

Allah ﷻ has created everything in pairs: **Happiness, Sorrow, Pain, Comfort, Difficulty, Ease, Weakness, Strength, Hope, Fear, Life, Death**

And that it is He who makes [one] laugh and weep, And that it is He who causes death and gives life, And that He creates the two mates - the male and female (53:43-45)

And as for man, when his Lord tries him and [thus] is generous to him and favours him, he says, My Lord has honoured me. But when He tries him and restricts his provision, he says, My Lord has humiliated me. (89:15-16)

All of these fluctuate and rotate – Good times will never be everlasting, likewise neither will bad times.

O mankind, indeed you are labouring toward your Lord with [great] exertion and will meet it. (84:6)

From all these challenges though of life, the greatest tangible loss for a person, is of a **MOTHER & FATHER**. The loss seems insurmountable, like an endless void of darkness and pain. But even through this pain and suffering Allah ﷻ is actually strengthening you, comforting you and teaching you **His Power – Control – Might**

What Allah ﷻ wants in return is **Submission, Reflection & Patience.**

When disaster strikes them, say, Indeed we belong to Allah, and indeed to Him we will return. (2:156) Indeed, the patient will be given their reward without account. (39:10)

If Allah wants to do good to somebody, He afflicts him with trials. (Bukhari) The believing men and women continue to experience trials in their lives, with their children and wealth until they meet Allah without any sin. (Tirmidhi)

We live a life of delusion - heedlessness, - we assume we are in control, have power and can decide our own fate. But little do we realise we have no control over the air we breath or steps we take. Everything in reality is from Allah and by the permission of Allah ﷻ.

The life we have is a gift, the moments you have with your siblings, spouse, children, parents are precious. We must always keep our hearts focused on pleasing Allah, by honouring our bonds with our loved ones, because once they return to Allah, that void & regret will forever remain.

The purpose of loss and suffering is to bring you closer to Allah ﷻ. The Prophet ﷺ lost his father, mother, grandfather, uncle, wife, children.

But that did not weaken him, make him miserable, detach him from society, throw him into depression, prevent him from living, socialising, developing, helping other. He ﷺ drew his strength from Allah ﷻ, hope and love from Allah. The realisation that he would be reunited with his loved ones in the Hereafter.

Therefore, do not be deceived by the world, do not have any regrets towards your loved ones, or Deen. Open your eyes and your heart and prepare for your return. Remember death often, teach it to your children and touch the lives of others. Visit Graveyards, Attend Funerals, Share Condolences, Humble Your Hearts & Selves.

In the evening, do not anticipate the morning, and in the morning do not anticipate the evening. Take from your health for your illness and from your life for your death. (Bukhari)

Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient.

(57:16)