

الحمد لله رب العالمين الذي خلق فسوى وقدر فهدى، وأشهد أن لا إله إلا الله وحده لا شريك له قسم الخلق – بعلمه وحكمته – إلى أشقياء وسعداء ففريق في الجنة وفريق في السعير. وأشهد أن محمداً عبده ورسوله وخيرته من خلقه، حمل رسالة الخير إلى أمته ففاز بالاتباع أهل السعادة، وانتكس أهل الفسوق والشقوة ولا يظلم ربك أحداً. اللهم صل وسلم عليه وعلى سائر النبيين ومن سار على هديهم إلى يوم الدين وسلم تسليماً كثيراً.

All praise is due to Allah, the Lord of the worlds. He, who created, balanced and guided mankind. I bear witness that there is no deity worthy of worship, except for Allah alone without any partners or peers. He separated His creation with His knowledge and wisdom, to those pessimistic and those optimistic, and one enters the heaven whilst the other strives towards the fire.

I also witness that Muhammad ﷺ is His servant and Messenger, chosen above all creations, carrier of the best message to his nation who seek happiness and contentment, whereas those of doubt and ingratitude cannot harm the Lord. O Allah may the peace and blessings of Allah be upon him, his family, his Companions, and all those who will follow them in righteousness till the Day of Judgment.

- What is happiness? Aristotle defines the term “happiness” to achieve the highest form of good. If life is to be worth living, he argues, it must surely be for the sake of something that is an end in itself.

1. **Political** good (life) (Aql)
2. **Voluptuary** good (life) (Body)
3. **Philosophical** good (life) (Soul)

- 1 • Pharaoh, Nimrod, Pagans, Nebuchadnezzar, Hypocrites, Kings, Mongols, Civilisations

قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ  
مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Say, "O Allah, Owner of Sovereignty, You give sovereignty to whom You will and You take sovereignty away from whom You will. You honour whom You will and You humble whom You will. In Your hand is [all] good. Indeed, You are over all things competent. (3:26)

وَتِلْكَ الْأَيَّامُ نُدَاوِلُهَا بَيْنَ النَّاسِ وَلِيَعْلَمَ اللَّهُ الَّذِينَ آمَنُوا

And these days [of varying conditions] We alternate among the people so that Allah may make evident those who believe ... (3:140)

## 2. Voluptuary good (life)

وَلَا تَنْسَ نَصِيبَكَ مِنَ الدُّنْيَا

- And do not forget your share of the world... (28:77)

الْمَالُ وَالْبَنُونَ زِينَةُ الْحَيَاةِ الدُّنْيَا وَالْبَاقِيَاتُ الصَّالِحَاتُ خَيْرٌ عِنْدَ رَبِّكَ ثَوَابًا وَخَيْرٌ أَمَلًا

Wealth and children are [but] adornment of the worldly life. But the enduring good deeds are better to your Lord for reward and better for [one's] hope. (18:46)

مَنْ كَانَ يُرِيدُ الْحَيَاةَ الدُّنْيَا وَزِينَتَهَا نُوفِّ إِلَيْهِمْ أَعْمَالَهُمْ فِيهَا وَهُمْ فِيهَا لَا يُبْخَسُونَ  
أُولَئِكَ الَّذِينَ لَيْسَ لَهُمْ فِي الْآخِرَةِ إِلَّا النَّارُ وَحَبِطَ مَا صَنَعُوا فِيهَا وَبَاطِلٌ مَّا كَانُوا  
يَعْمَلُونَ

Whoever desires the life of this world and its adornments - We fully repay them for their deeds therein, and they therein will not be deprived. Those are the ones for whom there is not in the Hereafter but the Fire. And lost is what they did therein, and worthless is what they used to do. (11:15-16)

زَيْنَ لِلنَّاسِ حُبُّ الشَّهَوَاتِ مِنَ النِّسَاءِ وَالْبَنِينَ وَالْقَنَاطِيرِ الْمُقَنْطَرَةِ مِنَ الذَّهَبِ وَالْفِضَّةِ  
وَالْخَيْلِ الْمُسَوَّمَةِ وَالْأَنْعَامِ وَالْحَرْثِ ذَلِكَ مَتَاعُ الْحَيَاةِ الدُّنْيَا وَاللَّهُ عِنْدَهُ حُسْنُ الْمَآبِ

Beautiful for people is the love of that which they desire - of women and sons, heaped-up sums of gold and silver, fine branded horses, and cattle and tilled land. That is the enjoyment of worldly life, but Allah has with Him the best return. (3:14)

3. وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَى

And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind." (20:124)

رَضِيتُ بِاللَّهِ رَبًّا وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ دِينًا

I am content with Allah as my Lord, with Muhammad as Messenger. and with Islam as din (code of life). (Sahih Muslim)

عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ إِنْ أَصَابَتْهُ سَرَاءٌ  
شَكَرَ فَكَانَ خَيْرًا لَهُ وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ

Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer for if he has an occasion to feel delight, he thanks (God), thus there is a good for him in it, and if he gets into trouble and endures it patiently, there is a good for him in it. (Sahih Muslim)

- If you look throughout the world people attempt to seek happiness and contentment, however they are never entirely happy or content.
- Consoles, homes, cars, wealth, children are all arbitrary forms of happiness that pass through the sands of time.
- Being happy and content with Allah will transform your life irrespective of wealth, property, status and possessions.
- Happiness is the reality and realisation of the single truth, Allah. If you are poor, you are the happiest because you're with Allah, if you are rich you are the happiest, if healthy, if ill, you will never complain or see negativity in any action of Allah.

رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ

Allah being content with them and they with Him.(98:8)

رَضِيتُ بِاللَّهِ رَبًّا وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ دِينًا

I am content with Allah as my Lord, with Muhammad as Messenger. and with Islam as din (code of life). (Sahih Muslim)

- Love is in the air:
- A priest was martyred about AD 270 by the emperor Claudius II Gothicus.
- The holiday also had origins in the Roman festival of Lupercalia, held in mid-February. Pairing off women to men via lottery.
- At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day.
- Day of Facade, Rape, Abuse, Fornication, Waste, Distance, Loss and Destruction.
- Political, Voluptuary are mere means, not the ends, the reality is only to please Allah ﷻ which grants you eternal happiness and contentment.

رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ

Allah being content with them and they with Him.(98:8)

رَضِيْتُ بِاللَّهِ رَبًّا وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ دِينًا

I am content with Allah as my Lord, with Muhammad as Messenger. and with Islam as din (code of life). (Sahih Muslim)