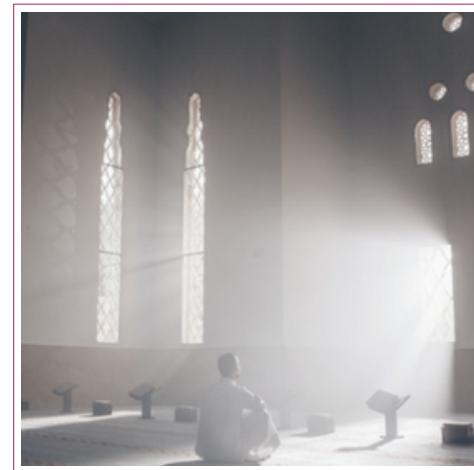


ENGLISH

FREE
BOOK

Distress and Patience



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Allah, the Exalted, tests His creation with evil and goodness as a trial. The trial is a Divinely established ongoing practice among His creatures, Muslim and Non-Muslim, rich and poor, strong and weak. So, He strikes with it whom He pleases; He tries some with his children, chest pain, and so on. A trial is a form of test that Allah sends to test the truthfulness of His creatures. If they have patience, He rewards them with entering paradise without holding them to account.

Allah, the Exalted, says in the Holy Qur'an (meanings):

{Do the people think they will be left to say, «We believe» and they will not be tried? But We have certainly tried those before them, and Allah will surely make evident those who are truthful, and He will surely make evident the liars. }
[29:23-]

Patience is the best method through which we can treat distress and trial. Patience means to restrain ourselves and obey Allah, avoid misdeeds, and keep clear of resenting Al-Qadaa Wal-Qadar (the Divine Will and Decree)

The Messenger of Allah (Blessings and peace of Allah be upon him) said:

“And whosoever would be patient, Allah will give him patience, and (He) grants no one something better and more comprehensive than patience.” (Al-Bukhari and Muslim.)

The believer might be tested with different types of trials, among which: a test in his religion: to do misdeeds, to have misbelief, to practice a form of hypocrisy, and so on. In the same vein, one may face other sufferings such as poverty, the death of a son, or debt.



Some people believe trials may strike human beings due to Allah's displeasure. Such a point of view is incorrect since Allah, the Exalted, may inflict on the believer whom He loves him.

Sa'd Ibn Abu Waqqas (may Allah be pleased with him) asked the Messenger of Allah (Blessings and peace of Allah be upon him): 'O Messenger of Allah! Which of the people is tried most severely?' He said: «The Prophets, then those nearest to them, then those nearest to them. A man is tried according to his religion; if he is firm in his religion, then his trials are more severe, and if he is frail in his religion, then he is tried according to the strength of his religion. The servant shall continue to be tried until he is left walking upon the earth without any sins.» [Al-Tirmizi]

Thus, the believer should not resent, but he has to have patience and hope for compensation from Allah.

Types of Patience:

First:

One has to practice patience in obedience to Allah by complying with the orders that He has entrusted us with, hoping for compensation from Him, enduring hardship, and performing perpetually.

Allah, the Exalted, says in the Holy Qur'an(meanings): {And enjoin As-Salat (the prayer) on your family, and be patient in offering them.} [20:132] For example, the patience to perform Al-Fajr prayer at Mosque.

Second:

The second type of patience is related to avoiding committing misdeeds and doing earnestly to control whims and the Satanic temptation to get rid of corruption and sins. In this concern, the Prophet Yusuf (peace be upon him) represents the best example of patience concerning Al-'Aziz's wife and her efforts to make Yusuf commit the crime of Zina(adultery, fornication) wherein there were no obstacles in his face, saving the fear of Allah, the Exalted. Then, Allah saved him.

Third:

One's patience regarding painful Divine destined acts and their after-effects should demonstrate keeping clear of any form of resentment.

Allah, the Exalted, says in the Holy Qur'an(meanings):

{And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, who, when disaster strikes them, say, «Indeed we belong to Allah, and indeed to Him we will return. Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided. [157-2:155]

The Messenger of Allah (Blessings and peace of Allah be upon him) said:

“The magnitude of the reward goes along with the magnitude of the affliction. When Allah Who is Great and Glorious loves people He afflicts them, and those who accept it gladly receive Allah's good pleasure, but those who are displeased receive Allah's displeasure.” [Al-Tirmizi]

Benefits of Practicing Patience:

Although patience is so bitter and hard, it has the following benefits:

First:

Allah, the Exalted, helps those who practice patience and surely He is with the patient.

Allah, the Exalted, says in the Holy Qur'an(meanings):
{Exercise patience; Allah is with those who have patience.}
[8:46]

Second:

To test the faith of the believers so that those who are true become evident from those who are false.

Allah, the Exalted, says in the Holy Qur'an(meanings):

{We did test those before them, and Allah will certainly know those who are true from those who are false.} [29:3]

Third:

Earning a great reward in the Hereafter.

{Only the patient shall receive their rewards in full, without reckoning.} [39:10]

Fourth:

Earning the highest ranks in Paradise, erasing misdeeds, and forgiving sins.

The Messenger of Allah (Blessings and peace of Allah be upon him) said:

“No Muslim is afflicted by difficulty, continuous pain, anxiety, grief, injury, or care, or even by a thorn with which

he is pierced, without God thereby making an atonement for his sins.” [Muslim]

Fifth

Earning Divine blessings, mercy, and prayers.

Allah, the Exalted, says in the Holy Qur'an(meanings):

{And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, who, when disaster strikes them, say, «Indeed we belong to Allah, and indeed to Him we will return. Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided. « [157-2:155]

Sixth:

Earning the love of Allah, the Exalted.

Allah, the Exalted, says in the Holy Qur'an(meanings):

{And Allah Loves those who are firm and steadfast.} [3:146]

Seventh:

Earning compensation and reward Here and Hereafter! Here (in the Present Life), the patients will be well-guided leaders.

Allah, the Exalted, says in the Holy Qur'an(meanings):

{ And We made from among them leaders guiding by Our command when they were patient and [when] they were certain of Our signs. } [32:24]

And they will enter paradise in the Hereafter:

Allah, the Exalted, says in the Holy Qur'an(meanings):

{On this day, I have given them their reward for exercising patience, and they are the attainers [of success].} [23:111]



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