

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.

- Loss of a spouse, a child, parents, home, friends... everyone grieves...
- Allah ﷻ has blessed human beings with an innate elasticity to spring back from grief. But if we try to suppress the process of healing, then grief keeps burning inside our hearts. Living like that, we become handicapped and unproductive, and lose sight of our life's purpose – namely, earning the pleasure of Allah.

The Science of Grief - though each of us heals from grief in a different way, the basic process is curiously similar for all. Psychologists have long identified five stages of grief:

Denial

Bargaining

Depression

Anger

Acceptance

- Their order and number of occurrences might vary from person to person. The good news is that the Qur'an and Sunnah supplies us with tools to ease this process.

1. Denial, Numbness, And Shock

- On first becoming aware of the loss, the denial locks our emotions bringing numbness. This temporary numbness can give us a cool head to deal with the situation or the shock completely paralyses us.
- The first thing to understand is:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ الَّذِينَ إِذَا أَصَابَتْهُمُ
مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ وَأُولَئِكَ هُمُ الْمُهْتَدُونَ

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.

(2:155-157)

- Forget what you own that you lost, realise that your owned by Allah...
- Those who say this *du'a* when calamity strikes earn the *salawat* of Allah, which means, that Allah **“commands angels specially to make *du'a* for those kinds of people.”**
- This *du'a* itself makes the rest of the way smoother

2. Bargaining - Regret

- You put yourself through “if” scenarios. *If I had been more careful, it wouldn't have happened. If I had taken better care of my husband, he wouldn't have fallen sick. If only I did this, or realised this this this....*
- It's very painful to imagine that it could have been avoided. But this is the *Shaytan* exploiting those strong emotions of regret to push us towards extreme misery, disobedience and even disbelief.
- The Prophet ﷺ gave us some amazing advice to deal with this:

... Keep asking Allah for help and do not refrain from it. If you are afflicted in any way, do not say: 'If I had taken this or that step, it would have resulted into such and such,' but say only: 'Allah so determined and did as He willed.' The word 'if' opens the gates of satanic thoughts. (Muslim)

بغم - فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

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

بنقص - فَاِنْ قَلْبُوا بِنِعْمَةٍ مِّنَ اللّٰهِ وَفَضْلٍ لَّمْ يَمْسَسْهُمْ سُوءٌ وَاتَّبَعُوا رِضْوَانَ اللّٰهِ وَاللّٰهُ ذُو فَضْلٍ عَظِيمٍ

بخوف - اِنَّ الَّذِيْنَ قَالُوْا رَبُّنَا اللّٰهُ ثُمَّ اسْتَقَامُوْا فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُوْنَ

وَأَفْوِضْ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ