



# Question & Answer Bucket





Q1

How should one cope with things they are not good at?

Life is a challenge, and not everyone one of us can be good at everything. We may be good and successful at certain things and not so good at certain others.

Among the ways one can improve upon the things he/she may not be good at is to make a list of such things and try to be better at them each day, while you keep it between you and Allah (swt).

It is also important to remember that when things do not go our way, we must remember that it could be a test from Allah (swt) and should always go look at the brighter side trying to find the silver lining to the grey cloud.



## Q2

What is the importance of being healthy?

The Prophet Muhammad (pbuh) and his companions always tried to live a healthy and active life.



Aa'ishah (ra) narrates,

"When we were traveling together with a caravan of people, the Prophet (pbuh) asked me to stay back with him and let the caravan move forward. Once we were alone, the Prophet (pbuh) challenged me to a running race."

Aa'ishah (ra) won that race, but the Prophet (pbuh) never forgot about it, and sometime later challenged her to another one.



## Q3 What lessons can be learnt from the story of Yusuf (pbuh)?

Among the lessons that can be learnt from the story of Prophet Yusuf (pbuh) are:

- 1 One must be very careful that not to blame anyone or suggest that they might have done something wrong without having valid proof or witnesses against them.
- 2 One must always think good about their fellow Muslims, and when they see them do something that's not common to their normal behaviour, you should try and think of reasons of why they might have done such an act before judging them or accusing them of such an evil.

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