



IN THE NAME OF ALLAH THE MOST GRACIOUS, THE MOST MERCIFUL

### **HOW TO PICK YOURSELF UP WHEN YOU ARE DOWN**

Our lives are never perfect. All of us must have experienced in one way or another, problems which may seem so difficult to overcome. There may be no way out and these problems may seem unending. Allah Reminded us:

*"Who has created death and life, that He may test you which of you is best in deed. And He is the All-Mighty, the Oft-Forgiving;" 67: 2*

When are people usually feel down?

1. Individual circumstances
  - Financial such as debt, loss of employment
  - Illnesses such as cancer, blood borne diseases, etc
  - Accidents and other injuries
  - Failing exams
  - Inability to find employment
2. Family circumstances
  - Illnesses or deaths of loved ones
  - Broken families
  - Abuse and mistreatment
  - Relationship issues
3. Others
  - Political reasons
  - Failed plans - ruined vacations, etc
  - Tragedies - terrorism, deaths due to natural calamities, etc
  - War

Many may go into depressions. The symptoms of depression include the following:

- always feeling sad, anxious and in a bad mood
- loss of interest and lack of enjoyment in activities that people usually enjoy

- constant pessimism and feeling helpless in the face of life's problems
- feelings of guilt, worthlessness and social alienation
- inability to show or express feelings towards others or to accept feelings from others
- trouble sleeping, such as insomnia, sleeping too long or waking up too early
- eating problems (overeating or loss of appetite)
- chronic physical pain from which no remedy brings relief
- weepiness
- getting tense quickly; hyperactivity and not being able to calm down and relax
- constant feelings of tiredness and inability to do any physical activity
- inability to concentrate, remember or take sound decisions

If four or more of the symptoms mentioned above are present, then you should consult a specialist in psychology, as mentioned above.

## HOW SHOULD WE HANDLE OURSELVES WHEN WE FEEL DOWN?

### 1. Seek help in Allah

When we are down, the VERY FIRST THING WE MUST DO IS TO TURN TO ALLAH FOR HELP. Nothing happens without His Will.

Why do most people NOT resort to this?

- Lack of knowledge – especially of Tawheed
- They forget Allah, so Allah Forget them  
*“And be not like those who forgot Allah (i.e. became disobedient to Allah) and He caused them to forget their ownelves, (let them to forget to do righteous deeds). Those are the Fasiqun (rebellious, disobedient to Allah).”*  
59: 19

*And whosoever turns away (blinds himself) from the remembrance of the Most Beneficent (Allah) (i.e. this Qur'an and worship of Allah), We appoint for him Shaitan (Satan - devil) to be a Qarin (an intimate companion) to him. 43: 36*

- Shaytan

- Attractions of dunya
- Bad company

In our daily prayers we always invoke to Allah:

*“You (Alone) we worship, and You (Alone) we ask for help (for each and everything).” 1: 5*

On the authority of Abu Abbas Abdullah bin Abbas (may Allah be pleased with him) who said:

One day I was behind the Prophet (peace and blessings of Allah be upon him) [riding on the same mount] and he said, “O young man, I shall teach you some words [of advice]: Be mindful of Allah and Allah will protect you. Be mindful of Allah and you will find Him in front of you. If you ask, then ask Allah [alone]; and if you seek help, then seek help from Allah [alone]. And know that if the nation were to gather together to benefit you with anything, they would not benefit you except with what Allah had already prescribed for you. And if they were to gather together to harm you with anything, they would not harm you except with what Allah had already prescribed against you. The pens have been lifted and the pages have dried.” It was related by at-Tirmidhi, who said it was a good and sound hadeeth. Another narration, other than that of Tirmidhi, reads: Be mindful of Allah, and you will find Him in front of you. Recognize and acknowledge Allah in times of ease and prosperity, and He will remember you in times of adversity. And know that what has passed you by [and you have failed to attain] was not going to befall you, and what has befallen you was not going to pass you by. And know that victory comes with patience, relief with affliction, and hardship with ease.

The Messenger of Allah (Sallallahu ‘alayhi wa sallam) said, “Whenever a Muslim supplicates Allah, He accepts his supplication or averts any similar kind of trouble from him until he prays for something sinful or something that may break the ties of kinship.” Upon this, someone of the Companions said: “Then we shall supplicate plenty.” The Messenger of Allah (Sallallahu ‘alayhi wa sallam) said, “Allah is more plentiful (in responding).” [At-Tirmidhi].

Abu Dharr reported: The Messenger of Allah, peace and blessings be upon him, said, “Allah Almighty says: Whoever comes with a good deed will have the reward of ten like it and even more. Whoever comes with an evil deed will be recompensed for one evil deed like it or he will be forgiven. Whoever draws close to me by the length of a hand, I will draw close to him by the length of an arm. Whoever draws close to me the by length of an arm, I will draw close to him by the length of a fathom. Whoever comes to me walking, I will come to him running. Whoever meets me with enough sins to fill the

earth, not associating any idols with me, I will meet him with as much forgiveness." Source: Ṣaḥīḥ Muslim 2687

## 2. Seek forgiveness from Allah

Perhaps we may have done some things which may displease Allah. Quickly, we have to rush to ask for His Forgiveness.

*And march forth in the way (which leads to) forgiveness from your Lord, and for Paradise as wide as are the heavens and the earth, prepared for Al-Muttaqun. 3: 133*

One of the best du'a is the du'a of prophet Yoonus (AS) who was punished by Allah in the belly of the whale. In the 3 layers of darkness (belly of the whale, depth of the sea and the night), he (AS) made an important du'a, a du'a of deep desperation:

*"...La ilaha illa Anta [none has the right to be worshipped but You (O Allah)], Glorified (and Exalted) are You [above all that (evil) they associate with You]. Truly, I have been of the wrong-doers." 21: 87*

## 3. Be patient

*"O you who believe! Seek help in patience and As-Salat (the prayer). Truly! Allah is with As-Sabirin (the patient ones, etc.)." 2: 153*

Allaah tells us that patience is better for those who are patient, as He says (interpretation of the meaning):

*"But if you endure patiently, verily, it is better for As-Saabiroon (the patient)"*

[al-Nahl 16:126]

Allaah tells us if we are patient and pious, the plot of the enemy cannot do any harm, even if he is powerful, as He says (interpretation of the meaning):

*"But if you remain patient and become Al-Muttaqoon (the pious), not the least harm will their cunning do to you. Surely, Allaah surrounds all that they do"*

[Aal 'Imraan 3:120]

Allaah tells us that the patience and piety of his Prophet Yoosuf brought him to a position of power and strength, as He says (interpretation of the meaning):

*"...Verily, he who fears Allaah with obedience to Him (by abstaining from sins and evil deeds, and by performing righteous good deeds), and is patient, then surely, Allaah makes not the reward of the Muhsinoon (good-doers) to be lost" 12: 90*

Allaah tells us that He loves those who are patient, and that is the greatest encouragement. Allaah says (interpretation of the meaning):

*"And Allaah loves As-Saabiroon (the patient)"*

[Aal 'Imraan 3:146]

#### 4. Understand about Qadr

Everything that happens in our lives have been written and stored in the Preserved tablet.

Nothing exists except by the will and decree of Allaah, because Allaah says (interpretation of the meaning):

*"No calamity befalls on the earth or in yourselves but it is inscribed in the Book of Decrees (Al Lawh Al Mahfooz) before We bring it into existence. Verily, that is easy for Allaah"*

[al-Hadeed 57:22]

And the Prophet (peace and blessings of Allaah be upon him) said: "The pens have been lifted and the pages have dried." Narrated and classed as saheeh by al-Tirmidhi (2516), from the hadeeth of Ibn 'Abbaas.

When you believe in qadar, your heart achieves a sense of peace and contentment known as *yaqeen*. You are content that Allah (Subhanahu wa Ta'ala) has decided and knows what is best for you:

*"Say: Nothing shall ever happen to us except what Allah has ordained for us. He is our Mawla (protector). And in Allah let the believers put their trust." (9:51)*

When you believe in qadar, you will be more optimistic knowing that the One who has put you in your present circumstance has done so for a reason. You will trust that He who put you in difficulty will give you the strength to get out.

When you believe in qadar, you will work through or bear your trials and difficult times because, "Allah does not burden a soul beyond that it can bear..." (2:286). You know with every difficulty there will be ease, and you will have a sense of *tawakul*, or dependence on Allah. You will put your full

trust in Allah (Subhanahu wa Ta'ala), which brings about a sense of relief and comfort in times of distress: "Verily, with every hardship comes ease!" (94:6)

When you believe in qadar, you will naturally become a generous and kind person, especially to those who are less fortunate. You will know that the One who gave you what you have can easily take it away or easily bless you with more.

When you believe in qadar, you gain courage because you will be able to face tough times knowing that everything is ultimately in the hands of Allah (Subhanahu wa Ta'ala).

It was narrated by Abu Al- Abbas Abdullah bin Abbas (ra), related by Tirmidhi:

*One day I was riding (a horse/camel) behind the Prophet, peace and blessings be upon him, when he said, 'Young man, I will teach you some words. Be mindful of God, and He will take care of you. Be mindful of Him, and you shall find Him at your side. If you ask, ask of God. If you need help, seek it from God. Know that if the whole world were to gather together in order to help you, they would not be able to help you except if God had written so. And if the whole world were to gather together in order to harm you, they would not harm you except if God had written so. The pens have been lifted, and the pages are dry.*

**BUT SOME THINGS THAT HAPPENED MUST BE BLAMED ON THE INDIVIDUAL TOO – DON'T JUST BLAME ON QADR:**

- If a person develops lung cancer due to excessive smoking, you have to blame yourself.
- If a person develops mouth cancer due to the "pan" or toxic elements which he/she chews then he/she has to blame himself/herself
- If a person has a family history of diabetes and continues to take sweet food, then he/she has to take part of the blame.
- If you study for school exams last minute and you fail the exams, then you have to blame yourself.

## **5. Understand that Allah is the best of Planner**

Many times in our lives, we feel sad because our plans in life stop short and we didn't get what we want. We start to get angry and impatient. We forget that everything must happen at the Will of Allah.

*"...and it may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know." 2: 216*

Many stories in the Qur'an were meant for us to ponder:

- How Allah Reunite Musa(AS) with his mother
- Story of prophet Yusuf (AS)

- Story of al Khidr

6. Pray, especially tahajjud

Abu Hurairah (May Allah be pleased with him) reported: The Messenger of Allah (Sallallahu alayhi wa sallam) said, "The best month for observing Saum (fasting) after Ramadan is Muharram, and the best Salat after the prescribed Salat is Salat at night." [Muslim].

Jabir (May Allah be pleased with him) reported: I heard the Messenger of Allah (PBUH) saying, "Every night there is a special time during which whatever a Muslim asks Allah of any good relating to this life or the Hereafter, it will be granted to him; and this moment comes every night." [Muslim]

Abd Allah ibn Salam (Allah be pleased with him) reports that the Messenger of Allah (blessings and peace be upon him, his family, and companions) said, "O people! Spread the salams, feed others, maintain family ties, and pray at night when others sleep and you will enter Heaven safely." [Tirmidhi, Hakim]

Abu Umama al-Bahili (Allah be pleased with him) reports that the Messenger of Allah (blessings and peace be upon him, his family, and companions) said, "Hold fast to night prayer, for it was the way of the righteous before you, a way of drawing closer to your Lord, an expiation for wrong deeds, and a shield from sin." [Tirmidhi, and others] In some narrations, there is an addition, "And it repels sickness from the body."

Abu Hurayrah (radhi allahu anhu) reported that the Messenger of Allah (sallallahu alaihi wa-sallam) said: "Our Lord descends every night to the lowest heaven, when only one third of the night has remained. He says: "Who will invoke Me, so that I may give him? Who will seek My forgiveness, so that I may forgive him." [Saheeh al-Bukharee and Saheeh Muslim] In another report, he adds: "Then Allah extends His Hand and says: "Who wants to invest (good deeds) with the One who is not wasteful or unjust?" He continues to say this until the dawn arrives." [Saheeh Muslim]

**7. Recite Qur'an - and there are special verses which address this matter**

The Qur'an heals the heart and puts us in peace, as it contains the beautiful words of Allah.

Allah has mentioned this phenomenon in various places in the Quran. He says "We have sent down in the Quran that which is healing and a mercy to those who believe" (Surat Al-Isra: 17:82). What more proof do we need from Allah that the Quran is one of the most important sources of fulfilling the heart?

So accept it, heal your heart with the Quran! There are a number of different healings that Quran can provide; the healing from problems, the spiritual healing and reminder of your Islamic faith and the physical healing as a medicine for illnesses. Here we talk about all those sorts of healing. Surely Allah has testified in the Quran

" 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." (Surat Al-'An'am: 6:17).

How beautiful is this world of Allah that He tells us to remember Him for He alone can help us out of the affliction. How beautiful is Allah who is telling us in the Quran to feed the heart with faith, the word of Allah so that it gets it complete nourishment and gives you joy, happiness, patience, love, hence strengthening it beyond measure? Just as a child is fed with healthy foods when he is young and that strengthens their bones, in the same way Allah is asking us to read the Quran, learn it, understand it so that it strengthens and in turn heals the heart, brings it back to its actual state, the one that was before worldly things plagued it. The Quran is, in other words, the perfect medicine, that which doesn't have an expiry date and that which can cure the biggest of illnesses.

5 verses of the Qur'an may help to heal the heart:

**1. *"Indeed, with every hardship is ease."* (94:6)**

This ayah always makes me reflect on everything that I *do* have, and takes the focus off what I've lost. It reminds me that even if it seems like everything is going wrong, something is still going right. When we lose one thing, we gain another. And when we can't think of anything we've actually gained, there are still innumerable blessings that we should be thankful for.

Specifically when recovering from heartbreak, the "ease," if we allow it to be so, is closeness to Allah. I can't think of any other time when I make more du'a to Allah, and cry to Him more, than when I'm brokenhearted.

**2. *"No doubt, in the remembrance of Allah hearts find comfort."* (13:28)**



On a similar note, this ayah is a reminder that if we give our hearts to Allah and remember Him often, they will be soothed. This can be through salah, Qur'an, dhikr, or just talking to God (du'a).

We should allow tough times to bring us closer to Allah rather than take us away from Him. A person can blame their bad fate or even God all they want, but at the end of the day, who do we really have except Allah? He is the only one who truly understands our pain, and He is always waiting for us to turn back to Him.

**3. *"Perhaps you hate something and it's good for you, and perhaps you love something and it's bad for you. Allah knows, while you don't know."* (2:216)**

This reminder can be a tough pill to swallow, but it's definitely much-needed. Sometimes we forget that even if we dislike something that happened to us, it may actually be better for us. For example, if a friend hurts you and the friendship ends, it might be because Allah knew that friend wasn't good for you. Or if you're dating someone and they dump you, it's because Allah wants to protect you from continuing a life of sin.

And at times the hurtful situation may even be something we don't see any benefit in, such as heartbreak caused by parents, children, or a spouse. But this is why the ayah ends with "Allah knows, while you don't know." When something like this happens, we need to trust that whatever happens is the will of Allah and He wants what is best for us, even if we don't know the wisdom behind it right now.

**4. *"Whenever My servants ask about Me, indeed, I am near. I respond to the call of the supplicant whenever he calls upon Me."* (2:186)**

Whether it's the morning or the middle of the night, Allah is always listening. We need to believe that He is hearing our prayers and will respond in the best way. It's comforting to know that we can have a direct relationship with our Creator, anytime of the day or night and regardless of what is happening in life.

**5. *"Peace be upon you for what you patiently endured. And excellent is the final home."* (13:24)**

This is what the angels will say to us when we get to Jennah (Paradise), inshaAllah. These words comfort me no matter how much pain I'm in. They remind me that whatever I am going through is not in vain, and also that it's

not going to last forever. No matter how difficult of a situation you are in, there is light at the end of the tunnel. Someday, we will all be out of this temporary, imperfect world and living in **everlasting bliss** inshaAllah.

### **8. Constantly remember Allah**

{Those who remember Allah, standing, sitting, and lying on their sides} (Aal `Imran 3:191)

Abu Huraira reported: The Messenger of Allah, peace be and blessings on him, said, "Allah Almighty says: I am as my servant expects me and I am with him as he remembers me. If he remembers me in himself, I will remember him in myself. If he mentions me in a gathering, I will mention him in a greater gathering. When he draws near me by the span of his hand, I draw near him by the length of a cubit. When he draws near me by the length of a cubit, I draw near him by the length of a fathom. When he comes to me walking, I come to him running."

Source: Ṣaḥīḥ al-Bukhārī 6970, Ṣaḥīḥ Muslim 2675

### **9. Resolve the issues in a calm manner**

You must "tie the camel" and put in the effort inshaAllah. Issues affecting your sadness must be addressed quickly

- If you have health problems you must try and see the doctor
- If you fail exams - try and find out the reasons and don't give up, and learn how to improve yourself
- If it is regarding your spouse, try and resolve it, if not by yourself, get a marriage counsellor

A delay in addressing the relevant issues will only make things worse.

### **10. Don't compromise Islam**

Do NOT be influenced by shaytan and compromise Islam

- Missing prayers
- Drinking alcohol
- Going out to clubs and sinful places

If you compromise Islam then Allah will be very far way and the more sins you have the hearts will be affected and will be more sick. Then you will not be able to distinguish truth from falsehood and it will be a vicious cycle downwards

### **11. Recognise your weaknesses especially on your obedience to Allah and rectify them**

All of us have weaknesses. Are these sins the ones who are preventing Allah from Answering our du'a?

- Missing prayers
- Haram income

One reason why some of our duaa is not answered may be because we have done something that Allaah has forbidden, such as having haraam wealth whether it be food or drink or clothing or accommodation or transportation, or he has taken a haraam job, or the stain of sin is still in his heart, or he is following bidah (innovation) in religion, or his heart has been overtaken by negligence.

Consuming haraam wealth. This is one of the major reasons why duaas are not answered. Abu Hurayrah (may Allaah be pleased with him) said: the Messenger of Allaah (peace and blessings of Allaah be upon him) said: O people, Allaah is Good and only accepts that which is good. Allaah commanded the pious to follow the same commandments as He gave to the Messengers. He says (interpretation of the meaning):

O (you) Messengers! Eat of the Tayyibaat [all kinds of Halaal (lawful) foods which Allaah has made lawful (meat of slaughtered eatable animals, milk products, fats, vegetables, fruits)] and do righteous deeds. Verily, I am Well-Acquainted with what you do [al-Muminoon 23:51]

O you who believe (in the Oneness of Allaah Islamic Monotheism)! Eat of the lawful things that We have provided you with [al-Baqarah 2:172]

Then he mentioned a man who has travelled on a long journey and is dishevelled and covered with dust; he stretches forth his hands to the heaven, (saying) O Lord, O Lord, but his food is haraam, his drink is haraam, all his nourishment is haraam, so how can he duaa be accepted? Narrated by Muslim.

The man described by the Prophet (peace and blessings of Allaah be upon him) had some of the characteristics which help duaas to be answered he was travelling and he was in need of Allaah, may He be exalted and glorified but the fact that he consumed haraam wealth prevented his duaa from being answered. We ask Allaah to keep us safe and sound.

## 12. Trust Allah (Tawakkul)

To fully understand the concept of tawakul (trust) let's revisit one of the ayah's mentioned above:

*Say: Nothing shall ever happen to us except what Allah has ordained for us. He is our Mawla (protector). And in Allah let the believers put their trust." (9:51)*

This ayah demonstrates the relationship between the servant and the Creator. It puts our hearts at ease knowing that Allah (S) is in control of all things. In this ayah, Allah (S) is reassuring you that nothing will happen to you unless Allah (S) wills it. It is important to note that having tawakul, putting your full trust in Allah's (S) hands, does not change the actions you take but rather the way in which you perceive the world and matters in your life. It is a mind set that as you continue on with your day to day and make your decisions, you are at peace knowing that at the end, the ultimate result is in the hands of Allah. He will always do what is best for you.

Tawakul is doing your part -- whether that's in preparing yourself for an entrance exam, working hard to get a promotion or saving money to buy your dream home -- but also making du'a for what is best. It's believing in your heart that you have done everything you can do, and the rest is up to Allah (S).

You work hard for these goals, but sometimes Allah's plan does not match up to ours -- and for good reason.

It was reported by Omar Ibn Alkhatib (RA) (as narrated by Al-Tirmidh) that the Prophet (Sallallahu 'alayhi wa sallam) said:

*If you were to rely upon Allah with reliance due to him, then he would provide for you just as he provides for the birds. They go out in the morning with empty stomachs and return full.*

They leave on empty stomachs, no one knows where their food will come from but at the end of every day they come back full with enough food to feed their young.

### **13. Look at others who are less fortunate**

We always complain and become sad when we do not achieve our goal, but we fail to realise that many others are in an even worse situation than us.

Watching programs such as Children in Need or Red Nose Day - where on many occasions they feature people who have been plagued by various illness or shortcomings in life - helps to make us realise that we are in better situations than in many people.

### **14. Be grateful to Allah**

Allah has given us many blessings. The biggest blessing is Islam. We have to try to thank Allah, as stated by Luqman:

*"Give thanks to Allah," and whoever gives thanks, he gives thanks for (the good of) his ownself. And whoever is unthankful, then verily, Allah is All-Rich (Free of all wants), Worthy of all praise." 31: 12*

*And He gave you of all that you asked for, and if you count the Blessings of Allah, never will you be able to count them. Verily! Man is indeed an extreme wrong-doer, - a disbeliever 13: 34*

Being grateful itself is from Allah. Therefore we have to make du'a to Allah to Grant us with the ability to be grateful to Him:

*"...My Lord! Inspire and bestow upon me the power and ability that I may be grateful for Your Favours which You have bestowed on me and on my parents, and that I may do righteous good deeds that will please You, and admit me by Your Mercy among Your righteous slaves."27: 19*

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

*"Allahumma A-inni 'Ala Dzikrika Wa Syukrika Wa Husni 'Ibadatik"*

O Allah, assist me in remembering You, in thanking You, and in worshipping You in the best of manners. [Abu Daud, Tirmizi and An Nasai – sahih]

### 15. Have good opinions of Allah

Never Blame Allah and start to boycott Him. Always remember that it is we who needs Allah, and not the other way:

15. O mankind! it is you who stand in need of Allah, but Allah is Rich (Free of all wants and needs), Worthy of all praise.

16. If He will, He could destroy you and bring about a new creation.

17. And that is not hard for Allah.

35: 15-17

*Husn udh-dhann billah* means having a good opinion of Allah. It refers to being certain of receiving only good from Him; to have positive thoughts about Him, believing that He will deal with us in the best of ways. Allah says, **"I am as My servant thinks I am"**. (Bukhari) That is, in order for us to expect something good from Allah we have to truly believe that He is capable of giving that good.

Thinking well of Allah is a fundamental aspect of our worship. How can we worship Him the way He deserves to be worshipped when we are not aware of His Attributes or when we think that He is akin to the people around us?

One of the main causes of lacking *husn udh-dhann billah* is our comparing Allah and His Attributes to those of humans, wrongly assuming that Allah will not be good to us because we ignored Him; or that He is One who takes pleasure from our sufferings and will not listen to our pleas because we disobeyed Him (*na'udhubillah*); or that since we have indulged in the worst of sins, He will put us in the blazing hell-fire, wondering why will He even consider us for heaven as there are so many pious people that already exist! All such thoughts indicate that we do not know who Allah actually is or how Just and Merciful He is.

In order to avoid all these negative thoughts, we need to study and know the Attributes of Allah. Allah is nothing like any of His creation. He is free of defect and deficiencies. His Promise is always true and He never forgets. Even the tiniest of our deeds does not escape His Attention. He is never too busy to ignore us. Neither drowsiness overtakes Him, nor sleep. He always remembers us no matter how many times we forget Him. We need to firmly believe that Allah answers our duas, forgives us and that He is enough for us. Count all your Blessings and ponder over your past, recounting all the moments that Allah never let you down.

This lack of education on our part helps *shaytaan* play with our minds and heart. This creates hopelessness in us and we begin to despair the Mercy of Allah.

I will share two great examples of this from the Sunnah of Prophet Muhammad (peace be upon him).

### **Example 1:**

Prophet Muhammad (peace be upon him) set out of his home with Abu Bakr (may Allah be pleased with him) as his companion to migrate to Madeenah, while the Quraysh were conspiring against him. They hid in the cave of Thawr, and Abu Bakr said to him (peace be upon him) "If one of them looks down at his feet he will see us." He (peace be upon him) said, "What do you think, O Abu Bakr, of two the third of whom is Allah?"

This is an example of nothing but having a strong conviction that Allah is the Most Powerful and the One in control of everything. Allah mentions this historical event in the Quran:

**“If you do not aid the Prophet – Allah has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave and he said to his companion, “Do not grieve; indeed Allah is with us.” And Allah sent down his Tranquility upon him and supported him with angels you did not see and made the word of those who disbelieved the lowest, while the Word of Allah – that is the Highest. And Allah is Exalted in Might and Wise.” (Quran, 9:40)**

### **Example 2:**

Prophet Muhammad (peace be upon him) was having his mid-day sleep under a tree, with his sword hanging on one of the branches. A Bedouin suddenly came and took the Prophet’s sword. **The Prophet (peace be upon him) woke up and the Bedouin asked him, “Who will protect you from me?” He (peace be upon him) replied, “Allah”.** The sword fell from the bedouin’s hand and the Prophet (peace be upon him) took his sword. (Bukhari)

### **Benefit of having good opinion of Allah**

It makes life **easy** and **productive**. When we have *husn udh-dhann billah*, we’d have a sense of peace and inner calm which pushes us to do good with the belief that Allah will reward us and grant us success.

*Husn udh-dhann billah* also increases our *tawakkul* (trust) where we do our best and then leave the result up to Allah. If we had a bad opinion of Allah (*soo’udhann billah*) then we wouldn’t strive hard in life, nor would we wish to achieve anything because we would not expect anything good to happen to us.

We also need to keep in mind that good opinion has to be followed by good actions. We can’t be mean to people or disobey Allah and then expect that He be kind to us.

**“And whoever fears Allah – He will make for him a way out and will provide for him from where he does not expect. And whoever relies upon Allah – then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent”.** (Quran, 65:2-3)

### **How to Develop *Husn udh-Dhann Billah***

### 1) Making du'a with certainty

Making *du'a* is not only action of the lips but also includes the intention in one's heart. People may raise their hands in making *du'a* but may not be *sincere* in asking Allah. They either make their minds up that Allah is never going to answer, or they preoccupy their minds so much with worldly thoughts that making *dua* becomes merely a ritual.

Prophet Muhammad (peace be upon him) said, **“Call upon Allah when you are certain of a response, and know that Allah does not accept any supplication from a heart that is unfocused and distracted.”** ([Tirmidhi](#))

### 2) The intention of our deeds

Performing deeds solely for Allah's Pleasure and having firm belief that Allah will accept them and reward us in the best way are yet other ways of imbibing *husn udh-dhann billah*. Else, we would never attempt at anything good or we may easily give up half-way questioning ourselves, 'why bother when our actions are not bringing instant results or the way we want them to turn out?'

### 3) Belief in Allah's Promise

*Husn udh-dhann billah* also refers to believing that Allah always keeps His word and will grant us all that He promises. For instance, if He Promises ease with every hardship, then indeed we will have that ease. If Allah Promises us increase in our sustenance if we spend in His way, then we must have firm belief in that too.

### 4) Repenting & seeking forgiveness

Allah says, **“O My servants, you commit error night and day and I am there to Pardon your sins, so beg pardon from Me so that I should Grant you Pardon.”** ([Muslim](#))

This teaches us to sincerely repent and seek forgiveness from Allah with the hope that He will accept our repentance and forgive us. If we did not have this certainty in our hearts, then we will never seek forgiveness and perhaps will keep on sinning. Not expecting Allah to Forgive us or Grant us what we ask him is despairing of His Mercy and not believing in His Word.

### 5) Trials & tribulations

The most crucial stage to have a good opinion of Allah is when calamity falls upon the believer. It is very easy to complain at that time, lose hope and be in the worst state of negativity. But a believer knows that trials occur only due to Allah's infinite Wisdom, and to purify and increase us in closeness to Him.



We might not understand why we are suffering but being positive in those times will help us to accept Allah's Decree and make us realize that tests from Allah are in our best interest which we may comprehend only later.

The Prophets and Messengers of Allah had pinned all their hopes onto Allah, most especially when all odds were stacked against them. The fire was cooled for Prophet Ibrahim, Prophet Yunus came out of the belly of a fish and Prophet Zakariya was blessed with a child even though he was old and his wife barren. Why? Because they knew that Allah would respond to their pleas and get them out of every situation no matter how impossible they seemed.

**“Indeed, no one despairs of relief from Allah except the disbelieving people.”** ([Surah Yusuf: 87](#))

## **6) Remember death**

Finally, we are encouraged to remember Allah's Mercy & Forgiveness on our death beds so that when we leave this world, we are hopeful of meeting our Lord.

Three days before Prophet (peace be upon him) passed away, said: **“No one of you should die except thinking positively of Allah”.** ([Muslim](#))

## ***Husn udh-Dhann Billah and Positive thinking***

Having good opinion of Allah has one major byproduct – it makes us positive about life itself. This positive mindset will help us in keeping calm even during turbulences and help us get rid of pessimistic thoughts.

Having a positive outlook is the most important thing to bring ease in life especially when everything around us seems unbearable. It is the good belief that Allah is the Most Powerful, the Giver, our Savior & our Provider which will stop us from fearing people, and fear Allah instead. It will help us be consistent in our worship and teach us to ask from Allah alone rather than tiring ourselves in struggling to gaining acceptance from people. It frees us from the need of other human beings, and liberates us from following *shaytaan* and all those who follow him.

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You may wonder: What if you did not experience success even though you worked hard and had good opinion of Allah? Well, remember that what seems like failure to us now will in fact bring only the best – even much better than what we had initially anticipated. It might be that Allah is saving us

from something not in our knowledge. So we have to do our best in everything and accept His Divine Will that whatever we get is in our best interest and are thankful to Allah.

**“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.”**

([Quran: 2:216](#))

## 16. Seek good companions

Having good companions will advise you according to what Islam has taught us. Allah has advised us to choose the correct people as our awliya:

*55. Verily, your Wali (Protector or Helper) is Allah, His Messenger, and the believers, - those who perform As-Salat (Iqamat-as-Salat), and give Zakat, and they bow down (submit themselves with obedience to Allah in prayer).*

*56. And whosoever takes Allah, His Messenger, and those who have believed, as Protectors, then the party of Allah will be the victorious.*

*57. O you who believe! Take not for Auliya' (protectors and helpers) those who take your religion for a mockery and fun from among those who received the Scripture (Jews and Christians) before you, nor from among the disbelievers; and fear Allah if you indeed are true believers.*

5: 55-57

*And keep yourself (O Muhammad) patiently with those who call on their Lord (i.e. your companions who remember their Lord with glorification, praising in prayers, etc., and other righteous deeds, etc.) morning and afternoon, seeking His Face, and let not your eyes overlook them, desiring the pomp and glitter of the life of the world; and obey not him whose heart We have made heedless of Our Remembrance, one who follows his own lusts and whose affair (deeds) has been lost. 18: 28*

## 17. You may need to seek advice/counsel

You may need advice from a knowledgeable person, or an imam, or someone who can counsel you, for e.g. in marital problems. You should try and resort to this because you may not know how to handle the situation on your own.

## 18. Do more good deeds

Doing good deeds, obligatory deeds as a priority followed by voluntary deeds help to bond us closer to Allah, besides receiving rewards from Allah.

The way to draw closer to Allah has been explained to us in the clearest terms by Him, may He be glorified and exalted, in His Book, and He sent to us His Prophet Muhammad (blessings and peace of Allah be upon him), who did not omit anything good but he told us about it and he did not omit anything bad but he warned us against it. We will quote here just one of the beneficial and comprehensive hadiths in which the Prophet (blessings and peace of Allah be upon him) explained the way that will bring us closer to Allah, may He be glorified, in the most concise and clearest terms. Al-Bukhaari (6502) narrated that Abu Hurayrah (may Allah be pleased with him) said: The Messenger of Allah (blessings and peace of Allah be upon him) said: "Allah says: 'Whoever takes a close friend of Mine as an enemy, I declare war on him. My slave does not draw closer to Me by anything more beloved to Me than that which I have made obligatory upon him, and My slave continues to draw closer to Me by doing naafil (supererogatory) deeds until I love him, and if I love him I will be his hearing with which he hears, his vision with which he sees, his hand with which he strikes and his foot with which he walks. If he were to ask of Me, I would surely give to him; if he were to seek refuge with Me, I would surely grant him refuge. I do not hesitate about anything that I want to do as I hesitate to take the soul of a believer, for he hates death and I hate to hurt him.'" This hadith clearly and concisely highlights the way to become a close friend of Allah, may He be exalted, for the one who wants to be one of His close friends.

### 19. Du'a

Many du'a have been taught in order to ask Allah to alleviate us from our problems and to keep us on the Deen despite our difficulties:

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

**Rabbana afrigh 'alayna sabran wa tawaffana muslimeen**

"Our Lord! pour out on us patience, and cause us to die as Muslims."

**[Surah Al A'raf 7 : 126]**

Allāhumma la tada' lana zanban illa ngafar tah, (Oh Allāh, do not leave upon us to any sins but Thou eradicate it) Wala hamman illa farraj tah, (And all difficulties but Thou removed it) Wala karban illa naffas tah, (And all the grief but Thou healed it,) Wala marīdhan illa la shafai

tah, (And not any adversaries but Thou disappointed them) Wala 'aduwwan illa khazal tah,(And there would no du'ā, but Thou fulfilled them) Wala jāhīlan illa 'alam tah, (And no one ignorant but Thou educate them) Wala hājatan illa qadhāi tah. (And all the hope, but Thou meet them, Birahmatika Yāarhamar-Rāhimīn. (O Lord the Most Merciful and Most Compassionate.)