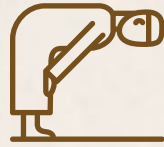


◆ **The Prophetic Approach to Facing Crises**

In times of anxiety and rapid change, a believer needs to pause and reflect on how the greatest role model—the Prophet Muhammad ﷺ—dealt with similar challenges.



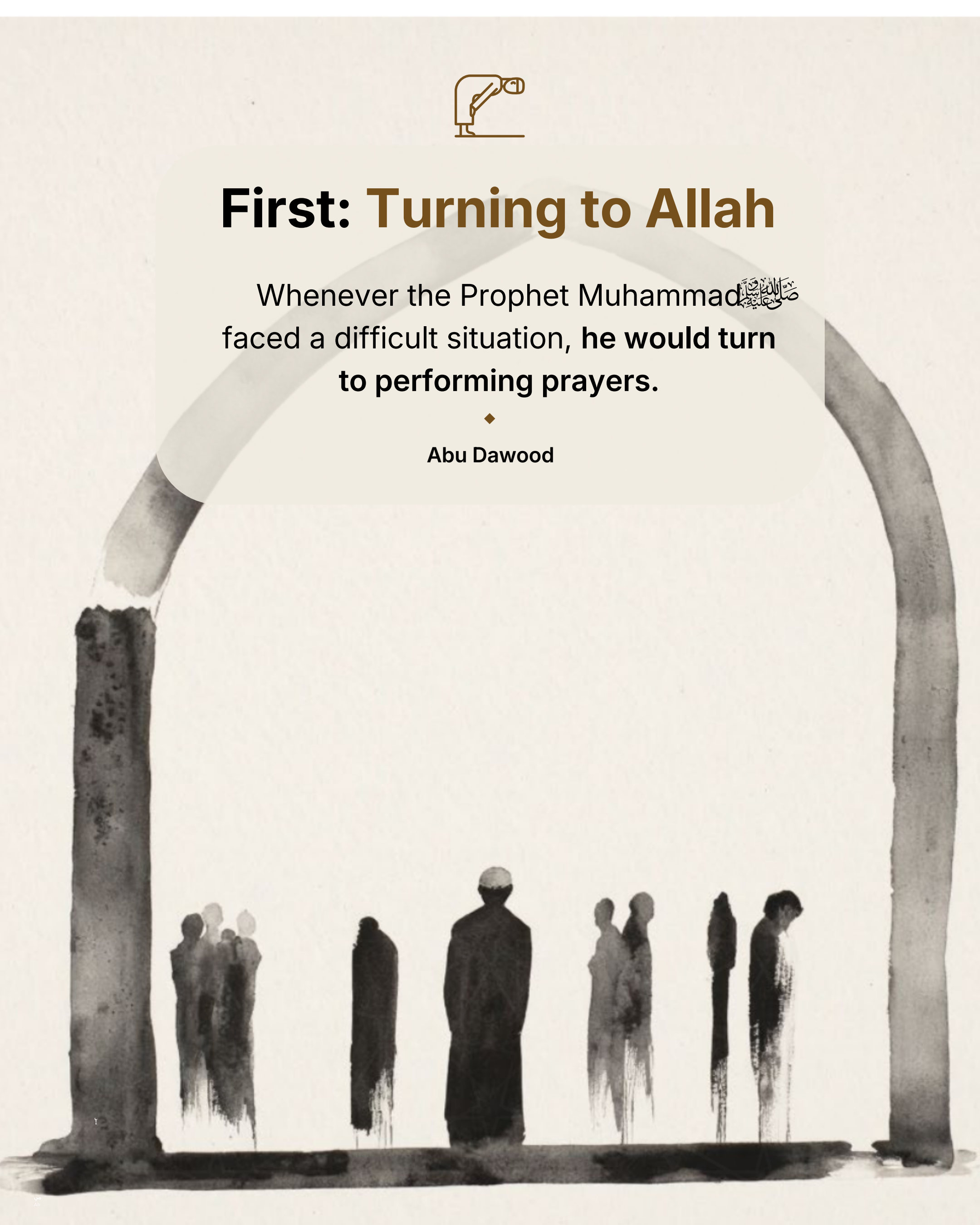


First: Turning to Allah

Whenever the Prophet Muhammad ﷺ faced a difficult situation, he would turn to performing prayers.



Abu Dawood





Second: Persistently Supplicating to Allah

During the *Ghazwah* (a battle led by the Prophet) of *Badr*, the Prophet Muhammad ﷺ **spent the entire night in prayer, raising his hands and earnestly calling upon his Lord** until his cloak fell from his shoulders because of his intense devotion.

Even in the most difficult moments, his heart remained attached to Allah, the Exalted.



Third: Taking Practical Measures and Avoiding Danger

During the *Hijrah* (migration), the Prophet Muhammad ﷺ planned his journey with great care. He took an unconventional route and sought refuge in the cave, combining trust in Allah with caution and wise planning.



Fourth: Being Certain That Everything Is in Allah's Hands

The Prophet Muhammad ﷺ said:
*"What has come to you was never
meant to miss you, and what missed
you was never meant to come to you."*

So, there is no panic or anxiety -
only acceptance and trust in Allah's Will.





**In times of hardship,
we need hearts that are
more sincere, words
that are gentler, and
prayers that last longer.**

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