

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَى عَبْدِهِ الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا، نَحْمَدُهُ سُبْحَانَهُ حَمْدًا
كَثِيرًا طَيِّبًا، جَعَلَ سُبْحَانَهُ لِمَنْ اتَّقَاهُ مِنْ كُلِّ هَمٍّ فَرَجًا، وَمِنْ كُلِّ ضِيقٍ مَخْرَجًا،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، صَلَّى اللَّهُ وَسَلَّم وَبَارَكَ
عَلَيْهِ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, who has sent down upon His Servant the Book and has not made therein any deviance. We thank Him as it pleases him. He offers to bring relief to those who obey Him and dissolve their distress.

I bear witness that there is no deity worthy of worship, except for Him alone without any partners or peers. To Him belongs the dominion of the heavens and the earth and whatever is within them. And He is over all things Mighty.

I also bear witness that Muhammad is His Servant and Messenger. May the peace and the blessings of Allah be upon him, his companions and all those who will follow them in righteousness till the Day of Judgment.

- **Everyone has a story of sorrow to tell.** Whether you're a thief or the subject of theft, a traitor or the subject of betrayal, single or married, rich or poor, healthy or otherwise.
- **Sadness/Sorrow occupies one's heart,** weakens one's body, paralyses one's resolve and escalate to constant crying and never-ending anxiety.
- Imam Ibn al-Qayyim said: **"The term 'sadness' is only ever mentioned in the Qur'an in the context of prohibition, like the ayah 'Do not be sad' or in the context of negation, like the ayah 'there will be no fear upon them'.** The secret behind this is that sadness holds one back from progressing and brings no benefit to the heart. There is nothing dearer to Shaytan than to sadden the believer in order to interrupt his journey to Allah and to halt him from the doing of good deeds." (Madaarijus Saalikeen)
- **The First:** Never forget that the One who has chosen for you your calamity is Allah, and that the true meaning of 'Ubudiyyah is to surrender to that, having accepted with contentment what He has accepted for you.

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ وَمَنْ يُؤْمِن بِاللَّهِ يَهْدِ اللَّهُ قَلْبَهُ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ

"No disaster strikes except by permission of Allah. And whoever believes in Allah, He will guide his heart."(64:11)

- **The Second:** Remember that the One who chose this difficulty of yours happens to be The Most Merciful who cares for you more than your own mother does. He is also the Most Wise and wants to benefit you in ways that you cannot comprehend.

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

“And remember Ayyub, when he called to his Lord, “Adversity has touched me, and **you are the Most Merciful** of all those who show mercy.”” (21:83)

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ

“(Ya’qub) Allah is the best guardian, and **He is the most merciful** of those who show mercy.” (12:64)

- **The Third:** Realise that your difficult circumstance is in fact a medicine that Allah has generously sent in your direction. Bitterness is the nature of medicine; embrace it and do not display displeasure at Allah.
- Imam Ibn al-Qayyim said: “**Whenever Allah wants good for a person, He will give him a drink of medicine in the form of tests and trials, causing such a person to vomit out dangerous illnesses that were within him, until he is shaped, cleansed and purified, thus qualifying him for the highest grades in Dunya; the worship of Allah, and the highest rewards in the Hereafter; The seeing of Allah and His closeness.**”
- **Often an arrogant, prideful and chronic sinner is stopped in his tracks through a disaster that collapses him.** Thereafter, he has been forced into humility, having transformed into an individual of Salah, Qur’an & Du’a

- **The fourth:** Remember that those who suffer the most are those closest to Allah. The Prophet ﷺ was asked, “Who are tested the most?” He said, “The Prophets, and then those who resemble them the most, then those who resemble them the most. A person is tested according to his religious commitment. If his Deen is strong, the test will increase, but if it is fragile, he will be tested accordingly. A person continues to be tested until he ends up walking on the earth without a single sin to his name.”(At-Tirmidhi)
- This is why some of our predecessors said: “Whoever is afflicted with a trial has been placed upon the path of prophets.”
- **The Fifth:** Your difficult circumstance is a sign that Allah wants good for you. The Prophet ﷺ said: “Whenever Allah wants good for a person, He will hurry for him his suffering in this world, but when Allah wants otherwise for a person, He will withhold from him the suffering so that He may deliver it to him in full on the Day of Judgement.”(At-Tirmidhi)

وَلَا تَهِنُوا وَلَا تَحْزِنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

So do not weaken and do not grieve, you who will be victorious if you are believers. (3:139)

لَا تَحْزَنْ إِنَّ اللَّهَ مَعَنَا

Do not grieve/worry; indeed Allah is with us (9:40)