

Al-Hayah al-Tayyibah (i.e.: the good life)

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Shaykh Muhammad ibn Saalih al-'Uthaymeen (رَحْمَةُ اللَّهِ)¹ said:

Al-Hayaah al-Tayyibah (i.e.: the good life) is not how the people understand it to be: as protection from all difficulties of poverty, illness, and distress.

No, rather the good life is that the person has a good heart and an expanded chest, and is tranquil and peaceful with the Qadaa' (i.e.: Will of Allaah) and His Qadr (i.e.: Divine Pre-decree).

If any good thing comes to him he is thankful with it and that is good for him, and if any hardship hits him he is patient and that is good for him.

This is (in reality) al- Hayaah al-Tayyibah (i.e.: the good life), and it is the peace and happiness of the heart.

As for large amounts of wealth and perfect health of the limbs, then this could be a misery for a person and a toil.

¹ (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah have mercy on him