

Trusting Allah and Overcoming Crises

Tawakkul is a light for our hearts and a means for us to seek closeness towards Allah Almighty in a way that absolutely nothing else can achieve. The essence of this quality of the heart is built upon two very important pillars: dependence upon Allah and trust in Allah.

Tawakkul is basically the “trust and reliance on Allah” that is accepting the results that He decides regardless of how they may turn out to be. We may face challenges and difficult situations in our life, but we have to face them strongly while believing in Allah Almighty that is the concept of Tawakkul.

In Holy Quran Allah Almighty clear that Tawakkul is not an option rather a requirement. Allah says in Quran in words: “...**depend only upon Allah, if you have faith.**” (Quran, 5: 23). When we talk about Tawakkul we say that we depend on Allah for everything and place reliance on Him. We trust on Allah on all things no matter its worldly affairs or related to Deen.

Tawakkul involves belief, dependence and action mean we have to rely on Allah because without His permission nothing could happen or occur. If we believe on Allah then it means we have our faith in Him, so we can say Tawakkul is the part of One’s faith. In Holy Quran Allah says: “**Only they are the believers whose hearts fear when Allah is remembered, and their faith advances when His verses are recited to them, and who trust only in their Lord.**” (Quran, Surah Al-Anfal,8:2)

Levels of Tawakkul

The very first level is to believe that every matter has a cause or a means. Some people give up utilizing these means due to their ignorance and think that this is reliance on Allah Almighty. They wait for Allah Almighty to send down their provisions, feed them and take care of their concerns and affairs while they do nothing. We should not be complacent or inactive; we should do everything that’s available to us to reach our goals. We have to believe on Allah but with that, we have to do something by ourselves for living our lives.

The second level is to remain firm in relying on Allah alone. Indeed, a person’s reliance on Allah cannot be fulfilled until one relies on Him firmly.

The third level is to depend on Allah wholeheartedly and feel tranquillity when doing so, to the extent that one does not feel confused about their provision.

The highest level of Tawakkul, towards which we should all seek, of course, is to realize that the element of reliance on Allah is to trust all matters to Him voluntarily, without feeling forced to do so.

Benefits of Tawakkul

No matter what hardship or misfortune befalls one, it will be accepted without panic and the heart will remain strong in the face of such hardships. It is the Mercy of Allah that He has told us that our responsibility is limited. And that is the meaning of “**Allah does not burden any soul, except with something within its capacity;**” [Baqarah 2:286] We should believe on Allah no matter what he has put on us it will going to be an end by His Mercy.

By fully trusting on Allah and relying on Him, we are not depressed by what we have lost or intoxicated by our success. We know that all things are in Allah's hands. And that makes us not only humbler but more submissive to Lord, thus better believers.

Relying on Allah Almighty can impart full satisfaction and peace in a person. Muslims should never become disheartened and discouraged in difficult situations. Repose all your trust in Allah Almighty. Let's seek to understand the concept of Tawakkul and to make it part of our belief systems. We will see that things will not only get resolved easier with His help, but Tawakkul will also relieve us from the day to day suffering and worries associated with the challenges of this life. May Allah help us in all difficult situations and give us the strength to overcome them. Ameen!

Calling Him in the Times of Need

And We will surely test you with some fear and hunger, and with paucity of wealth and lives and crops; and give glad tidings to those who patiently endure. - Those who say when calamity befalls them, "Indeed we belong to Allah and indeed it is to Him we are to return." These are the people upon whom are the blessings from their Lord, and mercy; and it is they who are on guidance. [Baqarah 2:155]

Problems are Universal— but what is the solution?

Every single person in this world is facing some sort of trial or test. There may be some facing trials in education, others in their jobs, still others in their businesses, and still more facing problems with family or friends. But Allah says:

Here is the solution

O People who Believe! Seek help from patience and prayer; indeed, Allah is with those who patiently endure. [Baqarah 2:153]

For those who exercise patience, Allah Almighty will help and show a way out of every difficulty.

The Ingredients of Success

If we want to be successful in this world and the hereafter, we have to be patient. Allah Almighty clearly sets out the ingredients for success: perseverance, prayer, steadfastness, and the fear of Allah. If one does these things one is going to act according to the laws of Allah. One will also accept and say that whatever happens is by the will of Allah. Allah says:

and it is possible that you hate a thing which is better for you; and it is possible that you like a thing which is bad for you; and Allah knows, and you do not know. [Baqarah 2:216]

As Muslims we must remember that Allah Almighty says:

So indeed, with hardship is ease. [Inshirah 94:5]

So indeed, with hardship is ease. [Inshirah 94:6]

The Promise

And for Allah Almighty to say this once is enough. But Allah says it twice, one after the other. This is how much Allah is kind towards us. He says ‘O my slaves be patient. Be patient, because with any trial that you are going to face there will be ease. He tells us that for sure we all will be tested. We all will go through trials and tribulations but nevertheless we will be relieved.

Our burden, our trouble, our difficulty will be removed. How? Through prayers, through patience, through complete faith in Allah. Allah says: **And have patience, for Allah does not waste the wages of the righteous. [Hud 11:115]**

Dealing with Crises

So many times, in our lives something happens to us and we feel that this is the worst thing that can happen to us. But then after the trial we realize that this is the best thing that could have happened to us. So, we have to be patient and know that Allah is sufficient for us and is the best disposer of all our affairs. He will guide us to that which is good.

With Every Trial, a Solution

So whatever trials we are going through, we should know that we have already been told about this by Allah in the Quran. But we are not left alone with all the trials and difficulties. Allah gives us the way out. You just need to calm down be patient, do not complain to anyone face them strongly while believing in Allah that he is our protector caretaker. Always keep in mind that if Allah closes one door then after he opens another one which is best and better than previous one.

And you will be rewarded by Allah Almighty for your patience and steadfastness in the times of difficulties. Allah says:

And none receive this great treasure except those who are patient; and none receives this except one who is extremely fortunate. [HMSajdah 41:35]

All Tests from Allah

Everything that we have in this world is a test from Allah. A person is going to continue to be tested throughout his lifetime only to wash off his sins so that on the day of resurrection Allah puts him in Jannah.

Whatever test we are going through in this world, we should remember that it is from Allah and that these tests bring us closer and closer to Jannah, **provided we deal with them with patience and perseverance.**

The Reward of Patience

There is a beautiful story about patience in the Holy Quran of Prophet Yusuf (peace be upon him)

His brothers threw him into the well, but he was patient and so Allah raised him out of that well. He ended up in the house of one of the most powerful people of Egypt, but then Allah tested him again.

The wife of Al Aziz, the finance minister, tried to tempt him, but he was patient. Then Allah tested him again and threw him into prison. But he was patient for the sake of Allah. And in

the end Allah raised him to a lofty station and he became one of the most powerful people in Egypt. This is the reward of patience.

conclusion

No matter what hardships you are going through small or big, trust in Allah and call upon his help with your heart only relying on him. And wait for his answer. It has been said:

"The more you trust Allah, the more he amazes you"

May Allah provide each one of us with this beautiful quality— patience.

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