

O Allah! Open the Doors of Your Mercy

THE IQRA 5-MINUTE COURSE

DON'T BE TENSED!

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Who should take this Course?

IT'S FOR ALL THOSE WHO SAY:

“I am really-really sad and tensed! Only I know how my heart cries out in pain...so you can't even imagine what I'm going through.”

And remember, a day has 1,440 minutes. All we're asking is your 5 minutes!

Minute 1

THINK ABOUT THIS

Assalamu Alaikum Dear Brother or Sister,

We must understand that we've all been made for a reason – to serve Allah *Subhanahu wa Ta'ala*. And just as smooth seas don't make skillful sailors – our lives too, would have no real meaning unless our actions are tried.

As Imam Hasan Al-Basri said: “People are the same in health, but when hardship befalls them, they show difference.”

Allah Subhanahu wa Ta'ala Says,

﴿وَلْتَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصِ

﴿مِنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالشَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

“And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to the patient.” [2:155]

And don't forget that this period of test actually works in your favor – as *At-Tirmidhi* records a *Hasan Sahih* narration of Allah's Messenger (ﷺ):

« مَا يَزَالُ الْبَلَاءُ بِالْمُؤْمِنِ وَالْمُؤْمِنَةِ فِي نَفْسِهِ وَوَلَدِهِ وَمَالِهِ حَتَّى
يَلْقَى اللَّهَ تَعَالَى وَمَا عَلَيْهِ خَطِيئَةٌ »

“A Muslim, male or female, continues to remain under trial in respect of his life, property and children, until he faces Allah, the Exalted, with no sin record.”

So if the question is, “how do I go about all this?” then read-on to complete the remaining 4 minutes.

Minute 2

RELATE YOUR GRIEF TO ALLAH, WHO KNOWS WHAT YOU'RE GOING THROUGH

When Prophet Ya'qub (عليه السلام) was gripped with enormous distress, he related his sorrow to Allah with these words:

﴿ إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ ﴾

“I only complain of my grief and sorrow to Allah.” [12: 86]

Even if people have caused you pain and deserted you, don't think even for an instant that You are all alone. You should know that your Lord is always there for you and loves you.

Remember, neither has He left you, nor does he hate you. He says unto you just as He said to His Prophet (ﷺ) in *Surah Ad-Duha* when he was greatly aggrieved:

﴿ مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴾

“Your Lord has neither forsaken you nor hates you.” [93: 3]

Minute 3

HE TELLS YOU WHAT TO DO

Your Creator is *Al-Aleem*, The All-Knower, Who knows the state of your heart, and that He has revealed verses of consolation to His Prophet (ﷺ) which are for You:

﴿وَلَقَدْ نَعْلَمُ أَنَّكَ يَضِيقُ صَدْرُكَ بِمَا يَقُولُونَ﴾

“And We know that your heart feels distressed for what they say.” [15: 97]

And Allah Says in the next verse,

﴿فَسَبِّحْ بِحَمْدِ رَبِّكَ وَكُنْ مِنَ السَّاجِدِينَ﴾

“So glorify the praises of your Lord and be among those who prostrate.” [15: 98]

The *Dhikr* of Allah *Ta'ala* will comfort your heart and bring solace to it - as He, *Subhanahu wa Ta'ala* Affirms:

﴿أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾

“Verily, in the remembrance of Allah do hearts find rest.” [13: 28]

And ‘Umar bun Al-Khattab (رضي الله عنه) would say: “You must mention Allah, for it is healing.”

Muslim records that Umm Salamah (رضي الله عنها) narrates, “I heard the Messenger of Allah (صلى الله عليه وآله) saying, ‘When a person suffers from a calamity and utters:

« إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ، اللَّهُمَّ أَجْرِنِي فِي مُصِيبَتِي
وَاحْلِفْ لِي خَيْرًا مِنْهَا »

To Allah we belong and to Him is our return. O Allah! Compensate me in my affliction, recompense my loss and give me something better in exchange for it.

Then Allah surely compensates him with reward and better substitute.’’

Umm Salamah (رضي الله عنها) said: “When Abu Salamah died, I repeated the same supplication as the Messenger of Allah had commanded me; So Allah then bestowed upon me the Messenger of Allah (ﷺ) (as a husband) better than him.”

It is believed that she was initially reluctant to bring herself to say “*and replace it with something which is better*” because she thought, “Who could be better than Abu Salamah?” Allah soon answered her supplication by marrying her to the best – His Prophet (ﷺ).

Now, let us all remember this *Du’a*, that the grace and blessings of Allah ‘Azza wa Jall be upon us too.

Minute 4

YOUR DU'AS WILL BE ANSWERED!

Allah, the Exalted Says,

﴿وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ
دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۗ﴾

“And when My slaves ask you (O Muhammad) concerning Me, then (answer them), I am indeed near. I respond to the invocations of the supplicant when he calls on Me.” [2: 186]

Imam Fudayl bin ‘Iyadh said: “If you lose hope in all people and you do not ask anything from them, your Lord will give you all that you want.”

So never give up on Allah's mercy dear brother or sister, for you are not the one who disbelieves in Him. Know that your calling upon Allah will bring the best for you, even if this period may seem long, as the Messenger of Allah (ﷺ) has said in an authentic *hadith* as recorded by *At-Tirmidhi* and *Al-Hakim*:

« مَا عَلَى الْأَرْضِ مُسْلِمٌ يَدْعُو اللَّهَ تَعَالَى بِدَعْوَةٍ إِلَّا آتَاهُ اللَّهُ

إِيَّاهَا أَوْ صَرَفَ عَنْهُ مِنَ الشُّؤْمِ مِثْلَهَا مَا لَمْ يَدْعُ بِمَأْتِمٍ أَوْ فَطِيْعَةٍ

رَحِمَ »

"There is not a Muslim on this world who makes d'ua to Allah, Ta'ala except that Allah grants what is asked for; or some trouble is diverted from him equal to his prayer; or a reward is preserved for him (in the hereafter) until he prays for something sinful or for breaking relations."

Upon hearing this, a companion said: “Then we shall supplicate to Allah more often”, for which the Prophet (ﷺ) replied:

« اللهُ أَكْثَرُ »

“Allah can give you a lot more (than you think).”

To this effect, there appears a narration, as recorded by *Al-Hakim* on the authority of *Jabir*:

“When Allah will grant a slave heaps of rewards in the hereafter in return for supplications that were apparently not answered in the world, he will say: ‘Alas! (how I wish) none of my Du’as were answered in the world (so I was rewarded for all of them here).”

So do not despair but rejoice with the Prophet’s (ﷺ) words: *“Allah can give you even more than you think.”*

Minute 5

YOU'RE NOT GOING EMPTY- HANDED

When a slave patiently endures the problems of life – purely for Allah’s sake – then He, the Most Merciful promises tremendous rewards:

﴿ إِنَّمَا يُوفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ ﴾

“Only those who are patient shall receive their reward in full, without reckoning.”

[39: 10]

Imam Sulayman ibn Qasim said that the reward of every deed is known, except for the reward of patience, which will be like heavy rain.

What the Prophet (ﷺ) said – in an authentic

narration recorded by *Ibn Abi Dunya* - should also come as great delight for you:

« صَدَاغِ الْمُؤْمِنِ وَشَوْكَةٍ يُشَاكُهَا أَوْ شَيْءٍ يُؤْذِيهِ يَرْفَعُهُ
اللَّهُ بِهَا يَوْمَ الْقِيَامَةِ دَرَجَةً وَيُكَفِّرُ عَنْهُ بِهَا ذُنُوبَهُ »

“For a Mu’min’s headache or a thorn prick or any other thing which causes him distress; Allah, will elevate him one rank and wipe out his sins on the Day of Resurrection.”

And do you even know the least rank in *Jannah* before being elevated (a rank) on account of distress? *Muslim* records the Messenger of Allah (ﷺ) saying:

“The lowest place of any of you in Jannah will be that Allah will tell him to express his wish. He will wish and wish again. Allah will then ask him: ‘Have you expressed your wish?’ He will answer: ‘Yes, I have.’ Allah will say: ‘Definitely, you will get double than what you had desired.’”

And *Al-Bukhari* records Abu Sa'eed Al-Khudri saying, "I heard him (Allah's Messenger (ﷺ)) saying "You will get what you desired and ten times like it."

So my dear reader, know that a strong believer will be favored greatly by Allah, therefore let not your calamities aggrieve you. Perhaps that is the reason *Imam Al-Haram*, Sheikh Sa'ud As-Shuraim said, "Pain is often, a disguised atonement from Allah."

And never forget Allah *Ta'ala's* promise which he repeats twice in *Surah Al-Inshirah* for You:

﴿فَإِنَّ مَعَ الْعُسْرِ يُسْرًا﴾

"So, verily, with every difficulty, there is relief."

﴿إِنَّ مَعَ الْعُسْرِ يُسْرًا﴾

"Verily, with every difficulty, there is relief." [94: 4 & 5]