

Memorise and practice a new hadeeth every week!



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ  
إِنْ أَصَابَتْهُ سَرَّاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ وَإِنْ أَصَابَتْهُ ضَرَّاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ

“Amazing is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer.

If he has an occasion to feel happy, then he thanks Allah and thus there is good for him,  
and if he has an occasion to face hardship, then he shows patience and thus there is good for him”.

*Sahih Muslim*

#### Explanation

In this world, we all face two types of situations. One are those, which are pleasing to us and therefore require us to express gratitude. The other are those which may be troublesome or unwanted, and therefore require us to be patient.

From this Hadeeth, we learn a very special and comforting lesson; for a believer, both conditions are equally good and full of benefits. But this is only if shukr (thankfulness) is offered through good and happy times and sabr (patience) is adopted through difficult times.

#### How to be grateful:

- 1) Read ‘Alhamdulillah’ and ‘Allahumma lakal hamdu walakashukr’ as often as possible and every time we think of or come across a blessing or good condition. Don’t forget the rule of Allah Ta’aala which we find in the Glorious Qur’an: If you be grateful, I shall certainly give you more (Surah Ibrahim)
- 2) Remember it’s not enough to just express our gratefulness through words. With words, we should also:
  - a) Practically thank Allah Ta’aala by being obedient to him.
  - b) Use the blessing for good things which please Allah Ta’aala.

#### How to be patient:

- 1) Feeling upset is not against being patient. It is only natural for us to be sad. What we need to be careful of is not to complain about the affliction and not feel hard done by.
- 2) When we face difficulty take time to focus on the many blessings of Allah Ta’aala upon us. We will find more to be grateful for than to be patient upon.
- 3) When faced with difficulties, read the following words while thinking of its meaning:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Surely, we belong to Allah and to him shall we return.

- 4) Don’t forget this world is temporary. Conditions, good or bad, will swiftly pass by us in this world, however, the conditions of the afterlife will never end.
- 5) Study the Seerah of our most beloved Nabi ﷺ and look at all of the tests and difficulties he underwent. In his amazing Seerah, there will be comfort for everyone.
- 6) Any loss and difficulty is a way of Allah Ta’aala removing sins or elevating ranks in the afterlife.