

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَى عَبْدِهِ الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا، نَحْمَدُهُ سُبْحَانَهُ حَمْدًا  
كَثِيرًا طَيِّبًا، جَعَلَ سُبْحَانَهُ لِمَنْ اتَّقَاهُ مِنْ كُلِّ هَمٍّ فَرَجًا، وَمِنْ كُلِّ ضِيقٍ مَخْرَجًا،  
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ  
شَيْءٍ قَدِيرٌ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، صَلَّى اللَّهُ وَسَلَّم  
وَبَارَكَ عَلَيْهِ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, who has sent down upon His Servant the Book and has not made therein any deviance. We thank Him as it pleases him. He offers to bring relief to those who obey Him and dissolve their distress.

I bear witness that there is no deity worthy of worship, except for Him alone without any partners or peers. To Him belongs the dominion of the heavens and the earth and whatever is within them. And He is over all things Mighty.

I also bear witness that Muhammad is His Servant and Messenger. May the peace and the blessings of Allah be upon him, his companions and all those who will follow them in righteousness till the Day of Judgment.

### 3. Depression

We experience severe depression and a sense of hopelessness, and it's so painful that you may feel like ending this pain by ending life itself. The future seems bleak, and you feel almost certain that you'll never recover.

- Prophet Ya'qub عليه السلام was so much pained with the loss of his sons that he went blind out of sheer grief.

(12:84) وَتَوَلَّى عَنْهُمْ وَقَالَ يَا أَسْفَىٰ عَلَىٰ يَوْسُفَ وَابَيْضَتِ عَيْنَاهُ مِنَ الْحُزْنِ فَهُوَ كَظِيمٌ

- And yet he is the model of patience – a beautiful patience. How come? Patience isn't a lack of pain. It is having hope in Allah سُبْحَانَهُ. Prophet Ya'qub عليه السلام never lost hope in Allah. That's why he had “a beautiful patience.”

قَالَ إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ مَا لَا تَعْلَمُونَ

Whatever we may have lost, we can get it back if we keep to the right path. Loss in this life isn't the end. It was only a taste of what awaits us

### 4. Anger

When things don't go according to your wishes, plans and predictions, Shaytan tempts us to ask “why” questions. Why did Allah give me so much pain? Why did Allah take away my husband? Why is He so cruel?

- Instead of questioning Allah, and questioning His decision, acknowledge that Allah willed it, He is in control. He is the King, the Powerful, The Taker, The Supreme, The All-able, The All-knowing, The All-wise, The Most Merciful, The Kind, The Bestower Of Good, The Enricher, The Guardian, The Disposer Of Affairs, The Loving
- Turn your anger in the right direction – towards *Shaytan*. Be angry that he's trying to incite you, seek refuge in Allah from him, and punish him by doing the exact opposite of what he desires – love Allah more and more.

## 5. Acceptance

- At this stage, when we have finally accepted the tragedy and assimilated it into our store of life experiences, we begin to heal.
- Acceptance doesn't mean forgetting. We never forget people, pets and things that are precious to us, just because they're gone.
- Acceptance means we begin to look at the loss in a new light. We may feel blessed that we had their presence in our lives, for however short a period of time, and may realise that this was nothing but a taste of what awaits us in Paradise.

- The things that had engrossed us before – how short we are of money, how we didn't get the promotion we deserved, how our favourite TV series got cancelled– now seem insignificant and ridiculous. Our vision goes beyond these petty issues, and the purpose of our life comes into focus, giving us new inspiration to live and strive to get there.
- In this way grief can make us grow, if we let it do so. So remember;

قُلْ كُلٌّ مِّنْ عِنْدِ اللَّهِ

وَمَا تَسْقُطُ مِنْ وَرَقَةٍ إِلَّا يَعْلَمُهَا وَلَا حَبَّةٌ فِي ظُلُمَاتِ الْأَرْضِ وَلَا رَطْبٌ وَلَا يَابِسٌ إِلَّا فِي كِتَابٍ مُّبِينٍ

**not a leaf falls, but he knows it. There is not a grain in the darkness of the earth nor anything fresh or dry, but is written in a Clear Record. (6:59)**

إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ وَأَعْلَمُ مِنَ اللَّهِ مَا لَا تَعْلَمُونَ

**Stages of Grief: Denial, Bargaining, Depression, Anger, Acceptance**

**بغم** - فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنجِي الْمُؤْمِنِينَ

**بضر** - فَاسْتَجَبْنَا لَهُ فَكَشَفْنَا مَا بِهِ مِنْ ضُرٍّ وَآتَيْنَاهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِّنْ عِنْدِنَا وَذِكْرَىٰ لِلْعَابِدِينَ

**بنقص** - فَانْقَلَبُوا بِنِعْمَةِ مِّنَ اللَّهِ وَفَضْلٍ لَّمْ يَمْسَسْهُمْ سُوءٌ وَاتَّبَعُوا رِضْوَانَ اللَّهِ وَاللَّهُ ذُو فَضْلٍ عَظِيمٍ

**بخوف** - إِنَّ الَّذِينَ قَالُوا رَبَّنَا اللَّهُ ثُمَّ اسْتَقَامُوا فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

وَأَفْوُضْ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ