

# KHUTBA

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## How we deal with trials and sad happenings

Many trials happen to people in this world (dunya), and this is inevitable part of life and nature. It may be illness or problems leading people to exertion.

Wise men and men of religious science have made guidelines for the believers to stay on the right path. Not only to deal with difficulties, but to overcome them. These guidelines are explained in the following 10 points:

1. The person who face an accident must endure and say: «Who, when afflicted with calamity, say: **"Truly! To Allah we belong and truly, to Him we shall return.**» (Albaqarah 156), when the accident occurs. One should do salah, and ask Allah SWT for help and to compensation for the loss. The most important is patience, defined as; control the anxiety and disgruntlement, and control the mouth from complaining.

Adversity that strike suddenly, will obviously affect us humans. Still, the one who can keep his patience from the first moment, will easier be able to continue this mode of control. The Prophet (SAAW) said: **"The real patience is at the first stroke of a calamity."**

Umm salama, the wife of the Apostle of Allah (may peace be upon him), reported Allah's Messenger (may peace be upon him) as saying: **If any servant (of Allah) who suffers a calamity says: " 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," ' Allah will give him reward for affliction, and would give him something better than it in exchange. She (umm salama) said: When Abu Salama died. I uttered (these very words) as I was commanded (to do) by the Messenger of Allah (May peace be upon him). So Allah gave me better in exchange than him. i. e. (I was taken as the wife of) the Messenger of Allah (May peace be upon him).**

Omar, may Allah forgive him, said: How excellent Alawah (referral to prayer) og Adlan ( meaning leadership) is! The referral to clarify the right of being rewarded to those who show patience during accidents, for reward and easen their burden through prayer. Therefore one must understand that he/she will have results based upon how they behaved when the difficulties arrived. If the person is endurable, and seem rational, he will do alright. While those who protest strongly for what Allah SWT has planned, will find themself in a constant discontentment.

The Prophet (SAAW) said: **“A believer is not affected by weariness or tiredness from strife, neither from sickness nor sadness, even the anxiety that makes him distressed; except that it will serve as expiation from sins.”** (Muslim)

2. One must thank Allah for not allowing the accident to be even larger, since all things in dunya are limited. Also, one should accept what Allah has bestowed upon us, and be content, and in addition people are encouraged to keep their hardships hidden, and not complain about it at every opportunity. Wise men told: "There are three of Paradise treasures, and they are; To hide affliction and misfortune, to handle illness without complaining, and to give charity secretly." Also the elderly have said: Three things are testing men; Lots of money, accidents and power".

3. To keep in memory that all accidents are destiny that Allah has given us. And this is not to bother us and punish us, but to test our patience, and to hear our Dua'a and prayer. In addition one need to understand that whatever happen to us is not a coincident, and what does not happen to us will not occur.

In Quran we read: ***"In order that you may not grieve at the things that you fail to get, nor rejoice over that which has been given to you. And Allah likes not prideful boasters."*** (Alhadid 23). If we look closely at this verse, there is a solution to all difficulties.

4. One shall not call one self names or say Dua'a for anything to happen to one self. The Prophet (SAAW) said: ***" Do not supplicate for yourselves anything but good, for angels say" Amen" to what you say."*** (Muslim) Neither shall one be grieving for what one is missing out from. Allah (SWT) has advised us in Quran: ***"And be not infirm, and be not grieving, and you shall have the upper hand if you are believers. "*** (Al Imran 139) Grieving doesn't have any use, nor can it prevent anything, and is not considered a sin since it doesn't lead to disobedience.

5. One should understand that this earthly world can not be a continuous welfare and happiness, but happenings will occur that lower the life quality. It may be a dear person dying, or friends moving. And those who are tested the most, are the messengers, those who are closest to Allah (SWT). The Prophet (SAAW) said: ***«The world is a Prison-house for a believer and paradise for a non-believer.»***

6. One should understand that these problems in fact are part of softening the heart, since if everything is perfect, it will lead to feeling superior, as nothing happen to that person.

7. One should look to what problems and accidents has occurred to others and realize that one is not alone, and this will ease the heavy burden.

8. Avoid complaining and protesting, as it will not solve the problem, but in some cases it will prolong the grieving. In addition it will irritate friends and family, enemies will be happy, and the person will weaken his own soul.

9. Always ask for forgiveness, as this will strengthen the faith, and make it easier to feel Allah's love for His servants. AND when reaching this level, one will receive reward and Allah (SWT) will be pleased with that person.

**In a Hadith reported by Anas ibn Malik, the Prophet (SAW) came in to a young man who was in a struggle with death, and the Prophet (SAW) asked: How are you? He said: I long for Allah, and fear for my sins. The Prophet (SAAW) said: Those can not be together in a human heart except Allah will give what asked for, and secure what they fear.** (Ibn Maajah)

10. The Muslims should know that the biggest and most serious problem is problem with the deen( religion). If there is no difficulties or problems with the deen'en, then there is no danger. Religion is what count the most, and if there is problem with religion, the loss will be great.

We ask You O Allah for forgiveness and mercy... Ameen

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