

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، خَلَقَ الْإِنْسَانَ وَكَرَّمَهُ، وَأَنْعَمَ عَلَيْهِ وَعَلَّمَهُ،
أَحْمَدُهُ سُبْحَانَهُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِهِ وَعَظِيمِ سُلْطَانِهِ، 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 أَجْمَعِينَ.

All praise is for Allah, the Lord of the worlds, who created and ennobled man, and favoured and blessed him with knowledge. I praise Allah as is befitting His Glorious status and Majesty. And I bear witness that there is no god but Allah alone with no partner. I bear witness that our Master and Prophet is Muhammad the slave and Messenger of Allah. O Allah send your peace and blessings upon the Prophet and his family and companions.

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَاهْدِنِي ، وَاجْبُرْنِي ، وَعَافِنِي ، وَارْزُقْنِي ، وَارْفَعْني

O Allah forgive me, have mercy on me, guide me, support me, protect me, provide for me, and elevate me. (Abu Dawud)

Ibn Abbas □ used to stay with the Prophet □ as his maternal aunt, Sayyidah Maymoonah , was married to him, so he learned a great deal from the Prophet □ about night prayers and dhikr. During Qiyam ul layl, the Messenger of Allah □ used to say between the two prostrations

We could spend a long time on each one of the 7 things, but I want to focus on **WAJBURNI** which means to comfort/support.

The word **JA BA RA** is used when you mend something broken. Like when you put a splint on a broken bone. If I am feeling pain, it is something that will relieve me, support me, and give me something to cling to.

SUPPORTING AND COMFORTING OTHERS IS THE PROPHETIC WAY

The Prophet □ used to provide all sorts of support to his companions, as well as the vulnerable, the destitute & the broken hearted. He would comfort those who were suffering from loss, whether it was financial, emotional or physical. When support others, you will find yourself supported by Allah □

“A Muslim is a brother of another Muslim. So he should not oppress him nor should he hand him over to (his Satan or to his Nafs). Whoever fulfils the needs of his brother, Allah will fulfil his needs; whoever removes the troubles of his brother, Allah will remove one of his troubles on the Day of Resurrection; and whoever covers up the fault of a Muslim, Allah will cover up his fault on the Day of Resurrection. (Bukhari)

PARADOX: LOOKING BEYOND YOUR OWN ISSUES CAN SOLVE YOUR ISSUES

We all have our own issues, but we are being encouraged to look beyond our problems and help others with theirs. In today’s world, which is self-centred, focused on me, myself and I, we can be consumed by our own troubles. Yet, Islam teaches us to look beyond our issues and encourages us to reach out to others.

The simple truth is that when you help others, Allah Almighty helps you. Do not allowed yourself to be consumed by your troubles. We are surrounded by people with broken hearts, who are suffering from losses and troubles. Therefore, we need to spread the Sunnah of supporting and comforting others.

SIMPLE FORMULA: RELIEVE SOMEONE AND ALLAH WILL RELIEVE YOU.

“The most beloved people to Allah are those who are most beneficial to people. The most beloved deed to Allah is to make a Muslim happy, or to remove one of his troubles, or to forgive his debt, or to feed his hunger. I walk with a brother regarding a need is more beloved to me than that I seclude myself in this mosque in Madina for a month. Whoever swallows his anger, then Allah will conceal his faults. Whoever suppresses his rage, even though he could fulfil his anger if he wished, then Allah will secure his heart on the Day of Resurrection. Whoever walks with his brother regarding a need until he secures it for him, then Allah Almighty will make his footing firm across the bridge on the day when the footings are shaken”. (Mu‘jam al Awsat)

Supporting others is hugely incentivised. When you do business with Allah, Allah will never let you down. Supporting others is easier than you imagine, it’s not always financial, it’s also showing empathy & compassion. Keeping tabs on someone or asking someone how they are. Islam is a religion of kindness. When we are kind to others, not only does it have positive psychological effect on us, improving our sense of well-being, but it returns to us, multiplied.

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَاهْدِنِي ، وَاجْبُرْنِي ، وَعَافِنِي ، وَارْزُقْنِي ، وَارْفَعْنِي