

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.

Life as we know it brings all sorts of **GRIEF**, **STRESS** and **REGRET**. Exams, Job, Marriage, Money, Family, Friends, Health etc. The most common **REGRETS** in life are “I wish I lived my own life, I hadn’t wasted my life, expressed my feelings, been happier, spent time with family/friends...”

In a midlife crisis, old age, ill health & deathbed, we reflect and regret our life choices, but hardly any of us realise the greatest regret to come.

“On the Day you see it every nursing mother 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 “A day that will make children turn grey” (73:17)

True **LOSS** & **REGRET** will be on that day when we realise we wasted our life, health, wealth to worship Allah, follow the Messenger, maintain ties of kinship, share love & mercy with all & be honest & truthful people.

The regretful ones will be heard screaming and pleading

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

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

**“And warn them, 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)**

**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).**

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

**“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)**

**There will be a group though 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.**

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

**“The Greatest Terror (Day of Judgement) will not grieve them” (21:103)**

Recite Surat Al-Baqara, taking care of it is a blessing, leaving it will be **REGRET**. (Muslim)

Whenever a people sit in a gathering without remembering Allah, then when they leave that gathering it would be as if they had been sat around the corpse of a donkey and that gathering will bring them **REGRET** on the Day of Judgement. (Abu Dawud)

“You are going to compete over positions of leadership and it will bring with it **REGRET** on the Day of Judgement, and so how great is breastfeeding and how difficult is weaning. (Bukhari)

**REGRET** of missing years of **SALAH**, **WASTNG MONEY** on idle pursuits, deliberately **MISSING FASTS**, **IGNORING ZAKAT**. Having the health and wealth but not going for **HAJJ**. Disobeying Allah & his Messenger. Regret of wasting your youth on, **ALCOHOL**, **FORNICATION**, **ADULTERY**, **BACKBITING**, **FRAUD**, **DISRESPECTING PARENTS**, **FAILING YOUR KIDS...**

“O how great is our regret over what we neglected, while they bear their burdens on their backs. Unquestionably, evil is what they bear.” (6:31)

“O how great is my regret over what I neglected in regard to Allah (39:56)

“O I wish that I were dust!” (78:40)