



AL HIDAAYAH

الهداية

The Guidance for Humanity

Based on the Glorious Qur'an and Authentic Hadith

STUDY GUIDE



Trials and Tribulations

By Shaikh Suleiman Salem

COURSE OUTLINE



■ COURSE TOPICS

1. Trials and tribulations – Introduction
2. Purpose of trials and tribulations in life
3. How can Fitnah help develop an individual both in this life and the Hereafter?
4. Factors that helped the Sahaabah (ra) overcome the trials and tribulations of this world
5. Trials come in proportion to one's faith
6. Ibaadah – a source of comfort in times of Fitnah
7. Eyes on the prize – Jannah
8. Seeking beneficial knowledge
9. Understanding the reality of this worldly life
10. Practical ways of overcoming the trials and tribulations of the Dunya
11. Fitan and trials for mankind – I
12. Fitan and trials for mankind – II
13. Conclusion

■ COURSE OBJECTIVES

1. Understand the purpose and wisdom of trials and tribulations in one's life
2. Know and understand the different Fitan and trials that one can be afflicted with
3. Learn practical ways and methods of how to deal with trials and overcome them

COURSE OUTLINE



■ QUESTION & ANSWER BUCKET

■ TRANSCRIPTS

■ ASSESSMENT

Multiple Choice Questions
Match the Columns
True or False

■ COURSE DURATION

Video	– 2 hours 45 min
Study Guide	– 50 min
Assessment	– 10 min
Total Duration	– 3 hours 45 min

Lesson 1

PURPOSE AND
WISDOM OF

Trials & Tribulations





1

TRIALS AND TRIBULATIONS – INTRODUCTION

Every single person can relate to ‘trials and tribulations’; Muslim and non-Muslim, young and old, because each one of us has faced some hardship and adversity in our lives.

Allah (swt) often reminds us about the purpose of this life in the Qur’an, and if we understand our purpose, we will understand the context and the reason of our afflictions.



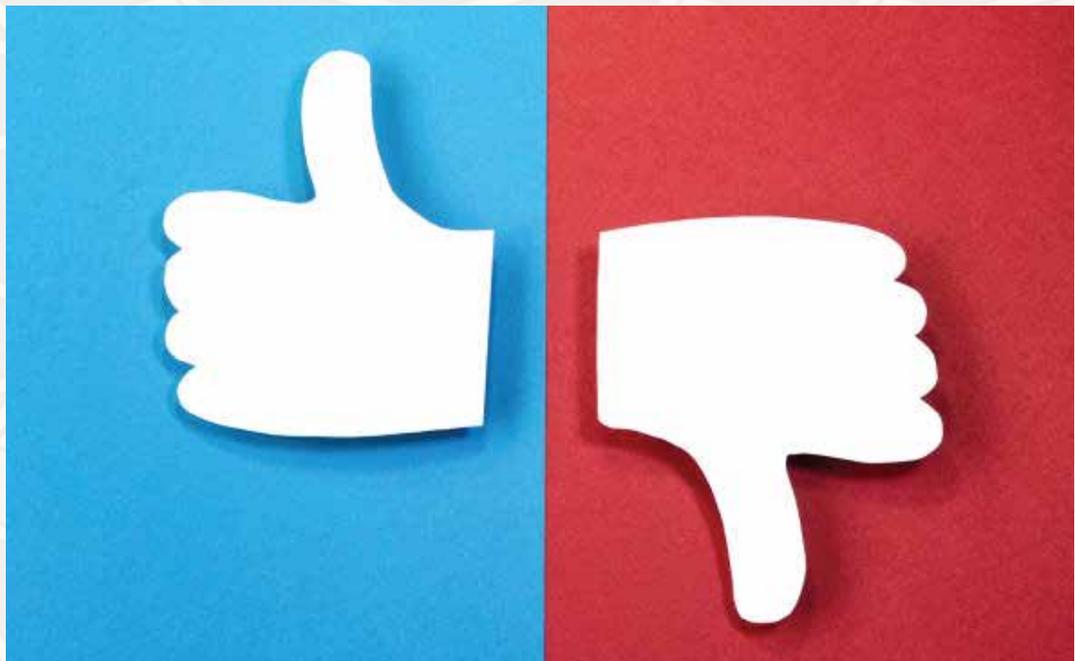
“And We test you with evil and with good as trial; and to Us you will be returned.”

Al Qur’an 21:35





Many people associate the concept of trials only with a negative connotation, like being poor, going through sickness and struggles. But the real context of Fitnah and trial for a Muslim can be in the form of both good and bad.



For example – Though wealth is considered a good by most of us, it can be a form of trial and affliction too, because it can corrupt us, take one away from Allah (swt) and distract us from the true purpose of our life.



2 PURPOSE OF TRIALS AND TRIBULATIONS IN LIFE

Fitnah is not necessarily a difficulty that's meant to punish you, but in most situations, it's meant to bring you back to Allah (swt), turn you back to Him in remembrance and worship.

Negating the aspect of need and servitude to the Creator makes one prideful and arrogant, straying from the path of Allah (swt). But, if one has sincerity in their hearts, and Allah (swt) loves them, He will turn them back to Himself.

They'll go through purification process (facing trials and Fitnah), because only when people go through difficulties and hardships, they turn back to Allah (swt).





“And when We give the people a taste of mercy after adversity has touched them, at once they conspire against Our verses.”

Al Qur'an 10:21

Being heedless and turning away from the Creator is the worst thing that a human can do.

No matter whether one is an atheist or believes in any religion, everyone at one point realises that they need to turn back to the Creator because their struggles were too great for them to handle it themselves.

Allah (swt) tests people (even his messengers and the righteous people) in this world, they go through the hardships of this life because Allah (swt) is bringing them closer to Him.

Fitnah and trials are a test for people to bring them closer to Allah (swt), if they are sincere in that moment and turn back towards Him, they get closer to Allah (swt).



3

HOW CAN FITNAH HELP DEVELOP AN INDIVIDUAL BOTH IN THIS LIFE AND THE HEREAFTER?

The Prophet (pbuh) said: If a thorn is to prick you, or sadness is to overcome you, that is a form of purification for you.

When someone is going through hardship, every second of that hardship gets you closer to your Creator, your sins are erased and expiated for you, because if Allah (swt) didn't want to forgive us, He wouldn't bring us closer to Him to do so.





So, Allah is Forgiving our sins, through the hardships of this life in order for us to have Paradise in the next life. Thus, every struggle we go through is a way for us to raise our rank in Paradise. Every hardship that we are patient with and pleased with as decree, as Qadar, then Allah (swt) uses it to forgive our sins in this life and to raise our rank in the next life.



Lesson 2

SAHAABAH (RA) VIS-À-VIS Trials & Tribulations





4

FACTORS THAT HELPED THE SAHAABAH (RA) OVERCOME THE TRIALS AND TRIBULATIONS OF THIS WORLD

According to the scholars, there were many factors that the Sahaabah (ra) overcome their trials and set an example for others to understand how they got through their struggles.



FAITH IN ALLAH (SWT)

The first of these factors was the absolute belief and unshakable faith of the Sahaabah (ra) in Allah (swt), because if you are firm in your Imaan (faith) in Allah (swt) then He will help you to get through your struggles.

An important aspect of understanding Fitnah and struggles is that when you go through that struggle, ask yourself about your reaction. Is it like the reaction of someone who trusts Allah (swt)? Or is it like that of someone who does not trust Him, someone who's weak in their faith, and cannot handle the Qadar (decree) of Allah (swt)?



LOVE OF ALLAH (SWT) AND HIS MESSENGER (PBUH)

The Sahaabah (ra) of the Prophet (pbuh) believed and accepted the message sent by Allah (swt) and were ready to sacrifice themselves and their desires for His message, because if you truly love someone, you would be ready to sacrifice anything for them.

This is the reality, the Sahaabah (ra) of the Prophet (pbuh) truly loved Allah and His Messenger and therefore they were more focussed on the message rather than focussing on the Fitnah and the trials that afflicted them in their path. Their actions, behaviour, and the way they interacted with others in their everyday life reflected their love for Allah and His Messenger.





It was this love that helped the Sahaabah (ra) get through their struggles, because they believed that Allah (swt) knew what he/she is going through, and He would help them get through their difficulty with ease.



“Say, [O Muhammad], "If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins.”

Al Qur'an 3 :31





ACCEPTING RESPONSIBILITY

Also, among the factors that helped the Sahaabah (ra) through their struggles was the fact that they had a sense of responsibility and didn't run away from it.

We as Muslims, are messengers of the Messenger of Allah (pbuh), so we must have a sense of responsibility that we have to convey that message; first by internalising the message and transforming ourselves, then by acting upon the message, and then by preaching it to others as well.





So, when Allah (swt) brings a hardship along our way, we need to realize that it is to test us, to know if we are ready and capable enough for the responsibility.



“[He] who created death and life to test you [as to] which of you is best in deeds.”

Al Qur'an 67:2

When the Sahaabah (ra) went through struggles and hardships, they understood the responsibility (of conveying the message of Islam) they had and knew how their reaction to it would influence others, even though they might have not realised the extent of it.

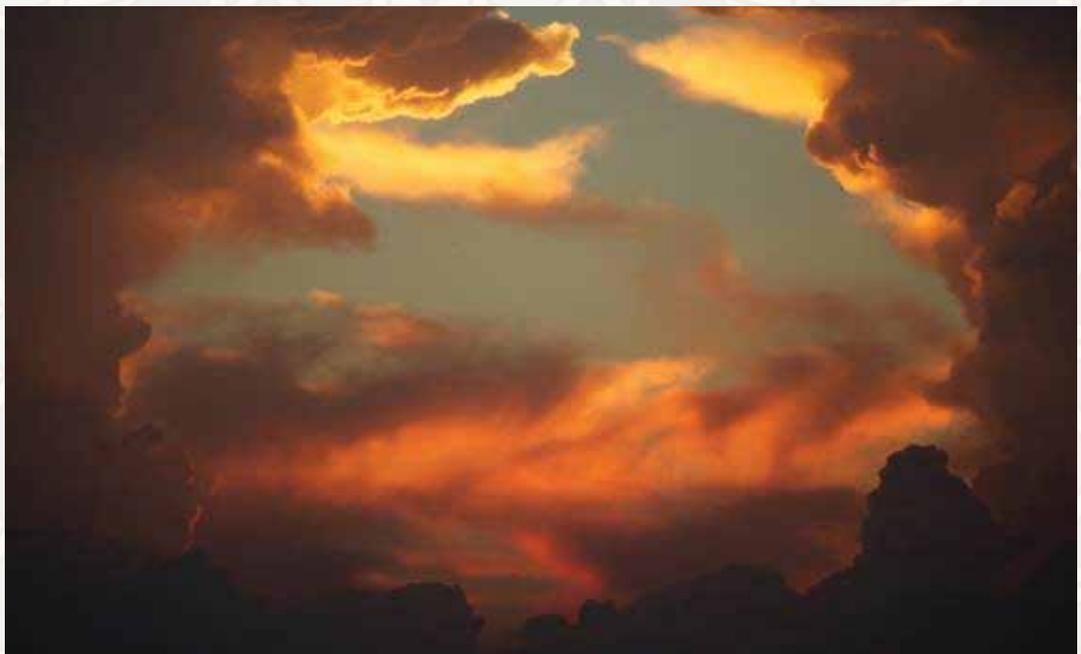




iv BELIEF IN THE DAY OF RESURRECTION

The Sahaabah (ra) believed in the Hereafter and the Day of Judgement.

When one believes in the Day of Judgement, that you will return back to your Lord and be held responsible for every major and minor deed – good or bad, rewarded for the good and punished for the evil, it acts as a motivation for you to get through the struggles of this life because you know that there is a day of accountability when you shall be rewarded for all your actions.





“So, whoever does an atom's weight of good will see it, and whoever does an atom's weight of evil will see it.”

Al Qur'an 99:7–8



Lesson 3

Different Perspectives to deal with Fitnah

Part 1





5

TRAILS COME IN PROPORTION TO ONE'S FAITH

While we go through struggles, we forget that people before us were tested too. We think that we are going through the biggest struggle, and we have the worst situation in the world.

There are others who are less fortunate and going through a greater struggle than you. If you're going through a hardship, someone else out there is wishing and praying to be in your shoes just to have what you have.



“Do you think that you will enter Paradise without such (trials) as came to those who passed away before you? They were afflicted with severe poverty and hardship and were so shaken that even the Messenger and those who believed along with him said, ‘When will the Help of Allah come?’ Yes! Certainly, the Help of Allah is near!”

Al Qur’an 2:214

Allah (swt) tests people according to their faith, experiences in life and their ability to handle hardships.



6

IBAADAH – A SOURCE OF COMFORT IN TIMES OF FITNAH

Many Muslims don't understand the point of Ibaadah and try to find worldly explanation or benefit in return. They feel it to be a burden and waste of time rather than understanding that the true success and sweetness is in the acts of worship.

The more you give to your Ibaadah, the more you get out it, but if done without understanding and the desire of improvement, it will be a burden.



The Prophet (pbuh) used to say:
“O Bilal, call Iqamah for prayer:
give us comfort by it.”



The Prophet (pbuh) used to say:
“My comfort has been provided in prayer.”



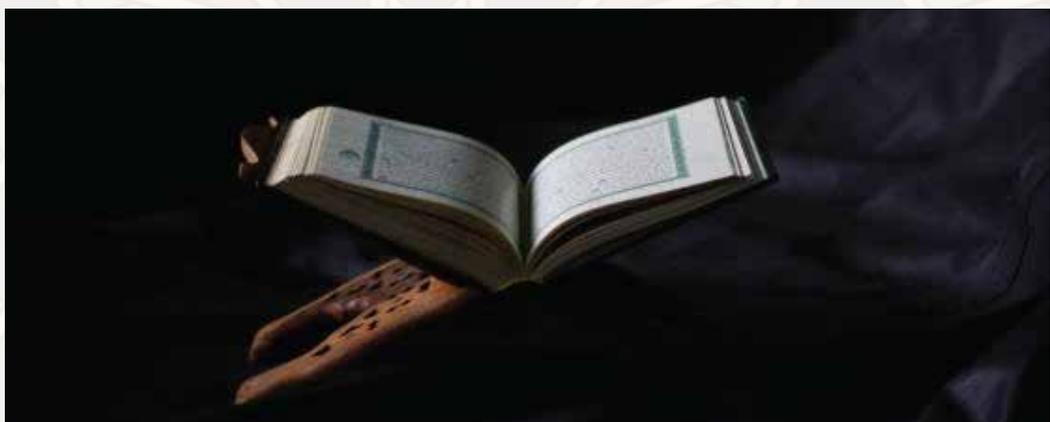
Ibaadah and Salaah are a cure for our hardships, the Sahaabah (ra) and the Salaf would often turn towards Ibaadah and Salaah for relief in times of hardship.

When you perform ablution for Salaah, Allah (swt) washes away your sins. When you walk towards the Masjid, Allah (swt) rewards you and wipes away your sins. When you stand in prayer, Allah (swt) wipes away your sins. It is a form of blessing for a believer and protects him from going astray.



“Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater.”

Al Qur’an 29:45



Lesson 4

Different Perspectives to deal with Fitnah Part 2





7

EYES ON THE PRIZE – JANNAH

Once we understand the nature of this world and the purpose of our life in it, we will understand the reason for our hardships, struggles and calamities.

Often, when a person does not understand the purpose of this world, they are distracted by the glamour and illusions of this world and forget the Hereafter.

Throughout the entire Qur'an, Allah (swt) time and again reminds us about the purpose of creation (man is not created for the enjoyment of this world), and the Hereafter.



“Say, the enjoyment of this world is little, and the Hereafter is better for he who fears Allah.”

Al Qur'an 4:77



“And I did not create the jinn and mankind except to worship Me.”

Al Qur'an 51:56

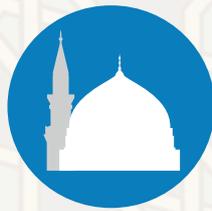


**“[He] who created death and life to test you
[as to] which of you is best in deeds.”**

Al Qur'an 67:2

The life of this world is not for fun and enjoyment, but a test for mankind. We were created for the purpose of worshipping Allah (swt). One needs to understand the reality of this life, understand the reality of the Hereafter, Paradise, and Hellfire, and know that he shall be rewarded and punished according to his deeds and struggles.





The Prophet (pbuh) said:

“The life of this world compared to the Hereafter is as if one of you were to put his finger in the ocean and take it out again then compare the water that remains on his finger to the water that remains in the ocean.”

Allah (swt) will bring about different types of tests and struggles, and one needs to be strong against the sins and temptations and be aware of their ultimate goal (Paradise).

When one thinks about the struggles and hardships they must go through in return for the Jannah, they realise that the struggles and hardships are nothing in comparison to the ultimate prize and this would help anyone overcome their struggles.





8

SEEKING BENEFICIAL KNOWLEDGE

Allah (swt) repeatedly gives man opportunities to learn from his/her mistakes and to grow into a better person, but for one to take benefit from Allah's mercy he/she should know and acknowledge their misdeeds.



“It is only those who have knowledge among His slaves that fear Allah. Verily Allah is Exalted in Might and Forgiving.”

Al Qur'an 35:28





Amongst the primary reasons that man is attached to Dunya is lack of knowledge, because an ignorant person is more likely to commit wrongdoing and be attached to this life.

Knowledge is one of the biggest cures to all of man's problems, because when one is ignorant about the purpose of his creation, the purpose of this world, the resurrection, he/she would feel attached to this world rather than striving for the ultimate abode (Jannah).

But once one starts learning and seeking knowledge, that will dispel their ignorance, and help them focus on their deeds and the Aakhirah (Hereafter) rather than being engrossed in the Dunya.





9

UNDERSTANDING THE REALITY OF THIS WORLDLY LIFE



“Whatever is with you, will be exhausted, and whatever is with Allah (of good deeds) is lasting.”

Al Qur’an 16:96



The Prophet (pbuh) said:

“Whoever is focused only on this world, Allah will confound his affairs and make him fear poverty constantly, and he will not get anything of this world except that which has been decreed for him. Whoever is focused on the Hereafter, Allah will settle his affairs for him and make him feel content with his lot, and his provision and worldly gains will undoubtedly come to him.”

Though this world is a Fitnah and a test, man can never have enough of this. And one of the reasons why people are so attached to the Dunya regardless of their knowing of the Aakhirah is because the results are immediate.



The Prophet (pbuh) said:

“If Adam's son had a valley full of gold, he would like to have two valleys, for nothing fills his mouth except dust.”



“Wealth and children are [but] adornment of the worldly life. But the enduring good deeds are better to your Lord for reward and better for [one's] hope.”

Al Qur'an 18:46



“And know that your possessions and your children are but a trial and that surely with Allah is a mighty reward.”

Al Qur'an 8:128

Anytime a person feels like they're absorbed by the Dunya, they should remember that the Dunya is Faaniyah, it is temporary and will cease to exist. Everything in this world will fall apart.



There is nothing wrong in enjoying the good of this Dunya, but it should be done in moderation and within the limits of Islam. You should be in control of your desires rather than having them control you so that you do not attack yourself to this world and let it be a cause of sadness and depression when struggles and hardships strike you.

Lesson 4

Practical ways to Overcome the Trials and Tribulations





10 PRACTICAL WAYS TO OVERCOME THE TRIALS AND TRIBULATIONS



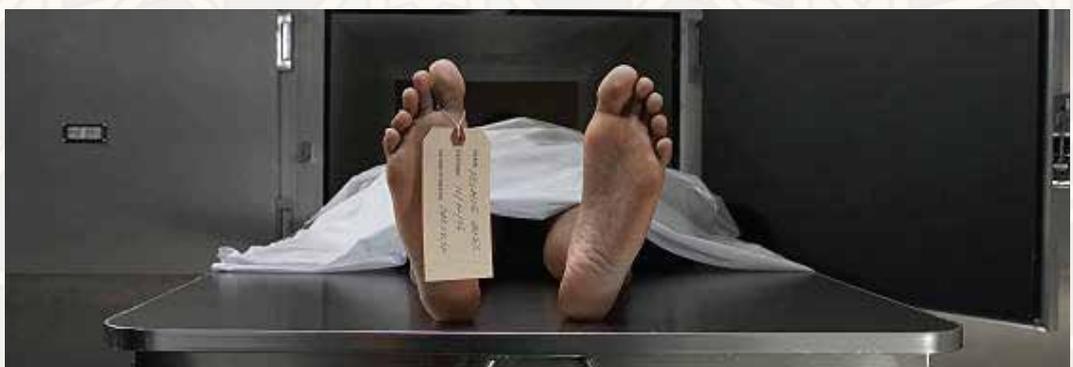
REMOVE OUR ATTACHMENT TO THIS WORLD

As humans, we are attracted by the glamour and temptations of the Dunya and no longer look forward to death or leaving the life of this world behind us. But, if one wishes to successfully overcome the trials and tribulations of this world, we need to detach ourselves from the glamour and the temptations of this life, believe in the certainty of death and accountability for our actions in the Hereafter.



“O you who believe! What is the matter with you, that when you are asked to march forth in the Cause of Allah (Jihaad) you cling heavily to the earth? Are you pleased with the life of this world rather than the Hereafter? But little is the enjoyment of the life of this world as compared with the Hereafter.”

Al Qur'an 9:38





ABUNDANCE OF ISTIGHFAAR

Going through hardships and remembering death and meeting with Allah (swt), leads one towards Tawbah and Istighfaar (repentance) for their deeds, for it removes hardships from one's life.



The Prophet (pbuh) said:

“Whoever makes Istighfar frequently, Allah will provide a way for him out of every distress and provide for him from sources he could never expect.”



“And said, 'Ask forgiveness of your Lord. Verily, He is Oft-Forgiving; He will send rain to you in abundance.’”

Al Qur'an 71:10-11





ZUHD

People misunderstand the concept of Zuhd (asceticism) in Islam, they have this perception that if you focus on practising your Deen and detach yourself from this world, you're going to be frowning and sad all the time. The Deen and the Dunya can't go together.

The Prophet (pbuh) was the most fearing of Allah (swt), and yet he was always cheerful and smiling. He was concerned about the Aakhirah more than the Dunya and yet he was cheerful, rather than depressed.

Among the definitions of Zuhd is that though you have everything you desire, you control your desires rather than letting them control you.



Umar Ibn Al Khattab (ra) said:

“Hold yourself accountable in this life before you're held accountable in the next life.”



REMEMBRANCE OF DEATH



“Who, when afflicted with calamity, say: "Truly! To Allah we belong and truly, to Him we shall return.”

Al Qur'an 2:156

When one believes in death and knows that he/she must return to Allah (swt), it helps you in your struggles and your calamities, because you know that you will be rewarded for your struggles and patience.

Shaitaan does not want you to think about death or returning to Allah (swt), because it would cause one to be mindful of their actions and turn back to Allah (swt) in sincerity and Tawbah.



Lesson 6

Types & Categories of Fitan - Part 1





11

FITAN AND TRIALS FOR MANKIND – I

There are different types and categories of Fitan, and not all of them are of the same magnitude and effect.



DEATH OF THE PROPHET (PBUH)



The Prophet (pbuh) said:

“O people, whoever amongst the people or amongst the believers is afflicted with a calamity, then let him console himself by thinking of my parting (of this world), for no one amongst my nation will be stricken with any calamity worse than losing me.”

The death of the Prophet (pbuh) was a true tribulation for the Ummah, a true test, not just for those who were alive at that time, but even for us.

When the Prophet (pbuh) passed away, the Sahaa-bah (ra) were in a state of shock and panic. They couldn't believe the fact that the Prophet (pbuh) had passed away and was no longer among them.



It was only when Abu Bakr (ra) rose up to the situation, he climbed the Mimbar and delivered his memorable speech, did the Sahaabah (ra) understand the situation they were in calmed down.



He said: ‘O people whoever among you worshipped Muhammad (pbuh), then know that Muhammad (pbuh) has passed away and whoever worshiped Allah, then know that Allah (swt) is Ever Living and does not die.’ And then recited the verse of the Qur’an: “Muhammad is not but a messenger, and indeed (many) Messengers have passed away before him. If he dies or is killed, will you then turn back on your heels (as disbelievers)?” (Al Qur’an 3:144)





THE FITNAH OF WOMEN



“Beautified for men is the love of things they covet; women, children, much of gold and silver (wealth), branded beautiful horses, cattle and well-tilled land. This is the pleasure of the present world's life.”

Al Qur'an 3:14



The Prophet (pbuh) said:

“I have not left behind me any Fitnah (temptation) more harmful to men than women.”

When Allah (swt) created man, he knew what is it that they desire, so when He mentions that one of the things that man is attached to, and desires for, is women. This is not intended as an insult or a means to demean them, but rather to show that Allah (swt) creates us in different ways.



Referring to the fact of women being a Fitnah is referring to the fact that women can be used as a source of Fitnah if they go astray and do not follow the guidelines set by Islam, like indulging in the industry of pornography and adult entertainment.

We have pictures, videos, games and movies produced on a large-scale exploiting women and using them as a source of attraction and temptation, so that it is easier to tempt people and drag them towards the Fitnah.





THE FITNAH OF WEALTH **AND CHILDREN**



“Beautified for men is the love of things they covet; women, children, much of gold and silver (wealth), branded beautiful horses, cattle and well-tilled land. This is the pleasure of the present world's life.”

Al Qur'an 3:14



The Prophet (pbuh) said:

“Indeed there is a Fitnah for every Ummah, and the Fitnah for my Ummah is wealth.”





The Prophet (pbuh) said:

"A man's Fitnah is in his family, his wealth, his children, and his neighbors. It is atoned for by the Salaah (prayer), Siyaam (fasting), Sadaqah (charity), and by commanding good and forbidding evil."

The Prophet (pbuh) informed us about the trials and afflictions that would befall his Ummah, but he also gave us advice and taught us of ways to overcome them successfully.



Lesson 7

Types & Categories of Fitan – Part 2





12

FITAN AND TRIALS FOR MANKIND – II

iv

THE FITNAH OF **LIFE AND DEATH**



“Who, when afflicted with calamity, say: "Truly! To Allah we belong and truly, to Him we shall return."

Al Qur'an 2:156

The Prophet (pbuh) warned us about the Fitnah of the living and the dead, and advised us to read the Du'a taught to us by him at the end of each Salaah (before the Tasleem):



The Prophet (pbuh) said:

“O Allah, I seek refuge in You from the punishment of the grave, the punishment of the Hellfire. And I seek refuge in You from the trials of life and death.”



The scholars have said that one of the interpretations of 'Fitnah of this life' is related to the struggles and hardships one goes in his/her life.



As for the Fitnah of the death, the last Fitnah faced by the believer would be that of the questioning in the grave.





The Prophet (pbuh) said:

“... (In the grave) The soul is returned to his body and there come to him two angels who make him sit up and they say to him, ‘Who is your Lord?’ he says, ‘Allah.’ They say, ‘What is your religion?’ he says, ‘My religion is Islam.’ They say, ‘Who is this man who was sent among you?’ He says, ‘He is the Messenger of Allah (pbuh).’ They say, ‘What did you do?’ He says, ‘I read the Book of Allah and I believed in it.’ Then a voice calls out from heaven, ‘My slave has spoken the truth, so prepare for him a bed from Paradise and clothe him from Paradise, and open for him a gate to Paradise...”

As for the disbeliever this would be just the start of their Fitan because the Hellfire awaits them, and that would be their final destination.



V THE FITNAH OF THE DAJJAL

The Fitnah of Dajjal is known as (Al Maseeh Ad Dajjal – the Antichrist) because he will come during the time when Isa (pbuh) has been sent by Allah (swt). ‘Anti-christ’ because his teachings and actions would be in opposition to the teachings of Isa (pbuh).

The Prophet (pbuh) has warned us in the Ahadith that the Fitnah of the Dajjal would be one of the greatest Ftinah and trial for his Ummah.





The Prophet (pbuh) said:



“I warn you of him and there is no Prophet who has not warned his people against the Dajjal. Even Noah warned (against him) but I am going to tell you a thing which no Prophet told his people. You must know that he (the Dajjal) is one-eyed and Allah, the Exalted and Glorious, is not one-eyed.”



The Prophet (pbuh) said:

“If you hear about the Dajjal, run towards safety and do not seek Him.”

In fact, the Fitnah would be so huge, that the as a means of protection, we are commanded to make Du'a for protection from it at the end of every Salaah, and recite Surat Al Kahf every Friday, for it is a protection against the Dajjal.





13 CONCLUSION

Often, apart from committing sins, the reason people are going through trials is that they despair from Allah (swt) and lose hope in His mercy, which is very dangerous.

In a Hadith Qudsi, Allah (swt) says:



“O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins nearly as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it.”

Allah (swt) want His servants to take the first step towards Him, call upon Him and ask for forgiveness.





CONCLUSION

There is no limitation on the mercy and forgiveness of Allah (swt), as long as you turn back to Him and ask for forgiveness with sincerity, He will forgive you regardless of the sins you've committed in the past.

So, part of understanding our trials and tribulations is always hoping in Allah (swt) and balancing between hope in Allah, His love, and the fear of the punishment of Allah (swt).



**QUESTION
& ANSWER**
BUCKET



Q1

GIVE AN EXAMPLE OF HOW THE PROPHET (PBUH) FACED THE TRIALS DURING HIS TIME IN MAKKAH?

ANS:

Prophet Muhammad (pbuh) went through more trials, hardships, stress and pain than we can imagine.

When the Prophet (pbuh) went to the city of Ta'if and called the people to Islam. They didn't just refuse his call towards Islam but sent children to go out and throw rocks at him to harm and torture him in any way possible. He was beaten up and injured to an extent that his shoes filled up with blood.

Even after going through such an ordeal, when Jibreel (pbuh) came to him with the angel of the mountains and asked him if he would like the mountains to crush the people of Taif, the Prophet (pbuh) said:

“No, perhaps one day someone will come about who believes and testifies ‘Laa Ilaaha Illallah’ (There is none worthy of worship but Allah) from amongst them.”

Even when he was going through the struggle and hardship, he believed in mercy and compassion towards others.



Q2

ARE THERE DIFFERENT TYPES AND CATEGORIES OF FITAN?

ANS:

Yes, there are different types of categories of Fitān.



Hudhaifah (ra) narrates that once Umar bin Al Khattab (ra) said, “Who amongst you remembers the statement of the Prophet (pbuh) regarding the Fitnah (trials and tribulations)?”

Hudhaifah (ra) replied, “I remember what he said exactly.” Umar (ra) said. “Tell (us), you are really a daring man!” Hudhaifah (ra) said, “Allah’s Messenger (pbuh) said, ‘A man’s afflictions (i.e. wrong deeds) concerning his relation to his family, his property and his neighbors are expiated by his prayers, giving in charity and enjoining what is good and forbidding what is evil.’ Umar (ra) said, “I don’t mean these afflictions but the afflictions that will be heaving up and down like waves of the sea.” Hudhaifah (ra) replied, “O chief of the believers! You need not fear those (trials and tribulations) as there is a closed door between you and them.” Umar (ra) asked, “Will that door be opened or broken?” Hudhaifah (ra) replied, “No, it will be broken.” Umar (ra) said, “Then it is very likely that the door will not be closed again.” When the people asked Hudhaifah (ra), “Did Umar (ra) know what that door meant?” He said. “Yes, Umar (ra) knew it as everyone knows that there will be night before the tomorrow morning.”



Q3

HOW CAN ONE KEEP THEMSELVES SAFE AND AWAY FROM THE FITAN IN THIS WORLD?

ANS:

Among the steps that one should take to keep themselves safe from Fitan and under the mercy of Allah (swt) are:



ABUNDANCE OF ISTIGHFAAR **(REPENTANCE)**

The first step to achieving our goal would be to renew our intentions, to turn back to Allah (swt).

Allah (swt) wants to forgive the sins of His servants, be merciful towards them and protect them from the Fitan, but the condition that accompanies it, is that man should turn back to Him in humility and forgiveness. Ask for His compassion and mercy to help him face the Fitan of this world.



The Prophet (pbuh) said:

“If anyone constantly seeks pardon (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety and will provide sustenance for him from where he expects not.”



GETTING RID OF THE BAD INFLUENCES

Start surrounding yourself with good, because if one tries to become good, but is surrounded by evil, it will definitely affect him/her.

One knows everything that influences them, therefore get rid of the bad friends, the bad society, or anything else that influences one towards evil.



DU'A

Du'a changes the world for a person. It helps take away the Fitan and afflictions away from one's life and replace it with something good or less traumatic in some situations.

Therefore, one should always take a few moments every day and just go somewhere private and make Du'a to Allah (swt) and turn towards Him for help in overcoming the Fitan and hardships of this world.

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AL HIDAAYAH

الهداية

The Guidance for Humanity

Based on the Glorious Qur'an and Authentic Hadith