

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

Life as we know it can bring with it all sorts of grief, **STRESS** and **REGRET**. This can be due to financial worries, health concerns, or anxiety due to an impending judgement. The grief of this world is of many types and of varying degrees, however, no matter how serious stress becomes, you are very unlikely to see it causing a mother to **“FORGET HER BABY”**, or a **“CHILD TO GO GREY”** or for **“PEOPLE BEHAVING AS IF THEY ARE DRUNK”**. These descriptions are exclusive to only one specific day of **STRESS** and **REGRET**. That is the Day of Judgement.

يَوْمَ تَرَوْنَهَا تَذْهَلُ كُلُّ مُرْضِعَةٍ عَمَّا أَرْضَعَتْ وَتَضَعُ كُلُّ ذَاتِ حَمْلٍ حَمْلَهَا وَتَرَى النَّاسَ سُكَارَىٰ وَمَا هُمْ بِسُكَارَىٰ وَلَٰكِنَّ عَذَابَ اللَّهِ شَدِيدٌ

On the Day you see it every nursing mother will be distracted from her nursing, and every pregnant woman will abort her pregnancy, and you will see the people appearing intoxicated although they are not intoxicated; but the punishment of Allah is severe. (22:2)

A day so intense that it has been described as,

يَوْمًا يَجْعَلُ الْوِلْدَانَ شِيبًا

...A day that will make children turn grey (73:17)

The First Category: A group who feel safe, secure and at peace. These people singled out Allah in worship, they tackled every sin of theirs before death and lived a life of preparation for the Day of meeting Allah.

الَّذِينَ آمَنُوا وَلَمْ يَلْبِسُوا إِيمَانَهُمْ بِظُلْمٍ أُولَٰئِكَ لَهُمُ الْأَمْنُ وَهُمْ مُّهْتَدُونَ

They who believe and do not mix their belief with injustice - those will have security, and they are rightly guided (6:82)

لَا يَحْزَنُهُمُ الْفَزَعُ الْأَكْبَرُ

The Greatest Terror (Day of Judgement) will not grieve them (22:103)

The Second Category: They are the terrorised and regretful ones, who will be heard screaming out:

يَا حَسْرَتَنَا عَلَىٰ مَا فَرَّطْنَا فِيهَا

How great is our *regret* for not giving it thought! (6:31)

They will be heard pleading as they lower their heads in shame,

رَبَّنَا أَبْصَرْنَا وَسَمِعْنَا فَارْجِعْنَا نَعْمَلْ صَالِحًا إِنَّا مُوقِنُونَ

O our Lord, we now see and we hear so return us so that we may do good, we are now certain! (32:12)

The Third Category: This group will be heard screeching

يَا لَيْتَنِي كُنْتُ تُرَابًا

O I wish that I was dust! (78:40)

Regret is an incredibly powerful negative emotion that, if not managed with Imaan, can make a person suicidal. There will be people who will wish for death on the Day of Judgement (The Day of Regret).

وَأَنْذِرْهُمْ يَوْمَ الْحَسْرَةِ إِذْ قُضِيَ الْأَمْرُ وَهُمْ فِي غَفْلَةٍ وَهُمْ لَا يُؤْمِنُونَ

And warn them, (O Muhammad), of the Day of Regret, when the matter will be concluded; and yet, they are in a state of heedlessness, and they do not believe. (19:39)

لَا يَدْخُلُ الْجَنَّةَ أَحَدٌ إِلَّا أُرِيَ مَقْعَدَهُ مِنَ النَّارِ لَوْ أَسَاءَ لِيَزِدَادَ شُكْرًا، وَلَا يَدْخُلُ النَّارَ أَحَدٌ إِلَّا أُرِيَ مَقْعَدَهُ مِنَ الْجَنَّةِ لَوْ أَحْسَنَ لِيَكُونَ عَلَيْهِ حَسْرَةً

There isn't any person who enters Jannah except that they are first made to see their potential place in the hellfire had they failed so that they increase in gratitude, and there isn't a person who enters the hellfire except that they are first made to see their potential place in paradise had they passed so that they are taken by regret.”(Bukhari)