

Seeking

Divine

Help

PodSeries - Vol 141



Achieve Noble Character

Seeking Divine Help

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Seeking Divine Help

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We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

Compiler's Notes

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to ShaykhPod.Books@gmail.com.

Introduction

The following short book discusses some ways of Seeking Divine Help. This discussion is based on Chapter 2 Al Baqarah, Verse 153 of the Holy Quran:

“O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.”

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

“And indeed, you are of a great moral character.”

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

Seeking Divine Help

Chapter 2 - Al Baqarah, Verse 153

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ﴿١٥٣﴾

*“O you who have believed, seek help through patience and prayer.
Indeed, Allah is with the patient.”*

“O you who have believed...”

True belief involves sincerity. In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards Allah, the Exalted.

Sincerity towards Allah, the Exalted, includes fulfilling all the duties given by Him in the form of commands and prohibitions, solely for His pleasure. As confirmed in a Hadith found in Sahih Bukhari, number 1, all will be judged by their intention. So if one is not sincere towards Allah, the Exalted, when performing good deeds they will gain no reward in this world or in the next. In fact, according to a Hadith found in Jami At Tirmidhi, number 3154, those who performed insincere deeds will be told on Judgement Day to seek their reward from those who they acted for, which will not be possible. Chapter 98 Al Bayyinah, verse 5.

"And they were not commanded except to worship Allah, [being] sincere to Him in religion....."

If one is lax in fulfilling their duties towards Allah, the Exalted, it proves a lack of sincerity. Therefore, they should sincerely repent and struggle to fulfil them all. It is important to bear in mind Allah, the Exalted, never burdens one with duties they cannot perform or handle. Chapter 2 Al Baqarah, verse 286.

"Allah does not charge a soul except [with that within] its capacity...."

Being sincere towards Allah, the Exalted, means that one should always choose His pleasure over the pleasure of themselves and others. A Muslim should always give priority to those actions which are for the sake of Allah, the Exalted, over all else. One should love others and dislike their sins for the sake of Allah, the Exalted, and not for the sake of their own desires. When they help others or refuse to take part in sins it should be for the sake of Allah, the Exalted. The one who adopts this mentality has perfected their faith. This is confirmed in a Hadith found in Sunan Abu Dawud, number 4681.

“O you who have believed...”

In a Hadith found in Sunan An Nasai, number 4998, the Holy Prophet Muhammad, peace and blessings be upon him, advised the signs of a true Muslim and a true believer. A true Muslim is the one who keeps their verbal and physical harm away from others. This in fact, includes all people irrespective of their faith. It includes all types of verbal and physical sins which can cause harm or distress to another. This can include failing to give the best advice to others as this contradicts sincerity towards others which has been commanded in a Hadith found in Sunan An Nasai, number 4204. It includes advising others to disobey Allah, the Exalted, thereby, inviting them towards sins. A Muslim should avoid this behavior as they will be taken account for every person who acts on their bad advice. This has been warned in a Hadith found in Sahih Muslim, number 2351.

Physical harm includes causing problems for other people's livelihood, committing fraud, conning others and physical abuse. All of these characteristics contradict Islamic teachings and must be avoided.

A true believer, according to the main Hadith under discussion, is the one who keeps their harm away from the lives and property of others. Again, this applies to all people irrespective of their faith. This includes stealing, misusing or damaging the property and belongings of others. Whenever one is entrusted with someone else's property they must ensure they only use it with the owner's permission and in a way which is pleasing and agreeable to the owner. The Holy Prophet Muhammad, peace and blessings be upon him, has warned in a Hadith found in Sunan An Nasai, number 5421, that whoever illegally takes someone

else's property, through a false oath, even if it is as small as a twig of a tree will go to Hell.

To conclude a Muslim must support their verbal declaration of belief with actions as they are the physical proof of one's belief which will be needed in order to obtain success on the Day of Judgment. In addition, a Muslim should fulfill the characteristics of true belief in respect to Allah, the Exalted, and people. An excellent way of achieving this in respect to people is to simply treat others how they wish to be treated by people, which is with respect and peace.

“...seek help through patience...”

This verse which encourages Muslims to adopt patience is connected to the previous verse which encourages them to show gratitude to Allah, the Exalted. Chapter 2 Al Baqarah, verse 152:

“...And be grateful to Me and do not deny Me.”

In reality, patience and gratitude are two halves of Islam as one either experiences times of ease which demands gratitude or times of ease which requires patience.

In a Hadith found in Sahih Muslim, number 7500, the Holy Prophet Muhammad, peace and blessings be upon him, advised that every situation is blessed for a believer. The only condition is that they need to respond to each situation they encounter while obeying Allah, the Exalted, specifically, patience in difficulties and gratitude in times of ease.

There are two aspects of life. One aspect are the situations people find themselves in whether they are times of ease or difficulties. The control of what situation a person faces is out of their hands. Allah, the Exalted, has decided this and there is no escaping them. Therefore, stressing over the situations one faces does not make sense as they are destined

and therefore inevitable. The other aspect is a person's reaction to each situation. This is in each person's control and this is what they are judged on for example, showing patience or impatience in a difficult situation. Therefore, a Muslim must concentrate on their behaviour and reaction in each situation instead of stressing over being in a situation as this is unavoidable. If a Muslim desires to succeed in both worlds they should assess each situation and always act in the obedience of Allah, the Exalted. For example, in times of ease they must use the blessings they possess as prescribed by Islam which is true gratitude to Allah, the Exalted. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]...”

And in times of difficulty they must show patience knowing Allah, the Exalted, chooses what is best for His servants even if they do not understand the wisdom behind the choices. Chapter 2 Al Baqarah, verse 216:

“...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.”

“...seek help through patience...”

A Hadith found in Musnad Ahmad, number 2803, advises that being patient over the things one dislikes leads to a great reward. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Patience is a key element required in order to fulfil the three aspects of faith: fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny. But a higher and more rewarding level than patience is contentment. This is when a Muslim deeply believes that Allah, the Exalted, only chooses the best for His servants and they therefore prefer His choice over their own. Chapter 2 Al Baqarah, verse 216:

“...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.”

A patient Muslim understands that anything which effected them, such as a difficulty, could not have been avoided even if the entire creation aided them. Similarly, whatever missed them could not have affected them. The one who truly accepts this fact will not exult and grow proud

over anything they obtain knowing Allah, the Exalted, allocated that thing to them. Nor will they grieve over anything which they fail to obtain knowing Allah, the Exalted, did not allocate that thing to them and nothing in existence can alter this fact. Chapter 57 Al Hadid, verses 22-23:

“No disaster strikes upon the earth or among yourselves except that it is in a register¹ before We bring it into being - indeed that, for Allah, is easy. In order that you not despair over what has eluded you and not exult [in pride] over what He has given you...”

In addition, the Holy Prophet Muhammad, peace and blessings be upon him, has advised in a Hadith found in Sunan Ibn Majah, number 79, that when something occurs a Muslim should firmly believe it was decreed and nothing could have changed the outcome. And a Muslim should not have regrets believing they could have prevented the outcome if they somehow behaved differently as this attitude only causes the Devil to encourage them towards impatience and complaining about destiny. A patient Muslim truly understands that whatever Allah, the Exalted, has chosen is best for them even if they do not observe the wisdom behind it. The one who is patient does desire a change in their situation and even supplicates for it but they do not complain about what has occurred. Being persistently patient can lead a Muslim to a greater level namely, contentment.

The one who is content does not desire things to change as they know the choice of Allah, the Exalted, is better than their choice. This Muslim firmly believes and acts on the Hadith found in Sahih Muslim, number 7500. It advises that every situation is best for the believer. If they

encounter a problem they should show patience which leads to blessings. And if they experience times of ease they should show gratitude which also leads to blessings.

It is important to know that Allah, the Exalted, tests those He loves. If they show patience they will be rewarded but if they are angered it only proves their lack of love for Allah, the Exalted. This is confirmed in a Hadith found in Jami At Tirmidhi, number 2396.

A Muslim should be patient or content with the choice and decree of Allah, the Exalted, in both times of ease and hardship. This will reduce one's distress and provide them with much blessings in both worlds. Whereas, impatience will only destroy the reward they could have received. Either way a Muslim will go through the situation decreed by Allah, the Exalted, but it is their choice whether they desire reward or not.

A Muslim will never reach full contentment until their behaviour is equal in times of difficulty and ease. How can a true servant go to the Master namely, Allah, the Exalted, for a judgment and then become unhappy if the choice does not match their desire. There is a real possibility that if a person gets what they desire it will destroy them. Chapter 2 Al Baqarah, verse 216:

"...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."

A Muslim should not worship Allah, the Exalted, on the edge. Meaning, when the divine decree matches their wishes they praise Allah, the Exalted. And when it does not they become annoyed acting as if they know better than Allah, the Exalted. Chapter 22 Al Hajj, verse 11:

“And of the people is he who worships Allah on an edge. If he is touched by good, he is reassured by it; but if he is struck by trial, he turns on his face [to unbelief]. He has lost [this] world and the Hereafter. That is what is the manifest loss.”

A Muslim should behave with the choice of Allah, the Exalted, as if they would behave with a skilled trustworthy doctor. The same way a Muslim would not complain taking bitter medicine prescribed by the doctor knowing it is best for them they should accept the difficulties they face in the world knowing it is best for them. In fact, a sensible person would thank the doctor for the bitter medicine and similarly an intelligent Muslim would thank Allah, the Exalted, for any situation they encounter.

In addition, a Muslim should review the many verses of the Holy Quran and the Hadiths of the Holy Prophet Muhammad, peace and blessings be upon him, which discuss the reward given to the patient and content Muslim. Deep reflection on this will inspire a Muslim to remain steadfast when facing difficulties. For example, Chapter 39 Az Zumar, verse 10:

"...Indeed, the patient will be given their reward without account [i.e., limit]."

Another example is mentioned in a Hadith found in Jami At Tirmidhi, number 2402. It advises that when those who patiently faced trials and difficulties in the world receive their reward on Judgment Day those who did not face such trials will wish they patiently faced difficulties such as their skin being cut off with scissors.

In order to gain patience and even contentment with what Allah, the Exalted, chooses for a person they should seek and act on the knowledge found within the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, so that they reach the high level of excellence of faith. This has been discussed in a Hadith found in Sahih Muslim, number 99. Excellence in faith is when a Muslim performs deeds, such as the prayer, as if they can witness Allah, the Exalted. The one who reaches this level will not feel the pain of difficulties and trials as they will completely be immersed in the awareness and love of Allah, the Exalted. This is similar to the state of the women who did not feel pain when cutting their own hands when they observed the beauty of the Holy Prophet Yusuf, peace be upon him. Chapter 12 Yusuf, verse 31:

"...and gave each one of them a knife and said [to Joseph], "Come out before them." And when they saw him, they greatly admired him and cut their hands and said, "Perfect is Allah! This is not a man; this is none but a noble angel.""

If a Muslim cannot reach this high level of faith they should at least try to reach the lower level mentioned in the Hadith quoted earlier. This is the level where one is constantly aware they are being observed by Allah, the Exalted. The same way a person would not complain in front of an authoritative figure they feared, such as an employer, a Muslim who is constantly aware of the presence of Allah, the Exalted, will not complain about the choices He makes.

“...seek help through patience...”

In a Hadith found in Sahih Bukhari, number 1302, the Holy Prophet Muhammad, peace and blessings be upon him, advised that real patience is shown at the onset of a difficulty.

It is important to understand that true patience is shown throughout a calamity meaning, from the very onset of the difficulty onwards. Accepting the reality of a difficulty, such as the death of a loved one, eventually, with the passing of time occurs with everyone. This is acceptance not true patience.

Muslims should therefore ensure they encounter difficulties while patient believing that everything which Allah, the Exalted, chooses is for the best even if they fail to observe the wisdoms behind the choices. Instead, they should reflect on the many times when they believed something was good yet, it ended up being bad and vice versa. Understanding the extreme short sightedness and limited knowledge of humans and the infinite knowledge and wisdom of Allah, the Exalted, can aid a Muslim to show patience from the onset of a difficulty. Chapter 2 Al Baqarah, verse 216:

“...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.”

In addition, it is important for Muslims to continue showing patience till the end of their life. This is because a person can easily lose the reward of patience even if they were patient from the onset by demonstrating impatience further down the line. This is an extremely deadly trap of the Devil. He patiently waits for decades just to ruin the reward of a Muslim. The Holy Quran makes it clear that a Muslim will gain reward for what they bring to Judgment Day, meaning, take with them when they die it does not declare they will gain reward after simply doing a deed, such as showing patience at the onset of a difficulty. Chapter 6 Al An'am, verse 160:

“Whoever comes [on the Day of Judgment] with a good deed...”

“...seek help through...prayer...”

Muslims often question how they can mould their life to fit their faith instead of moulding their faith in order to fit their worldly life. One of the ways of achieving this is by always performing the obligatory prayers as soon as they occur for women and to offer the obligatory prayers at the Mosques for men. As establishing the prayers is the main pillar of Islam, which has been advised in a Hadith found in Jami At Tirmidhi, number 2616, when one performs it as described it forces them to arrange their worldly activities so that they fit around their obligatory prayers. Whereas, when one either offers their obligatory prayers late or at home instead of the Mosque it becomes easy to fit the obligatory prayers around one's worldly time table which in turn causes them to mould their faith around their worldly life. The correct attitude will also prevent one from indulging in unnecessary and vain activities, such as visiting the shopping centres unnecessarily, as these often prevent a Muslim from offering their obligatory prayers on time or at the Mosque. Avoiding these unnecessary things and activities allows one to mould their life around their religion.

In addition, as offering the obligatory prayers on time is one of the most beloved deeds to Allah, the Exalted, according to a Hadith found in Sunan An Nasai, number 611, a Muslim should adhere to this habit and not postpone offering their obligatory prayers without an extremely good reason which only occurs very rarely. If one desires to mould their life around their faith then they must fulfil their obligatory prayers on time as soon as they happen for women and men should fulfil them at the Mosque with congregation. This will ensure they prioritise preparing for the hereafter without becoming distracted by the excess of this material world.

“...seek help through...prayer...”

Even though, there are many obligatory duties on Muslims yet, the greatest of them is establishing the obligatory prayers. This is when one performs the prayers while fulfilling all their conditions and etiquettes, such as performing them on time. This is because abandoning the obligatory prayers in most cases is the first step which leads to major sins and misguidance. This has been indicated in the Holy Quran. Chapter 29 Al Ankabut, verse 45:

“...Indeed, prayer prohibits immorality and wrongdoing...”

The obligatory prayers act as a barrier which protects one from this misguidance but the moment one destroys this barrier it is only a matter of time before they become misguided. This has been warned in chapter 43 Az Zukhruf, verse 36:

“And whoever is blinded from remembrance of the Most Merciful - We appoint for him a devil, and he is to him a companion.”

One only needs to reflect on the people they know who have become misguided and they will realize that, in most cases, the first step of their misguidance was abandoning the obligatory prayers.

Therefore, it is vital for Muslims to establish their obligatory prayers correctly and ensure their dependents, such as their children, do the same. Parents must be proactive by encouraging children to offer their prayers even before they reach the age it becomes obligatory on them. This has been advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Sunan Abu Dawud, number 495. Delaying this important teaching will become a great regret for both the parents and the child as encouraging an older child to establish their obligatory prayers when they are not used to it is extremely difficult. Parents should remember that they will answer for their failure to rightly guide their children on Judgment Day as this was a duty on them. This is confirmed in a Hadith found in Sunan Abu Dawud, number 2928. Chapter 66 At Tahrim, verse 6:

“O you who have believed, protect yourselves and your families from a Fire...”

“...seek help through...prayer...”

In a Hadith found in Sahih Bukhari, number 528, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the five obligatory prayers erase one's sins just like taking a bath five times a day would clean the body of dirt.

The first thing to note is that this Hadith refers to minor sins only as major sins require sincere repentance.

In addition, it is important for Muslims to not only purify their outer beings of minor sins by establishing the five obligatory prayers but also fulfill the other aspect of purification namely, inner purification. This is indicated by the fact that the five obligatory prayers were spread across the day instead of being put together. Meaning, a Muslim should repeatedly inwardly turn to Allah, the Exalted, throughout the day just like their body turns to Allah, the Exalted, five times a day through the obligatory prayers. This inner purification involves correcting one's intention so that they are only perform actions in order to please Allah, the Exalted. This is the foundation of Islam and is what Allah, the Exalted, assesses when judging an action. This has been confirmed in a Hadith found in Sahih Bukhari, number 1. Those who act for the sake of other people will be told to gain their reward from them on Judgment Day which will not be possible. This has been warned in a Hadith found in Jami At Tirmidhi, number 3154.

Finally, this inner purification includes learning and acting on the teachings of Islam so that one removes the bad characteristics they possess, such as envy and instead adopt good characteristics, such as patience. The outer purification is important but if a Muslim desires to achieve success and overcome all difficulties in both worlds they must purify their inner being as well as their outer being.

“...Indeed, Allah is with the patient.”

Perhaps Allah, the Exalted, granted His company to the patient instead of those who offer their prayers as the obligatory prayers do not last long whereas true patience is shown throughout the day.

With the rise of mental problems and disorders, such as depression, it is vital for Muslims to understand the importance of this declaration. There is a small chance of a person experiencing a mental issue when they are constantly surrounded and aided by someone that truly loves them. If this is true for a person it is undoubtedly more befitting for Allah, the Exalted, who has promised to be with the one who adopts patient. Acting on this declaration alone would eliminate all mental issues, such as depression. It is the reason why being secluded from others or being amongst others did not affect the mental state of the righteous predecessors as they were always in the company of Allah, the Exalted. It is obvious that when one obtains the company of Allah, the Exalted, they will overcome all obstacles and difficulties successfully until they reach His proximity in the hereafter.

In addition, out of His infinite mercy Allah, the Exalted, has not restricted this declaration in anyway. For example, He did not declare He was only with the righteous or with those who perform specific good deeds. He in fact encompassed every Muslim irrespective of the strength of their faith or how many sins they have committed. So a Muslim should never lose hope in the mercy of Allah, the Exalted. But it is important to note the condition mentioned in this verse namely, to adopt patience. The one who behaves in such a manner will be blessed with the company and support of Allah, the Exalted.

Simply put, the more one shows patience the more they will receive His company. What one gives is what they shall receive.

“...seek help through patience and prayer. Indeed, Allāh is with the patient.”

This verse is connected to chapter 47 Muhammad, verse 7:

“O you who have believed, if you support Allah, He will support you and plant firmly your feet.”

This verse means that if one aids Islam then Allah, the Exalted, will help them in both worlds. It is strange how countless people desire the help of Allah, the Exalted, yet do not fulfil the first part of this verse through the sincere obedience of Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. The excuse most people give is that they do not have time to perform righteous deeds. They desire the help of Allah, the Exalted, yet will not make time to do the things which please Him. Does this make sense? Those who do not fulfil the obligatory duties and then expect the aid of Allah, the Exalted, in their moment of need are quite foolish. And those who do fulfil the obligatory duties yet refuse to go beyond them will find that the aid they receive is limited. How one behaves is how they are treated. The more time and energy dedicated to Allah, the Exalted, the more support they will receive. It really is that simple.

A Muslim needs to understand that the majority of the obligatory duties, such as the five daily prayers, only takes a small amount of time in one's day. A Muslim cannot expect to barely dedicate an hour a day to offering the obligatory prayers and then neglect Allah, the Exalted, for the rest of

the day and still expect His continuous support through all difficulties. A person would dislike a friend who treated them in such a manner. How then can one treat Allah, the Exalted, the Lord of the worlds, like this then?

Some only dedicate extra time to pleasing Allah, the Exalted, when they encounter a worldly problem then demand Him to fix it as if they done Allah, the Exalted, a favour by performing voluntary good deeds. This foolish mentality clearly contradicts servanthood to Allah, the Exalted. It is amazing how this type of person finds time to do all their other leisurely activities, such as spending time with family and friends, watching TV and attending social functions yet finds no time to dedicate to pleasing Allah, the Exalted. They cannot seem to find time to recite and adopt the teachings of the Holy Quran. They do not seem to find time to study and act on the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. These people somehow find wealth to spend on their unnecessary luxuries yet seem to find no wealth to donate in voluntary charity.

It is important to understand that a Muslim will be treated according to how they behave. Meaning, if a Muslim dedicates extra time to please Allah, the Exalted, then they will find the support they need to journey through all difficulties safely. But if they fail to fulfil the obligatory duties or only fulfil them without dedicating any other time to pleasing Allah, the Exalted, then they will find a similar response from Allah, the Exalted. Put simply, the more one gives the more they shall receive. If one does not give much they should not expect much in return.

“...seek help through patience and prayer. Indeed, Allāh is with the patient.”

It is important for Muslims to strive in the obedience of Allah, the Exalted, as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”

This good life will protect a Muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, Muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and effect their entire life on a long term basis. This is because a Muslim who strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For example, they look forward to the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Whereas, the Muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a Muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

“O you who have believed, seek help through patience and prayer. Indeed, Allāh is with the patient.”

To conclude, this verse informs the believers that they should always seek support and a connection to Allah, the Exalted, in both times of ease and difficulties through patience and the prayer. Patience indicates all the inner characteristics needed to deal with each situation according to the teachings of Islam. And the prayer refers to the outward elements of dealing with worldly and religious situations. These two are required in both times of ease and difficulties as they will encourage a Muslim to always remain steadfast on the obedience of Allah, the Exalted. For example, during good times patience will prevent one from exulting and becoming proud of what they have achieved. And the prayer will guide them towards gratitude which will lead to an increase in blessings. Chapter 14 Ibrahim, verse 7:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]...”

In difficult situations patience will prevent one from complaining thereby potentially destroying the reward they could have gained through the difficulty. Prayer will aid them to show humility to Allah, the Exalted, which may lead to the difficulty being removed.

In reality, performing a good deed or refraining from a sin cannot be completed successfully without patience. Each phase of performing a deed, such as performing it correctly or safeguarding the deed from

destruction after it is completed, is not possible without patience. And the prayer can indicate all the physical righteous deeds a Muslim needs in order to obtain success. Chapter 29 Al Ankabut, verse 45:

“...Indeed, prayer prohibits immorality and wrongdoing...”

So the inner aspect of patience and outer aspect of the prayer encompasses all qualities required for a Muslim to become sincerely obedient to Allah, the Exalted.

When a Muslim experiences difficulties with patience and remains steadfast in the obedience of Allah, the Exalted, an aspect of which is establishing the prayer, they will receive the good pleasure of Allah, the Exalted, and obtain their needs in both worlds. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

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