

إن الحمد لله، نحمده ونستعينه ونستغفره، ونعوذ بالله من شرور أنفسنا، و  
من سيئات أعمالنا، من يهده الله فلا مضل له، ومن يضلل فلا تجمد له ولياً  
مرشداً. وأشهد ألا إله إلا الله وحده لا شريك له، وأشهد أن محمداً عبده  
ورسوله، صلى الله عليه وعلى آله وصحبه، ومن تبعهم بإحسان إلى يوم  
الدين

Indeed all praise is for Allah, we praise Him and seek His help and forgiveness. We seek refuge with Allah from the evil of ourselves and our deeds; whosoever Allah guides, no one can mislead, and whosoever Allah leaves, he will not find a guide. I bear witness there is no God but Allah alone with no partner, and I bear witness that Muhammad is His slave and His Messenger, may Allah bless him, his family and companions, and those who follow until the Day of return.

### 3 Runners – Equal Athletic Ability:

- 1) Fully laden with weights – entirety of body – unaware – exhausted – burn out
- 2) Heavy load on back – know – determined – slip – veer off – won't let go
- 3) No weight/load – run freely – nothing holding him down/back - enjoy the race

فَأَيْنَ تَذْهَبُونَ – فَفِرُّوا إِلَى اللَّهِ

“So where are you going?” (81:26) – “Flee to Allah” (51:50)

سَابِقُوا إِلَى مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا كَعَرْضِ السَّمَاءِ وَالْأَرْضِ أُعِدَّتْ لِلَّذِينَ آمَنُوا بِاللَّهِ وَرُسُلِهِ

“Race toward forgiveness from your Lord and a Garden whose width is like the width of the heavens and earth, prepared for those who believed in Allah and His messengers. “(57:21)

Races of Life: Disbelief, Evil, Jealousy, Sin, Enmity, World

يَا أَيُّهَا الرَّسُولُ لَا يَحْزُنكَ الَّذِينَ يُسَارِعُونَ فِي الْكُفْرِ (5:41)

وَتَرَى كَثِيرًا مِّنْهُمْ يُسَارِعُونَ فِي الْإِثْمِ وَالْعُدْوَانِ وَأَكْلِهِمُ السُّحْتَ لَبِئْسَ مَا كَانُوا يَعْمَلُونَ (5:62)

Race to Allah: Not about beating others/jealous, but achieving your best efforts  
Happy to help others, stop, guide, obstacles and back onto the right path

**Bridge to Jannah;** some will crawl, others walk and fortunate will run

### Understanding Weights/Loads:

sadness, grief, fear, insecurities, loss, anger, jealousy, vice – endure patiently and persevere continue the race with lessons learnt – not carry them forward

**The Prophet ﷺ taught us: “The strong believer is better and more beloved to Allah than the weak believer, while there is good in both. If something befalls you, then don’t say ‘If I only would have done such and such,’ rather say ‘Allah ordained this and He does what He wills’ for verily the phrase ‘If I would have’ makes way for the work of the Devil.” (Muslim)**

### Know Allah Wants Ease For You:

يُرِيدُ اللَّهُ أَنْ يُخَفِّفَ عَنْكُمْ وَخُلِقَ الْإِنْسَانُ ضَعِيفًا

“And Allah wants to lighten for you [your difficulties]; and mankind was created weak.” (4:28)

وَلَا تَهِنُوا وَلَا تَحْزِنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

“Do not be weak and do not be sad, for you will become victorious if you are true believers.” (3:139)

Tricks of the Mind and Nafs (Ego) to continue carrying these emotions/weights – Deception leads to anxiety, fear, panic anger, self-pity powerless

Let go of your troubles, weights, loads, free your soul so you can run to Allah

### Overcoming Emotional/Mental Weights/Load

#### Recognise And Release Them

1. Reading, Listening to, and Implementing the Qur'an:

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

O mankind! The instruction has come to you from your Lord and a cure for the hearts – and guidance and mercy for believers.

2. Calling Upon the Names of Allah ﷻ

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

“And to Allah belong the best names, so invoke Him by them.” (7:180)

3. Sending Prayers on the Prophet ﷺ: Ubayy bin Ka`b relates: I said, “O Messenger of Allah ,I send much blessings on you. What proportion of my prayer should I devote to sending blessings on you?” He said, “As much as you like.” I said, “A quarter?” He said, “As much as you like, and if you increased it would only be better for you.” I said, “Then a half?” ... “I will devote all of my prayers to sending blessings on you.”

The Prophet ﷺ said, ***“In that case it will suffice you from your worries and your sins will be forgiven.”*** (Tirmidhi)