to please 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]; but if you deny, indeed, My punishment is severe.'”*

As true gratitude leads to an increase in blessings muslims should fear that showing ingratitude may cause the blessings they possess to either be taken away from them or for their blessings to be used against them by becoming a burden and a curse for them in both worlds. It is important to note, even if a muslim becomes truly grateful they will still face tests and difficulties as they are guaranteed. But if they behave in the correct way they will be guided through every situation so that they obtain peace of mind and body in this world and a great reward in the hereafter.

***“Destroyed is man; how ungrateful is he.”***

In a Hadith found in Jami At Tirmidhi, number 1954, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever is not grateful to people cannot be grateful to Allah, the Exalted.

Even though there is no doubt that the source of all blessings is none other than Allah, the Exalted, none the less showing gratitude to people is an important aspect of Islam. This is because Allah, the Exalted, sometimes uses a person as a means to help others such as one’s parents. As the means has been created and used by Allah, the Exalted, being grateful to them is in fact being grateful to Allah, the Exalted. Therefore, muslims must show good character and always show appreciation for any aid or support they receive from others irrespective of its size. They should show gratitude to Allah, the Exalted, by using the blessing according to His commands as He is the source of the blessing and show gratitude to the person as they are the means which was created and chosen by Allah, the Exalted. A muslim should show gratitude verbally to people and practically by repaying their act of kindness according to their means even if it is only a supplication on their behalf. This has been advised in a Hadith found in Imam Bukhari's, Adab Al Mufrad, number 216.

The person who does not show gratitude to people cannot show true gratitude to Allah, the Exalted, and therefore they will not be given an increase in blessings. Chapter 14 Ibrahim, verse 7:

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

If a muslim desires an increase in blessings they must fulfill both aspects of gratitude namely, to Allah, the Exalted, and to people.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him...”***

Remembering the origins of mankind prevents pride.

In a Hadith found in Sahih Muslim, number 265, the Holy Prophet Muhammad, peace and blessings be upon him, warned that a person who possesses even an atom’s worth of pride in their heart will not enter Paradise. He clarified that pride is when a person rejects the truth and looks down on others.

No amount of good deeds will benefit someone who possesses pride. This is quite obvious when one observes the Devil and how his countless years of worship did not benefit him when he became proud. In fact, the following verse clearly connects pride with disbelief so a muslim must avoid this evil characteristic at all costs. Chapter 2 Al Baqarah, verse 34:

*“And [mention] when We said to the angels, “Prostrate before Adam”; so they prostrated, except for Iblees. He refused and was arrogant and became of the disbelievers.”*

The proud is the one who rejects the truth when it is presented to them simply because it did not come from them and as it challenges their desires and mentality. The proud person also believes they are superior to others even though they are unaware of their own ultimate end and the ultimate end of others. This is plain ignorance. In reality, it is foolish to be proud of anything seeing as Allah, the Exalted, created and granted everything a person owns. Even the righteous deeds one performs are only due to the inspiration, knowledge and strength granted by Allah, the Exalted. Therefore, being proud of something which does not innately belong to them is plain foolishness. This is just like a person who becomes proud over a mansion they do not even own or live in.

This is the reason why pride belongs to Allah, the Exalted, as He alone is the Creator and innate Owner of all things. The one who challenges Allah, the Exalted, in pride will be thrown into Hell. This has been confirmed in a Hadith found in Sunan Abu Dawud, number 4090.

A muslim should instead follow in the footsteps of the Holy Prophet Muhammad, peace and blessings be upon him, and adopt humility. The humble truly recognise that all the good they possess and all the evil they are protected from comes from no one except Allah, the Exalted. Therefore, humility is more fitting for a person than pride. A person should not be fooled into believing humility leads to disgrace as no one has been more honoured than the humble servants of Allah, the Exalted. In fact, the Holy Prophet Muhammad, peace and blessings be upon him, has guaranteed an increase in status for the one who adopts humility for the sake of Allah, the Exalted, in a Hadith found in Jami At Tirmidhi, number 2029.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him...”***

Allah, the Exalted, is Al Khaliq, which means the Creator, Al Baari which means the Maker and Al Musawwir which means the Fashioner.

The Creator is the One who brings something into existence. In reality, there is no Creator except Allah, the Exalted, as He is the only One who creates without any aid from another. On other hand, an inventor only invents things through the aid of Allah, the Exalted. Chapter 37 As Saffat, verse 96:

*“While Allah created you and that which you do?”*

The Maker is the One who arranges all of the creation and prepares them for receiving the forms He has chosen for them which is linked to the next divine name mentioned earlier namely, the Fashioner.

The Creator makes things manifest. The Maker chooses their shape, appearance, and time of creation. The Fashioner fashions the creation according to His divine will.



After understanding these divine names a muslim must trust Allah, the Exalted, in all situations. If Allah, the Exalted, created and manages the entire universe He is more than capable in sorting out a person's problems. In addition, these names indicate that Allah, the Exalted, is the One who creates and chooses all things. So a muslim should not challenge the choice of Allah, the Exalted, as this leads to nothing except disappointment. It is therefore better to submit obediently and patiently await relief knowing that Allah, the Exalted, only decrees the best for His servants even if this wisdom is not obvious to them. As a muslim is short sighted it is better to trust in the Creator whose wisdom has no limits. 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.”*

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him.”***

Allah, the Exalted, is the Creator and Allocator of provision to the entire creation which they need to preserve their physical and spiritual constitutions. In fact, according to a Hadith found in Sahih Muslim, number 6748, the provision of the entire creation was allocated over fifty thousand years before the creation of the Heavens and the Earth.

The one who understands this divine name will rely on Allah, the Exalted, to provide for them as He has planned for them before they were created. They will prove this reliance by striving to gain lawful provision as commanded by Allah, the Exalted, while refraining from anything which is unlawful and doubtful.

It is important to note that as people require physical provision in the form of food and drink. Similarly, the soul of a muslim requires provision also. This provision strengthens it and leads it to eternal bliss. This provision is in the form of sincere obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. The foundation of all this is gaining and acting on Islamic knowledge. Therefore, muslims should strive to gain this important provision of the soul as well as provision for their physical body. Two elements should be remembered in this respect. Do not exert unlawful and unnecessary efforts in gaining one’s guaranteed provision. And do not misuse or waste the provision one gains.

A muslim, should act on this divine name by fulfilling their duty by providing for their dependents according to the teachings of Islam. This includes providing them with both physical and spiritual provision through education. A muslim should also do the same for the needy according to their capacity without fearing poverty for themselves. They should remember the Hadith found in Sunan Abu Dawud, number 4893, which advises that Allah, the Exalted, will fulfil the needs of the muslim who takes care of the needs of others.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him.”***

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.

To conclude, 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.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him.”***

Allah, the Exalted, is the One who is infinitely bountiful and bestows favours and blessings without recompense or external cause. He gives generously without being asked.

The muslim who understands this divine name will always seek bounty and blessings from Allah, the Exalted, as they know the Bestower loves to be asked. This is confirmed in a Hadith found in Jami At Tirmidhi, number 3571. But it is important to note, the one who seeks bounty from the Bestower should know it is not gained through His disobedience. Any worldly blessings obtained through the disobedience of Allah, the Exalted, will only become a burden for its possessor in both worlds. A muslim should instead strive to obtain beneficial blessings from the Bestower by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. When a muslim truly understands that all blessings have been given by the Bestower they will show true gratitude to Him. This is when one uses all the blessings they possess according to the pleasure of Allah, the Exalted. This leads to an increase in blessings. Chapter 14 Ibrahim, verse 7:

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

A muslim should act on this divine name by bestowing the blessings they have been given to others for the pleasure of Allah, the Exalted. The one who gives to others will be given more than they could have ever imagined. Chapter 2 Al Baqarah, verse 245:

*“Who is it that would loan Allah a goodly loan so He may multiply it for him many times over? And it is Allah who withholds and grants abundance, and to Him you will be returned.”*

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him.”***

Allah, the Exalted, is the One who decrees harm and benefit. Allah, the Exalted, decrees harm to those who remain steadfast on persistent disobedience. But even in this harm there is much good such as wiping away one's sins before reaching Judgment Day. This is confirmed in a Hadith found in Sahih Muslim, number 6561.

A muslim who understands this divine name will strive to receive benefits from Allah, the Exalted, and avoid harm through sincere obedience.

A muslim must act on this divine name by keeping their harm away from others and only provide them with benefits according to their means. This in fact is the characteristic of a true believer according to a Hadith found in Sunan An Nasai, number 4998.



***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him.”***

It is important to understand that as destiny is something which is hidden from people it therefore cannot be used as an excuse to commit sins. In addition, Allah, the Exalted, will not question people on the Day of Judgment about their destiny instead He will question them about their intention and actions, which are both under their control. Chapter 21 Al Anbiya, verse 23:

*“He is not questioned about what He does [destiny], but they will be questioned.”*

As these two things are under a person’s control their must take responsibility for them whether they like it or not. Just like a police officer who intentionally misuses their training and equipment provided to them by the police force cannot blame the police force for their actions, nor can a person blame Allah, the Exalted, when they intentionally misuse the blessings He has granted them especially, after He has instructed them how to use the blessings correctly.

In addition, it is strange that a person will use destiny as an excuse to commit sins and excuse themselves from accountability yet when they

experience injustice from another they demand justice and do not accept that this act of injustice was destined therefore, according to their belief, their oppressor cannot be blamed.

Finally, as this world is an abode of test and trials Allah, the Exalted, does not force guidance on anyone as this would negate the purpose of this world.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him.”***

The one who sincerely obeys Allah, the Exalted, will find ease throughout their affairs, even if they face difficulties, as Allah, the Exalted, will provide them with peace of heart.

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

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

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

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

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

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

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him.”***

The one who sincerely obeys Allah, the Exalted, will find ease throughout their affairs, even if they face difficulties, as Allah, the Exalted, will provide them with peace of heart.

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.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him.”***

The one who sincerely obeys Allah, the Exalted, will find ease throughout their affairs, even if they face difficulties, as Allah, the Exalted, will provide them with peace of heart.

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.



***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him.”***

The one who sincerely obeys Allah, the Exalted, will find ease throughout their affairs, even if they face difficulties, as Allah, the Exalted, will provide them with peace of heart.

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.

***“Destroyed is man; how ungrateful is he. From what thing [substance] did He create him? From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him.”***

The one who sincerely obeys Allah, the Exalted, will find ease throughout their affairs, even if they face difficulties, as Allah, the Exalted, will provide them with peace of heart.

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.

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death...”***

Death is something which is certain to occur but the time is unknown so it therefore makes sense that a muslim who believes in the hereafter prioritises preparing for it over preparing for things which might not occur, such as marriage, children or their retirement. It is strange how many muslims have adopted the opposite mentality even though they testify that the world is temporary and uncertain whereas the hereafter is permanent and they are certain to reach it. No matter how one behaves they will be judged regarding their deeds. A muslim should not be fooled into believing that they can and will prepare for the hereafter in the future as this attitude only causes them to delay further until their death occurs and they leave this world with regrets that will not aid them.

So the important thing is not that people will die as this is unavoidable but the key is acting in such a way that one is fully prepared for it. The only way to prepare for it correctly is by acting on the teachings of Islam namely, fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience. This is only possible when one prioritises preparing for the hereafter over preparing for things which might not occur.

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death...”***

It is strange that even though people believe they can die at any moment yet the vast majority behave as if they will live a long life. Some dedicate their efforts to this material world to such a degree that even if they were guaranteed a long life they could not exert any more effort for the sake of the material world. Unfortunately, muslims delay preparing for the hereafter believing they can do it in the future. They often keep delaying this preparation until they suddenly encounter death unprepared.

It is important for muslims to understand that no matter how long they live life goes by in a flash. So they should take every opportunity they have in order to prepare for the eternal hereafter. This does not mean they should abandon the world completely. It means they should prioritize preparing for the hereafter by only taking what they need from the material world in order to fulfil their necessities and responsibilities according to the commands of Allah, the Exalted. This attitude will allow them to enjoy the lawful pleasures of this world and prepare adequately for the next one also. A muslim only fails preparing for the hereafter correctly because of their pursuit of the excess of this material world, not by striving to fulfil their necessities and responsibilities.

A muslim should remember the Hadith found in Sahih Muslim, number 7424, which warns that only a person's deeds will accompany them in their grave while their family and wealth abandons them at this crucial moment.



Therefore, a muslim should give priority to the thing which will aid them in their moment of need.

Muslims should not delay preparing for the hereafter otherwise they may well encounter death suddenly while unprepared as death does not come at a particular age or time. If they fail to prepare they will be left with nothing but regrets at a time when regrets will not benefit them. Chapter 89 Al Fajr, verse 23:

*“And brought [within view], that Day, is Hell - that Day, man will remember, but how [i.e., what good] to him will be the remembrance?”*

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death...”***

In a Hadith found in Sahih Bukhari, number 6412, the Holy Prophet Muhammad, peace and blessings be upon him, warned that there are two blessings people often do not appreciate until they lose them namely, good health and free time.

Everything in this material can be bought, even through illegal means, except time. Once it passes it does not return. Even though this reality is not denied by anyone irrespective of their faith yet, many muslims do not appreciate and make good use of the time they have been given. Many have adopted the mentality that they will prepare for the hereafter tomorrow. But as each day passes this tomorrow keeps getting delayed until, in many cases, this tomorrow never comes. And they only realise this tomorrow when it is too late meaning, at the time of their death. Those who are fortunate enough to reach this tomorrow during their lives may inhabit the Mosques when they reach elderly age but as they have dedicated so much time and energy to the material world their bodies might be in Mosques yet, their hearts and tongues are still engrossed in the material world. This is obvious to those who regularly attend Mosques. These muslims are unlikely to learn and act on Islamic teachings because of their elderly age and their worldly mentalities.

In addition, with the passing of time, in most cases, one's responsibilities only increase such as marriage and raising children. So delaying preparing for the hereafter until one is supposedly more free is simply foolish. Islam

does not teach muslims to abandon the world but it does encourage them to make correct use of their time by taking enough from the material world in order to fulfil their necessitates and responsibilities without extravagance or waste and then dedicate the rest of their efforts to preparing for the permanent hereafter. This is how one uses their time correctly. How many muslims can honestly say they dedicate the majority of their efforts to preparing for the hereafter over beautifying their temporal world?

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death...”***

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.

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death...”***

Allah, the Exalted, alone created and controls both life and death.

The muslim who understands this divine name will submit and sincerely obey Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience without fearing any of the creation while knowing nothing controls life or death except Allah, the Exalted. In addition, a muslim who recognises this fact will understand that as Allah, the Exalted, chose the beginning and end of every creation He has also chosen everything that occurs in between. The choices of Allah, the Exalted, are unavoidable so one should not become impatient when facing them. Instead they should simply sincerely obey Allah, the Exalted, in every situation so that they obtain reward with every passing moment. For example, they should demonstrate patience during times of difficulty and demonstrate true gratitude by using the blessings they possess correctly in times of ease. This has been advised in a Hadith found in Sahih Muslim, number 7500.

A muslim should act on this divine name by bringing their spiritual heart to life and cause death to their ego and negative characteristics by striving to remove them from themselves through obtaining and acting on Islamic knowledge.

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death and provides a grave for him.”***

In a Hadith found in Jami At Tirmidhi, number 3120, the Holy Prophet Muhammad, peace and blessings be upon him, advised that each person will be asked three questions in the grave.

The first question will be who is your Lord? In order to answer this question correctly a muslim must not only believe in Allah, the Exalted, but prove this belief through actions. This is only achieved by fulfilling His commands, refraining from His prohibitions and by facing His decrees with patience. It is this very proof which will support a muslim in their grave when they encounter this question. It is important to note, that even some non-muslims believe in Allah, the Exalted, yet they will fail to answer this question correctly as they did not obey Him correctly during their lives. If only believing in Him was enough then these non-muslims would succeed in this question. But it is quite evident they will not succeed.

The next question will be what is your religion? If a muslim desires to answer this correctly they must not only believe in Islam but practically implement its teachings in their everyday life. This involves sincerely striving to obtain and act on its teachings. It is the reason gaining useful knowledge has been made a duty on all muslims according to a Hadith found in Sunan Ibn Majah, number 224.



The final question according to this Hadith will be who is your Prophet? It is important to note, that even some of the past nations believed in their Prophets, peace be upon them, but as they did not follow in their footsteps correctly they will fail in answering this question correctly. If a muslim desires to answer this question correctly they must not only verbally declare their belief in the Holy Prophet Muhammad, peace and blessings be upon him, but actively learn and act on his traditions. This is the very purpose of sending Holy Prophets, peace be upon them, meaning, to practically follow them. Chapter 33 Al Ahzab, verse 21:

*“There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and [who] remembers Allah often.”*

The mercy, love and forgiveness of Allah, the Exalted, which will help a muslim answer this question correctly is only possible to obtain through this method. Chapter 3 Alee Imran, verse 31:

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

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death and provides a grave for him.”***

In a Hadith found in Jami At Tirmidhi, number 2460, the Holy Prophet Muhammad, peace and blessings be upon him, advised that a grave is either a garden of Paradise or a pit of Hell. This Hadith further explains that when a successful believer is placed in their grave it widens and becomes comfortable for them whereas, the grave of a sinful person becomes extremely constricted and harmful for them.

It is important to note, that in reality each person takes the garden of Paradise or pit of Hell with them when they depart this world namely, their deeds. If a muslim obeys Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and faces destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, then it will ensure they prepare the deeds required to make their grave a garden of Paradise. But if they disobey Allah, the Exalted, then their sins will create the pit of Hell they will rest in until the Day of Judgment.

Therefore, muslims must act today and not delay in this preparation as the time of death is unknown and often comes suddenly. Delaying to a tomorrow one may not see is foolish and it only leads to regrets. The same way a person spends much energy and time beautifying their home in this world they must strive harder in beautifying their grave as the journey there is inevitable and the stay there long. And if one suffers in their grave then

what follows will only be worse. This has been warned in a Hadith found in Sunan Ibn Majah, number 4267.

***“From a sperm-drop He created him and destined [apportioned] for him. Then He eased the way for him. Then He causes his death and provides a grave for him. Then when He wills, He will resurrect him.”***

When Allah, the Exalted, created mankind from nothing, resurrecting them from dust and bones will be easier for Him. In addition, just like people witness a dead seed which is planted within the ground come to life so will the deed seed called human come to life on Judgement Day.

Logically speaking, the Day of Judgement is something which must occur. If one observes the universe they will notice many examples of balance. For example, the Earth is at a perfect and balanced distance from the Sun. If the Earth was slightly closer or further away from the Sun it would not be inhabitable. Similarly, the water cycle, which involves the evaporation of water from the ocean into the atmosphere which is then condensed in order to produce rain, is perfectly balanced so that the creation can continue living on Earth. The ground was created in a balanced way so that the weak branches and shoots of seeds can penetrate through it in order to provide crops for the creation yet the same ground is tough enough to withstand heavy buildings being built on top of it. There are many such examples that not only clearly indicate a Creator but also balance. But there is one major thing in this world which is clearly unbalanced namely, the actions of mankind. One often observes oppressive and tyrannical people who escape punishment in this world. Conversely, there are countless people who are oppressed by others and face other difficulties yet do not receive their full reward for their patience. Many Muslims who sincerely obey Allah, the Exalted, often face many difficulties in this world and only receive a small share in reward whereas those who openly disobey Allah, the Exalted, enjoy the luxuries of this world and only face

some problems. Just like Allah, the Exalted, has set up a balance in all His creations the reward and punishment of actions must also be balanced. But this obviously does not occur in this world so therefore it must occur in another time namely, the Day of Recompense i.e. the Day of Judgment.

Allah, the Exalted, could reward and punish fully in this world. But one of the wisdoms behind not fully punishing in this world is that Allah, the Exalted, gives opportunity after opportunity to them so that they sincerely repent and correct their behaviour. He does not fully reward Muslims in this world as this world is not Paradise. In addition, believing in the unseen namely, the full reward waiting for a Muslim in the next world, is an important aspect of faith. In fact belief in the unseen is what makes faith special. Believing in something which can be perceived through the five senses, such as receiving full reward in this world, would not be so special.

Having fear of full punishment and hope in receiving full reward in the hereafter will encourage one to abstain from sins and perform righteous deeds.

In order for the Day of Recompense to commence this material world must end. This is because punishment and reward can only be given once everyone's actions terminate. Therefore, the Day of Recompense cannot take place until the actions of people have been concluded. This indicates that the material world must end, sooner or later.

In addition, when one observes the Heavens and Earth and observes the countless cycles of life and death, such as the coming and going of the day and night, the seasons and the lands for growing crops, they will understand that they too will face a cycle of death and life namely, the resurrection on Judgement Day.

When one reflects on this discussion it will strengthen their faith in the Day of Judgement thereby encouraging them to prepare for it by fulfilling the commands of Allah, the Exalted, 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.

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