

الْحَمْدُ لِلَّهِ الَّذِي وَعَدَ الصَّابِرِينَ جَزَاءً مَوْفُورًا، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا
اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ
وَرَسُولُهُ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيَّنَا مُحَمَّدٍ وَعَلَى آلِهِ
وَصَحْبِهِ الطَّيِّبِينَ الطَّاهِرِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ
الدِّينِ.

All praise is due to Allah. He promises those who are patient an ample recompense. 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.

- **PROBLEMS...** how we hate them! They cause emotional pain, sorrow, fear, anger, anxiety, sadness etc. You can moan about them or solve them?
- As Muslims, we are in direct communication with ALLAH. No matter how bad your situation and your lack of strength is, **DON'T GIVE UP!** Because, where your strength ends, the grace of ALLAH begins.
- HE is the only One Who not only Hears and Knows all, but Who can change our situation, Allah says:

“Remember Me, and I shall remember you; be grateful to Me, and deny Me not.” (2:152)

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

“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 shows gratitude to Allah and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him.” (Muslim)

الصَّبْرُ ضِيَاءٌ

Patience is light (Muslim)

- Develop the habit of viewing problems optimistically and tackling them creatively. With patience, prayer and supplication, most problems can be overcome. ***Prayer is the key that unlocks all doors.***
- Recognise which problems need to be lived through and which to be worked through. Recognise also that there are no definite answers to every problem and with the passage of time some will evaporate, while others need to be tackled wisely.
- Don't suppose that, if you change your circumstances, problems will vanish. Many people think that if this and if that, they would be happy – but every situation has its problems. *The secret is to change your attitude towards them.*

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا

“...And whosoever fears Allah and keeps his duty to Him, He will make a way for him to get out (from every difficulty). And He will provide him from (sources) he never could imagine. And whosoever puts his trust in Allah, then He will suffice him. Verily, Allah will accomplish his purpose Allah has already set for everything a decreed extent.” (65:2-3)

يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا وَرَابِطُوا وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ

“O you who have believed, persevere and endure and remain stationed and fear Allah that you may be successful.” (3:200)

مَا أُعْطِيَ أَحَدٌ مِنْ عَطَاءٍ خَيْرٌ وَأَوْسَعُ مِنَ الصَّبْرِ

“Nobody can be given a blessing better and greater than patience.”

إِنَّمَا يُوفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ

“indeed, the patient will be given their reward without account.” (39:10)

وَالصَّبُورُ اسْمٌ مِنْ أَسْمَاءِ اللَّهِ تَعَالَى، قَالَ رَسُولُ اللَّهِ ﷺ: «مَا أَحَدٌ أَصْبَرَ عَلَى أَدَى يَسْمَعُهُ مِنَ اللَّهِ تَعَالَى، إِنَّهُمْ يَجْعَلُونَ لَهُ نِدَاءً، وَيَجْعَلُونَ لَهُ وَلَدًا، وَهُوَ مَعَ ذَلِكَ يَرْزُقُهُمْ وَيُعَافِيهِمْ وَيُعْطِيهِمْ

Indeed, to Allah belongs the best names, and one of them is “The Patient”

The Messenger of Allah ﷺ said, “None is more patient than Allah against the harmful and annoying words He hears (from the people): they associate rivals with him, they ascribe children to Him, yet He bestows upon them health and provisions.”

فَاصْبِرْ صَبْرًا جَمِيلًا

So be patient with gracious patience. (70:5)