

الْحَمْدُ لِلَّهِ الَّذِي جَعَلَ فِي الشَّبَابِ قُوَّةً وَعَمَلًا، وَطَاقَةً وَأَمَلًا،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى
سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ
بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah. He placed strong will and passion in the youth, provided them with superior energy and made them a source of hope and aspiration. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

THE PEOPLE OF REGRET

The First Category: Those who feel safe, secure, at peace with no regrets.

The Second Category: The terrorised and regretful ones, screaming out.

The Third Category: The screeching ones begging to die.

The REGRET Of Not Giving Surat Al-Baqarah/Qur'an Due Attention

When the rewards are distributed to those who had given this Surah the focus it deserves, those who fell short will be in a major state of regret.

اقْرءُوا سُورَةَ الْبَقَرَةِ، فَإِنَّ أَخْذَهَا بَرَكَةٌ، وَتَرْكُهَا حَسْرَةٌ

Recite Surat Al-Baqara, for taking care of it is a blessing, leaving it will be REGRET. (Muslim)

The REGRET Of Participating In Gatherings Where Allah Was Not Remembered

ما من قوم يقومون من مجلس لا يذكرون الله فيه، إلا قاموا عن مثل جيفة حمار، وكان لهم حسرة

Whenever a people sit in a gathering without remembering Allah, then when they leave that gathering it would be as if they had been sat around the corpse of a donkey and that gathering will bring them REGRET on the Day of Judgement. (Abu Dawud)

The REGRET Of Craving Authority And Positions Of Leadership

إنكم ستحرصون على الإمارة، وإنها ستكون ندامةً و حسرةً، فنعمتِ المُرْضِعَةُ، و بُئِستِ الفاطمةُ

You are going to compete over positions of leadership and it will bring with it **REGRET** on the Day of Judgement, and so how great is breastfeeding and how difficult is weaning. (Bukhari)

The Prophet ﷺ compares positions of authority to a breastfeeding child who constantly receives his nutrition on a daily basis with minimal effort. Such is the case with positions of authority that brings prestige, reputation and wealth. But this does not last forever; in much the same way as the child must be weaned at some point, on the Day of Judgement prestige and wealth will come to a halt and will be replaced with **REGRET** for not fulfilling the rights of such a position.

The REGRET Of Those Whose Acts Of Worship Which Contained Riya

They had dedicated years of what they called worship, Da'wah, Islamic posts and events, these will be like mountains on the Day of Judgement, but will collapse one after the other before their very eyes.

وَبَدَا لَهُمْ مِنَ اللَّهِ مَا لَمْ يَكُونُوا يَحْتَسِبُونَ **And there will appear to them from Allah that which they did not expect. (39:47)**

The REGRET Of Wronging Others & Carrying Their Sins

Imagine being stripped of your long day's fasts, or your night prayers. Imagine having transferred onto your scales acts of fornication, alcohol or interest, as you are forced to answer for things that you did not commit. Why? Because you wronged others during your life.

REGRET of missing years of **SALAH**, **WASTING MONEY** on idle pursuits, deliberately **MISSING FASTS**, **IGNORING ZAKAT**. Having the health and wealth but not going for **HAJJ (Excuses & Delusion)**. Regret of wasting your youth, **ALCOHOL**, **FORNICATION**, **ADULTERY**, **BACKBITING**, **FRAUD**, **DISRESPECTING PARENTS**, **FAILING YOUR KIDS**, **FAILING YOUR FAMILY**, **FAILING YOUR LORD...**

يَا حَسْرَتْنَا عَلَىٰ مَا فَرَّطْنَا فِيهَا وَهُمْ يَحْمِلُونَ أَوْزَارَهُمْ عَلَىٰ ظُهُورِهِمْ أَلَا سَاءَ مَا يَزِرُونَ

Oh how great is our regret over what we neglected, while they bear their burdens on their backs. Unquestionably, evil is what they bear. (6:31)

يَا حَسْرَتِي عَلَىٰ مَا فَرَّطْتُ فِي جَنْبِ اللَّهِ Oh how great is my regret over what I neglected in regard to Allah (39:56)

يَا لَيْتَنِي كُنْتُ تُرَابًا Oh I wish that I were dust!" (78:40)