

الكلية الإسلامية

The spiritual clinic (24)

The answered supplications (13)

The answered supplications of Prophet Ayoub (4)
benefit of belief in al-qadar (3)

3 August 2009

(Title)

The cured medicine for worry and sadness

"You may like something and it is bad for you" Part (2)

Today, insha Allah, we will continue to learn

about the benefits of the belief in AL-qadr:-

1 which includes:-

✓1- Sincerity

1- Sincerity and Straight adherence to Allah's commandments.
As His Will is the Controller of all the affairs, V (123)- Surah II

✓2- Power and determination

"None can cause benefit except Allah" so be the strong believers,
and forget (if) which causes despair and weakness.

xx 3- Total dependance on Allah when doing

any action because both the cause and

effect are the result of Allah's decree.

✓4- Ease of mind and comfort, because

when the individual knows that everything is by

Allah's decree and that mishaps are going to take

place any way, his soul will be at ease and his heart

will be satisfied with Allah's decree.

No one has ^{more} comfortable life - worry free soul than the believer.

4- Freedom from worry or guilt in case of failure or mishaps, because that is by Allah's decree, The One Who possesses the heavens and the Earth.

Allah said in Surat 57 (Al-Hadid) V: 22, 23

2

"No misfortune can happen on earth or in yourselves but is recorded in a decree before We bring it into existence, that is really easy for Allah, that you may not grieve for what escapes you, nor rejoice in what has come to you. And Allah likes not prideful boasters."

It is the mercy of Allah to protect the believer from the worry, guilt, grieve or sadness in case of failure or mishaps. These negative feelings are the reason for the depression, Lack of confidence and despair which are the real enemies for the healthy spirit.

3¹¹ Acceptance and contentment. Peace of mind

Allah said in Surat AL Baqara (2) - (V (286))

"Allah burdens not a person beyond his scope"

It is within the frame of Allah's mercy, that the believer is content in the belief that Allah is fully aware of his abilities and limitations and will not over burden him or subject him to any hardship or trial beyond his scope.

∴ Rule: All the hardships, trials and problems which we may have in our lives are within our abilities, a reality which leads to a feeling of acceptance and submission to all the decree of Allah.

Prophet Mohamed (S-A-W) said:

"How wonderful is the case of a believer, there is goodness for him in everything, and this is the ^{best} ~~the~~

the case with anyone except for a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him, and if adversity befalls him, he endures it patiently and that is also good for him.

Rule: The believer is always content with Allah's decree, assured that the most merciful will not change his soul with more than it can bear.

2- There is always a reward from Allah i.e. at time of prosperity: being thankful to Allah is a rewardable deed. And at time of adversity, being patient with Allah's decree, is also a rewardable deed.

So, let us prove our belief by living our lives either (A) thankful to all the great blessings of Allah (vision - hearing - touching - smelling - tasting - movement - reflection - wealth - marriage - children - parents and family) or (B) patient at times of adversity.

Let's also Learn from Surah(2) Albagara V:(216)

"It may be that you hate a thing, while it is good for you and it may be that you Love a thing, while it is bad for you. Allah knows while you do not know"

(5)

This verse is a call from Allah clarifying

that: man cannot pretend to know where his good lies but Allah The All-Knower, knows for certain.

A fact that man must accept and act upon by 1. submitting himself to Allah's alone.

and 2. Acceptance of Allah's decree, whether he like it or not as he does not know.

It is always noticed that man, weak and short sighted as he is, would reject something which is in fact good for him, or love something which is in fact evil and harmful

∴ Rule: By accepting that Allah alone has the knowledge of every thing and 2) whatever Allah ordains (decrees) is always

for the best, this motivates him to persevere in the face of adversity, because a pleasant and favourable outcome may be waiting for him. So the spirit of the believer will be always in a world of peace, security, contentment and acceptance at both adversity and prosperity.

This comforting thought revives man's hopes and optimism, drawing him more closely to Allah with more reassurance and acceptance.

7. Freedom of arrogance:-

When doing any action, you must believe that:

- 1- Allah knows and you don't know
- 2- The cause and effect of all actions are up to Allah's Will.

Let's recite Surat ^{57:23} (~~64~~:11) - which is

the guidance for freedom of arrogance which is the character that Allah doesn't like.

Never to call on anyone other than Allah to remove
the harm:

7) Allah clarified this rule in

Surat (5) V 76

Surat (17) V (56)

Surat (13) V (16)

Surat (39) V (38)

Surat (48) V (11)

In most of these verses, there is a challenge
to those who associate partners with Allah. The challenge
is simply that: they should call on those partners
to remove any harm that befalls them so that
He
We must believe: No one can remove hardship or change its
nature except Allah, Himself. He alone is in control
of all the destinies of all creation.

All those deities, be they angels, jinn or

human, are no more than forms of Allah's creation.

(4) They all try to find their ways to Allah's pleasure
The Lord of the universe.

When this belief is firmly settled in a
believer's heart, the matter is settled. There is

no more argument. The only fear or hope

Such a believer may have is only centered
on what comes from Allah.

So, why should a true believer
in Allah fear any thing? What can he fear,[?]
and what can he hope for,[?] when no one
"other than Allah" can remove harm from
him or withhold grace.

∴ It is the belief in Allah's decree
that leaves no room for any doubt regarding the important
fact in life, which is: Allah's will is the one
that is done.

Let's have the Proof for the Previous rule, in

(g)
the Quran in:

Surat (10) - V (49)

Surat (7) - V (188)

cf In these verses Allah the Allmighty is instructing Prophet Mohamed (S.A.W) [the best of Allah's creation] to clarify and to say that he does not have any power to bring harm or benefit to himself, he certainly cannot bring such harm or benefit to other people.

It is all, then by Allah's will. Only Allah the Allmighty brings His word to pass and He puts His warnings into effect, whenever He pleases.

In conclusion: Even Prophet Mohamed (S.A.W) is poor and is powerless with regard to the harm or the benefit, he is just a mankind chosen to convey the message of Islam.

- 4. Total dependance and reliance on Allah (trust in Allah)
That He is the only one to remove the harm or cause benefit Allah the All mighty said in Surat AL-ANAM (6)

V(17)

"And if Allah touches you with harm, none can remove it but He, and if He touches you with good then He is able to do all things"

Also in Surat Yunus(10) V. 107

"And if Allah touches you with hurt, there is none who can remove it but He, and if He intends any good for you, there is none who can repel His Fate."

1. This is the belief that Allah's will is the only Power in life. i.e. to cause benefit or remove harm ✓

2. Allah has set certain Laws in operation

where by: harm and benefit affect human being when they expose themselves to their causes.

So in Summary ↓

all our matters are up to Allah's Decree

10 The declaration of every believer, with regard to

Allah's decree is in Surat AL-TAWBA 9 - V 51

Say " Nothing shall ever happen to us except what Allah has ordained for us. He is our lord and in Allah let the believers put their trust

This is the command of Allah to Prophet

10 Mohammed (S.A.W) and his followers (muslim believers)

to say and declare that : all the affairs are up to Allah only ,

A declaration of the belief in the Oneness of Allah , His Decree and His Will.

A declaration which makes the Controller of all the affairs to become the Guardian, Whom all trust has to put in.

This verse will always encourage the feeling of comfort, relief, tranquility and the feeling of trust in Allah.

Trial expiate sins
(10)

We must know that: Complaining about Allah to his creatures and weeping about things that one has missed out ^{are} in the worldly life is the characteristic of the worst of creatures because they do not trust their Lord, The Most Merciful, All forgiving Who never cause a soul to charge more than it can bear.

These are the true losers in both lives:-

11 In the worldly life: They always feel despair and they fear the worst possible outcome ~~of~~ when any problem or trial befalls them. So they are always sad, worried, losing patience and very nervous. Due to their stress, their sorrows seem to multiply, which leads them to stray away from the truth, and from Allah, so the Shaitan will control them completely. A way to both, a miserable worldly life and to the hell fire.

But, the true believer in Allah and

His decree must always remember the following Hadiths
of Prophet Mohamed (S.A.W)

12 1- Never is a believer stricken with a discomfort,
an illness, an anxiety, a grief or mental worry or
even the pricking of a thorn except that some of
his sins are expiated for him

2- The believing man or woman will continue to be
afflicted by hardships in themselves, their
families and their wealth until they meet
Allah with absolutely no sins

3- The amount of reward from Allah is proportional
to the amount of hardship, and if Allah loves a

4- If Allah wills good for his slave, he tries him
in this world, but if He wills evil for him then
He does not hasten to punish him for his sins, but
will delay him until he is called to account
on the Day of Judgment

If Allah has decreed a rank for one of his servants to reach, but his deeds would not suffice

him to reach this rank, then Allah will

B afflict him with hardship in his body, wealth and offspring therefore he will persevere through this until he reaches the rank that Allah has decreed for him to reach

Those who face the toughest trials are the prophets then those who are nearest to them and a person will be tested according to the strength of his faith

At the end, InshaAllah to continue next week 2

M.S.
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