

الحمد لله

The spiritual clinic (26)

Answered supplications (15)

Belief in Allah's Decree (5)

17 August
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"With every hardship, there is relief"

Today InshaAllah, we will continue to learn
in details the Quranic rules related to "hardship"

InshaAllah we will learn 4 Quranic
rules which are a great source of
hope, peace and reliance on Allah.

③ We will revise all
the Quranic rules which we learn
about hardship in these 5 classes.

Let's learn the First Quranic rule
in our class for today:-

Allah the Allmighty said in the

Quran in Surat (Ash-Shark) 94: (5-6).

بَشِّرْ الصَّابِرِينَ
الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاغِبُونَ
"Verily with difficulty, there is relief,"
"Verily with difficulty, there is relief."

In this² verse, Allah is teaching us the following

seeds " ① Allah is strongly emphasising the statement by repeating it twice.

② Hardship never comes absolute, without

some ease accompanying it. When your

burden became too heavy, be

sure that Allah will lift up your

heart and relieve the sting of hardship

for you.

This verse is a message of relief and

comfort to every believer, who will be

sure that at time of hardship, he

must keep his spirit up as he is

sure that there is ease around. As this is a Promise from Allah, the One who controls our affairs. Maybe we don't know that ease, but it is around

As Allah Promised, let's try to find "ease" with and also

hardship :-

① It is that during hardship, the

believer will turn to Allah, calling on Him with sincerity, this is a cause of great relief for the spirit. i.e. Duaa during hardship is a cause for relief, also the feeling of being more closer to Allah is a great source of lifting up the heart

3

2) Patience which is the acceptance of Allah's decree with no complaining is a source of great relief to the believer who knows that he will be rewarded in full so long he is patient and accepting and content with Allah's decree

It is patience (the half of the belief) which supports the spirit and causes its relief at hardship (we will learn all about patience inshaAllah, after the month of Ramadan)

The Second Quranic rules to learn today

is surat At-Talaag 65(7)

"Allah puts no burden on any person beyond what he has given him, Allah will grant after hardship, ease.

✓ I am sure that each and everyone of us is feeling that life is one difficulty after another. One task after another.

But according to the above Quranic rule we must believe that :

"Tough times only mean that the times of ease are near"

The fact is that ① nothing remains the same

② nothing remains forever

∴ After hardship, there is ease

As Allah said in the Quran

"The morning light after the stillness of dark^{ness}"

Let's always remember the story of Prophet

5 Ayoub, the Patient, who lost his wealth, health and family but out of Allah's mercy for the strong belief of Prophet Ayoub, it was that Allah cured him completely and replaced him with family members.

So Always, remember your story and compare your hardship with the great one of prophet Ayoub so that you become sure that InshaAllah ease is very close to you.

Also be sure that: "nothing remains the same", Every thing is in a flux, this means people in health will soon face illness, people in illness will soon

have relief. Most changes in life are following the Quranic rule in Surah AL-Imran (3) V. (140)
"And so are the days (good and not good), that we give to men by turns, that Allah may test the believers"

A real story "Allah will grant after
hardship ease"

Goal: always be sure, that hardship ^{goes} ease

so seek relief and ease at time of hardship

My friend e.g. Huda was always believing
that her husband is not a kind husband.

6. He is always looking for mistakes, always
not appreciating her efforts to make him
satisfied regarding the household children.

This made her very close to her mother
as she was the source of affection and mercy
in her life. She was the real companion for her.

But her mother, was an old woman,
gradually became very weak, so diagnosed
as having cancer lung. The lovely mother
died in 6 months. This was a real
catastrophe for Huda, whom was

admitted to the hospital for 3 days after her mother's death, as she had nervous breakdown.

7 Returning back to normal life, Huda failed to adjust living without the warmth, Love and affection of the sincere companion, her mother. Gradually Huda decided to turn with all her feelings to Allah, The Most Merciful, Who never dies. Huda was a routine muslimah i.e. praying and fasting but always lacking the depth of sincerity in her relation with Allah. After her mother's death, it was only Allah whom Huda trusted to direct all her connection to, but with all the sincerity, trust and the true belief.

It was the Quran and its tafseer that she decided to learn, looking for the

truth, with the intention to follow.

Her husband noticed that she is improving gradually, becoming more acceptable to his attitude, even more closer to him and the children. Huda decided to continue on

learning the rules of the Quran, promising the Lord, The One, The Eternal that she will become his obedient servant as He is

now the source of the light, hope, power and peace for her spirit.

It was the ^{addition of the} night prayers, ^{and} the fasting of ^{Also} 3 days per month, the manners of the Prophet (S.A.W) and the responsibilities of the mother and wife. These were ^{The} her 'sacred' which Huda decided to have for her life.

It was the death of her mother (hardship) that is followed by the real ease of her life. (true belief in Allah)

The 3th Quranic Rule is mentioned in Surah (6) - V.
and in Surah Yunus (10) V. 107

"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."

In both verses it is only Allah's Will

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that can save you from any hardship

As Allah's Will is the Only Power in

this life.

These 2 verses of the Quran, direct
the spirit of the believer to his Lord, it
turns the heart to Allah, the source of
all the mercy on the earth.

We must know that depression "i.e. the
feeling of sadness without being able to improve
the cause of the gloominess in life", is happens
because of a feeling of helplessness. A

Feeling that "you are not in control"

∴ So believing that only Allah is in control of all the affairs and up to him only is to relieve you from any harm.

∴ 1) Turn to the One Who is in control.

(2) Tell Him that you know that: He is in control

(3) Cry to Him, Pray to Him and talk to Him saying "All admiration belongs to you, If good comes to me, its from you and if an affliction harms me, its only you who can save me. I submit to you"

Immediately, you will feel the Mercy of the Most Merciful in the depth of your heart, filling it with the hope, peace, tranquillity and calmness i.e. all the worry, sadness and loneliness will be out of your spirit. All

this happens to you because you turn
your heart to the correct direction i.e to
Allah, the Controller of all affairs, the
Most Merciful.

So let's us recite from the Quran

Surat Al Baqara (2) V. (156) (157)

156 "Who, when afflicted with calamity, say
" Truly to Allah we belong and truly
to Him we shall return ":

157 "On such people, blessings and mercy are
bestowed by their Lord. Such people will be
rightly guided."

, No material reward i.e power or wealth
whatsoever is promised here only Allah's
Mercy and blessings which are the ample
reward for the believers perseverance
and for the sacrifices they make. In fact, they

are a better reward than any material

or worldly gain they aspire to achieve.

So let's learn a final rule in which

Allah commanded Prophet Mohamed (S.A.W)

to follow and to believe in as it is a

declaration of the belief in Allah and

His Decree

" In Surat ALTWBA (9) - V(51) :

^{"obeyed"}

"Say Nothing shall ever happen to us except

what Allah has ordained for us. He is
(Guardian)

Our Lord, and in Allah let the believers
put their trust."

He is Allah, The Guardian of the believers

and He is Allah, The One who ordains
every thing

So How blessed is the believer, who

is commanded by the Lord of the

heavens and earth, to put his trust in Him.

This verse is a glad tidings and a message of comfort and encouragement to the believers.

In Conclusion:

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Let's all appreciate these messages of hope, trust, peace, comfort, acceptance, encouragement, tranquillity and support which Allah is sending to his believing servant, the One who controls life is teaching us these rules in the Quran so that we can realize the Truth of this worldly life, its hardships and trials.

These are the rules of the cure and healing for the spirit of the believers whom Allah The Most Gracious is his Decision.

Summary of the verses of the Quran that are "cure" at time of hardship

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|---|---|-----------------------|---|--|
| 1 | { | 57 : 22 (al Hadeed) | } | The rules
of hardship |
| 2 | | 64 : 11 (al Taghabun) | | |
| 3 | { | 2 : 286 (AL Baqara) | } | "Allah burdens not
a person beyond his scope" |
| 4 | | 2 : 216 "AL Baqara" | | |

5 2 : 156 (AL Baqara) "To Allah we belong
(supplicate at time of hardship) and to him we shall return"

6	{	94 :	AL Insharah	}	ease with and after hardship
7		65 : 7	AL Talaq		

8	{	10 : 107	(Yunus)	}	Only Allah can remove the ham-
9		6 : 17	(AL-Anaam)		

10	{	9 : 51	(AL tawaba)	}	Allah is your Guardian who ordains every thing
11		18 : 23	(AL Kaaf)		

Rules
for the
believer's
in Allah's
Decree

18 : 23 (AL Kaaf) , Never to say I will
do such and such
tomorrow except
by Allah's will.

let's all learn this supplication which
is an answered supplication for every
hardship and disaster:

The supplication is "We belong to Allah
and to Him shall we return. O Allah!

Reward me for my affliction and give
me something better than it in exchange
for it

I Pray to my Lord, The One, The
Most Merciful, My Guardian to grant
us the sincere belief in His
Oneness and in His Decree and
to bestow on us the acceptance and
thankfulness and the patience for
all His Decree.

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