



29. Maintaining Hope Even When Overcome By Adversity

Delivered by His Eminence
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All praise is due to Allaah, the One who averts difficulties and bestows favours. I praise Him, as He is perfect in every way and none is to be worshipped besides Him. He is the only One to whom resort must be taken when seeking removal of adversities. I bear witness that none has the right to be worshipped except Allaah alone, without any partner. I also bear witness that our Prophet Muhammad is Allaah’s worshipping servant and Messenger who was the leader of all righteous individuals who protect themselves from Allaah’s punishment. O Allaah, grant an abundance of Your commendation and protection to Your worshipping servant and Messenger, Muhammad, as well as to his eminent family and Companions, for as long as the earth and sky continue to remain.

Servants of Allaah, you must observe taqwa of Allaah [by fulfilling His commands and avoiding His prohibitions] ((and you must protect yourselves from punishment on the Day when you will all return to Allaah, then each soul will be given the recompense for what it earned and no one will be wronged)) [2:281].

Dear Muslims, the alternation of each passing night and day leaves people in the midst of constantly changing circumstances, as well as adversities which may strike. Amidst them all, there are times of grief and distress which may overcome an individual, whether those are related to himself, his offspring, his body, his health, his wellbeing, his dignity, his property, or his surroundings. Due to such distress, his chest ends up feeling constricted, and he tries to find a way to rid himself of them. He remembers the statement of his Lord, who is perfect in every way, ((If Allaah allows adversity to befall you, none can remove it except Him; and if He blesses you with anything good, none can withhold it since He is able to do all things)) [6:17]. He also calls to mind the statement of his Lord, the Almighty, ((Messenger of Allaah, say to the mushrikoon: Who is it that rescues you from anything you fear while you are in the depths of darkness, whether on land or at sea, and whom you call upon so humbly and quietly, saying ‘If He saves us from this, We will surely be among those who are grateful to Him?’ Tell them: It is Allaah alone who rescues you from those difficulties and from all other adversities. Yet after that, you still end up worshipping others besides Him)) [6:63-64].

When one calls that to mind, he knows for sure that Allaah – who is perfect in every way – is the only One who can save people from all hardships, who can remove all adversities, and who can grant relief to everyone in distress. Thus, an individual is to humbly and sincerely take recourse to Allaah by supplicating Him and trying to do so at times when supplications are answered. That is to be done in compliance with the statement of Allaah, the Almighty and Most Majestic, ((And your Lord said: You must call upon Me; if you do so, I will respond to you)) [40:60]. One is to do that hoping that Allaah will remove the hardship, grief, and distress that he faces. Additionally, he should take recourse to Allaah – who is perfect in every way – by using the comprehensive words of supplication used by the Prophet (may Allaah grant him commendation and protection).

At-Tirmithee collected a hadeeth in his Jaami‘ with a hasan chain of narration from Anas ibn Maalik (may Allaah be pleased with him). He narrated that when Allaah’s Messenger (may Allaah grant him commendation and protection) faced any adversity, he would call upon Allaah by saying,



يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

“I call upon You, the Ever-Living Self Sufficient Sustainer of all. It is by Your mercy alone that I seek relief.”

Al-Bukhaaree collected a hadeeth in his Saheeh from ‘Abdullaah ibn ‘Abbaas (may Allaah be pleased with both of them). He narrated that during adversities Allaah’s Messenger (may Allaah grant him commendation and protection) would say,

لَا إِلَهَ إِلَّا اللهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللهُ رَبُّ الْعَرْشِ الْعَظِيمِ،
لَا إِلَهَ إِلَّا اللهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ، وَرَبُّ الْعَرْشِ الْكَرِيمِ

‘None has the right to be worshipped except Allaah, the Most Magnificent, the Most Forbearing. None has the right to be worshipped except Allaah, the Lord of the Magnificent Throne. None has the right to be worshipped except Allaah, the Lord of the heavens, Lord of the Earth, and Lord of the Noble Throne.’”

One should also often use the supplication said by the Prophet Yoonus when he was in the belly of an immense fish that had swallowed him. Al-Haakim collected a hadeeth in his Mustadrak with a saheeh chain of narration from Sa’d ibn Abee Waqqaas (may Allaah be pleased with him). He narrated that Allaah’s Messenger (may Allaah grant him commendation and protection) said, “The supplication used by the Prophet Yoonus to call upon Allaah while he was in the belly of the fish that swallowed him was,

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

‘There is none worthy of worship except You. You are perfect in every way. I was indeed among those who perpetrated tremendous wrongdoing.’ No Muslim supplicates for anything using this prayer except that Allaah would respond to him.” In fact, that is in accordance with what Allaah Himself told us about the Prophet Yoonus: ((Thus, We responded to him and rescued him from distress. Just as We rescued him, We similarly rescue the people who have sound beliefs and perform righteous deeds)) [21:88].

Another element of the Prophet’s guidance (may Allaah grant him commendation and protection) can be found in a hadeeth collected in Sunan Abee Daawood. Huthayfah ibn al-Yamaan (may Allaah be pleased with him) said, “When the Prophet (may Allaah grant him commendation and protection) faced any distressing matter, he would perform prayer.” This means he would take recourse to performing prayer when stricken with any adversity. Scholars have explained that this is because prayers are a fortress to which one can resort to find protection, they are the firmest thing onto which one can grasp, and they are a person’s invincible means to his Lord. Prayers nourish the soul, cure wounds, heal the heart, relieve distress, provide safety to those in fear, and provide strength to the weak.

Some of the most important ways of removing adversity and hardship include fulfilling Allaah’s rights, having correct beliefs about Him, hastening to please Him, taking recourse to Him in earnest, placing full reliance upon Him, and having complete trust in Him. The ways further include having correct beliefs about Allaah’s Messenger (may Allaah grant him commendation and protection), following his Sunnah, emulating his example, and giving love for him precedence over one’s love for his own self, his parents, his children, and all other people. The ways also include supplicating Allaah, being persistent when supplicating, seeking Allaah’s forgiveness, giving in charity, reading the Qur’aan, repenting to Allaah, and contemplating the supplications used by the Prophet (may Allaah grant him commendation and protection) in which he would call upon Allaah for relief from all afflictions. The Prophet (may Allaah grant him commendation and protection) taught us to say:



بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

“I seek protection in the name of Allaah. He is the One with whose name nothing throughout the earth or the sky can cause harm, and He is the All-Hearing, the All-Knowing.” If a person does that in the evening, he would not be stricken with any sudden affliction until the morning; and if he says it in the morning, he would not be stricken with any sudden affliction until the evening.

Additionally, it is necessary for us to cooperate with regulatory organizations and comply with the precautionary measures that they have put in place. Doing so is part of cooperating to fulfil Allaah’s commands and avoid His prohibitions, obeying the leaders in authority, actualizing the objectives of Islaam’s teachings, exercising necessary caution, protecting people’s lives, pursuing the paths that leads to protection from all ills and ailments, and placing reliance and trust in the Creator of the heavens and the Earth who told us, ((If Allaah afflicts you with any type of hardship, there is no one who can alleviate it except Him; and if He wants to grant you any type of blessing, there is no one who can withhold His favour from reaching you. He causes whichever of His servants He wills to experience both good and bad, and He is the Continually Forgiving, the Bestower of mercy)) [10:107].

May Allaah enable all of us to glean benefit from the guidance of His Book and the Sunnah of His Prophet (may Allaah grant him commendation and protection). I say this much and I implore Allaah – the Most Magnificent and Majestic – to pardon the sins of myself, you, and all who submit to Him in Islaam. Thus, you should also seek His pardon since He is the Most Forgiving.



All praise is due to Allaah, the Lord of all creation. May Allaah grant His commendation and protection to the leader of all earlier and latter generations – our Prophet Muhammad – as well as all the Prophet’s family and Companions, and all who continue following their path until the Day of Recompense.

Servants of Allaah, there are various means that provide the soul with solace at times of distress, and which dispel any pain it feels due to hardships. Some of those means are remaining hopeful that relief from Allaah is near, as well as having trust in His mercy and justice. Allaah is perfect in every way, and He is the most merciful of all who could ever show mercy. Part of His mercy to His servants is that He does not keep them in circumstances of constant adversity. On the contrary, He lets times of hardship be followed by ones of ease, and times of adversity be followed by ones of mercy and many blessings. This is just as Allaah, the Almighty and Most Majestic, said: ((Along with every hardship that is faced, there will certainly come relief. Along with every hardship that is faced, there will certainly come relief)) [94:5-6]. Relief was mentioned after hardship twice, and no one hardship can ever overcome two instances of relief. Regardless of the many forms of hardship one may face, each instance will have relief that alleviates the difficulty, consoles the heart, heals wounds, makes one forget about pains, and rids one of sorrows; and this is all especially the case when a person of eemaan resorts to his Lord during times of adversity and implores Him to change the hardship, grief, and sorrow to comfort, ease, and relief.

Servants of Allaah, you must continue to observe taqwa of Allaah, and remain certain that relief from Allaah – the Most Merciful and the Bestower of mercy – is near. Tests and trials are nothing more than a stepping stone towards improved circumstances, a more wholesome life, and the attainment of aspirations. They also lead to forgiveness of sins, and the attainment of elevated ranks with Allaah.