

الْحَمْدُ لِلَّهِ الَّذِي خَلَقَنَا مِنْ طِينٍ ثُمَّ قَضَىٰ أَجَلًا، وَخَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَنَا أَيُّنَا أَحْسَنُ عَمَلًا، أَحْمَدُهُ سُبْحَانَهُ كَمَا يُحِبُّ وَيَرْضَىٰ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَقْسَمَ بِاللَّيْلِ وَالنَّهَارِ، وَقَسَمَ الْأَجَالَ وَوَقَّتَ الْأَعْمَارَ، وَهُوَ الْعَزِيزُ الْغَفَّارُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، هَدَانَا اللَّهُ تَعَالَىٰ بِهِ سُبُلَ السَّلَامِ، عَلَيْهِ مِنَ اللَّهِ أَفْضَلُ صَلَاةٍ وَأَزْكَىٰ سَلَامٍ، وَعَلَىٰ آلِهِ وَصَحْبِهِ الْكِرَامِ، وَعَلَىٰ مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَىٰ يَوْمِ الدِّينِ.

Praise be to Allah, Who has created us from clay and then decreed a term. He Who created death and life to test us as to which of us is the best in deed. I thank Him the way it pleases Him and bear witness that there is no deity worthy of worship, except for Him alone without any partners or peers. He the Almighty swore by day and night, set each one's lifetime and He is the most honourable, the much-forgiving.

I also bear witness that Muhammad is His Servant and Messenger; through him Allah the Almighty has guided us towards peace. 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.

قَالَ اللَّهُ هَذَا يَوْمٌ يَنْفَعُ الصَّادِقِينَ صِدْقُهُمْ لَهُمْ جَنَّاتٌ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا
أَبَدًا رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ذَلِكَ الْفَوْزُ الْعَظِيمُ

“Allah will say: this is the Day when the truthful will benefit from their truthfulness.”

For them are gardens [in Paradise] beneath which rivers flow, wherein they will abide forever, Allah being pleased with them, and they with Him. That is the great attainment. (5:119)

What is Happiness?

Happiness is a little hard to define. We all know what it is, and we know when we are happy, but it is difficult to put into words because it is so experiential.

Wealth

Power

Health

Children?

Wikipedia’s definition states that “Happiness is a mental or emotional state of well-being characterised by positive or pleasant emotions ranging from contentment to intense joy.

Aristotle defines the term “happiness” to achieve the highest form of good (life):

Political life

Hedonist life

Philosophical life

- **External State:** Happiness measured by achievement or loss?
- Psychologists have found that after some period of adjustment, we actually go back to our previous level of happiness.
- Happiness is an internal state that we can cultivate that does not have to be permanently affected by the things that happen to us externally.
- **Internal State:** General state of contentment, or Ridha.

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ

Whoever does righteousness, whether male or female, while he is a believer
- We will surely cause him to live a good life, and We will surely give them their reward according to the best of what they used to do. (16:97)2

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَىٰ

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)

- The Prophet Muhammad ﷺ said, “True enrichment does not come through possessing a lot of wealth, but true enrichment is the enrichment of the soul.”
- Sa’ad bin Abi Waqqas رضى الله عنه said to his son: “If you ask for wealth, then ask for contentment to accompany it. If contentment does not accompany it, then no money will satisfy you.”
- **The Pursuit of Happiness:** Internal & External
- Internal: Heaven: everlasting, no fear or grief
لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ
- External: Worldly: temporal, fear & grief
وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ

- Does Allah ﷻ want us to be happy in this world?
- State of Mind: **Pessimistic and Optimistic**
Self-fulfilling Prophecy

يَقُولُ اللَّهُ تَعَالَى أَنَا عِنْدَ ظَنِّ عَبْدِي بِي، وَأَنَا مَعَهُ إِذَا ذَكَرَنِي، فَإِنْ ذَكَرَنِي فِي نَفْسِهِ ذَكَرْتُهُ فِي نَفْسِي، وَإِنْ ذَكَرَنِي فِي مَلَأٍ ذَكَرْتُهُ فِي مَلَأٍ خَيْرٍ مِنْهُمْ،

"Allah says: 'I am just as My slave thinks I am, and I am with him if He remembers Me. If he remembers Me in himself, I too, remember him in Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they...' (Sahih al-Bukhari)

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

"How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him" (Sahih Muslim)

Happiness in the Life of a Believer:

The Prophet Muhammad ﷺ balanced man, and he lived in a general state of contentment; always optimistic and happy.

The Prophet Muhammad ﷺ said that the most beloved deed to Allah ﷻ after the obligatory acts of worship is to bring joy to a fellow Muslim. He also said that what necessitates forgiveness from Allah ﷻ is bringing joy to your brother (Al-Tabarani).

Once the Prophet Muhammad ﷺ found out that a child's pet bird had died, he went to play with him to make him forget about his sorrow.

- If we are all busy making others happy, who is left to be sad?
- **Sadness is Normal Sometimes:** Loss of loved one, dealings with people, there is a difference between being tested externally and being defeated internally.

- **How to be Happy?**
- **Gratefulness:** وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا تُحْصُوهَا إِنَّ اللَّهَ لَغَفُورٌ رَحِيمٌ
- “And if you should count the favours of Allah, you could not enumerate them. Indeed, Allah is Forgiving and Merciful” (16:18)
- **Patience:** 3:146, وَاللَّهُ يُحِبُّ الصَّابِرِينَ - 2:153 إِنَّ اللَّهَ مَعَ الصَّابِرِينَ
- **Optimism:** عَسَى أَنْ تَكْرَهُوا شَيْئًا وَهُوَ خَيْرٌ لَكُمْ وَعَسَى أَنْ تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَكُمْ
- “But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not,” (2:216)
- إِنَّ مَعَ الْعُسْرِ يُسْرًا “So verily, with the hardship, there is relief” (94:5-6)
- **Purpose:** رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ
- "Our Lord, You did not create this aimlessly; exalted are You" (3:191)
- **Love:** We all have people that love us. And it is important to foster good relationships with our family and friends.
- **Smile:**