

Dear beloved sister,

May this letter reach you in a good state of Imaan and health, insha Allah.

In our journey of life we go through stages of ease and through times of hardship. As sisters, we always want the best for one another and we wouldn't want to see each other in distress, but everyone's tests in life are different. And truly it is Allah subhanahu wa ta'ala Who knows what is best for us in the end.

"Sometimes you have to fall from the mountain to realize what you are climbing for.

Obstacles are placed in our way to see if what we want is really worth fighting for.

From every wound there's a scar and every scar tells a story.

A story that says- I was deeply wounded but I will survive.

He who keeps his heart near Allah will find peace and tranquillity,

whilst he who gives his heart to the people will find restlessness and apprehension."

From the words of Ibn al-Qayyim (rahimahuAllah)

Dear sister, many of us have either been through or are going through trials. These shake our hearts and bring tears to our eyes, we just want to let you know we care for you. We hope below inspiration will be of benefit to you as it is for us.

Ibn al-Qayyim (rahimahuAllah) said as well: "The *ibtilaa'* (testing) of the believer is like medicine for him. It cures him from illness. Had the illness remained it would destroy him or diminish his reward and level (in the hereafter). The tests and the trials extract these illnesses from him and prepare him for the perfect reward and the highest of degrees (in the life to come)."

Being part of the legacy of Islam provides us with incredible pearls of wisdom which relate to every single test we go through at any stage of our life now, Allah subhanahu wa ta'ala says:

"Or think you that you will enter Paradise without such (trials) as came to those who passed away before you? They were afflicted with severe poverty and ailments and were so shaken that even the Messenger and those who believed along with him said: 'When (will come) the help of Allah?' Yes! Certainly, the help of Allah is near!"

[Surah al-Baqarah, 2: 214]

And the Messenger of Allah (sallallahu alayhi wa-sallam) said: "The people most severely tested are the Prophets, then the righteous, then the next best and the next best. A man will be tested in accordance with the degree of his religious commitment; the stronger his religious commitment, the stronger his test." [Tuhfat al-Ahwadhi (7:78)]

During the duration of a single day 'Urwah ibn Zubair (may Allah be pleased with him) lost one of his legs and was informed that his son had died. This was his reaction: " O Allah, to You belongs all praise. If You have taken away, then You have also given. And if You have tested me with hardship, You have also saved me and cared (for me). You have bestowed upon me four limbs and have taken only one away. You have blessed me with four sons and have taken only one away."

May Allah subhanahu wa ta'ala adorn us with reliance upon Him, as the Messenger of Allah (sallallahu alayhi wa-sallam) said: " Cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: ' If I had not done that, it would not have happened so and so, but say: Allah did what He had ordained to do'. (Muslim)

Because *dua'* is the weapon of the believer and we should never underestimate the power of supplicating to our Creator, we would like to share these supplications with you:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ
وَالْحُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ
وَالْجُبْنِ، وَضَلْعِ الدَّيْنِ وَعُغْلَبَةِ
الرِّجَالِ.

"O Allah, I seek refuge in you from grief and sadness, from weakness and laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others)" (Al-Bukhari)

The Messenger of Allah (s) said: "There is no-one who is afflicted by distress and grief, and says:

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ
نَاصِيَتِي بِيَدِكَ، مَا ضَرَّ فِي حُكْمِكَ،
عَدْلٌ فِي قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ
هُوَ لَكَ سَمِيَتْ بِهِ نَفْسِكَ أَوْ أَنْزَلْتَهُ
فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ
خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ
الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رِبْعَ
قَلْبِي، وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي
وَذَهَابَ هَمِّي.

"O Allah, I am Your slave, son of Your slave, son of Your maidservant; my forelock is in Your hand, Your command over me is forever executed and Decree over me is just. I ask You be every name belonging to You which You have named Yourself with, or revealed in Your Book, or taught to any of Your creation, or You have preserved in the knowledge of the Unseen with You, that You make the Qur'aan the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety' - but Allah will take away his distress and grief, and replace it with joy." (Ahmad)

Ibn 'Abbass (ra) reported that when the Messenger of Allah (sallallahu alayhi wa-sallam) felt distressed, he would say,

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

"There is none worthy of worship but Allah, the All-Powerful, the Forbearing; there is none worthy of worship but Allah, Lord of the mighty Throne; there is none worthy or worship but Allah, Lord of the heaven, Lord of the earth, and Lord of the noble Throne." (Al-Bukhari)

For the one in distress:

اللَّهُمَّ رَحْمَتِكَ أَرْجُو فَلَا تَكِلْنِي إِلَى
نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي
كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ.

"O Allah, for Your mercy I hope, so do not leave me in charge of my affairs even for the blink of an eye; rectify all my affairs. There is none worthy of worship except You." (Abu Dawud)

Abu'd-Darda' reported that the Messenger of Allah (sallallahu alayhi wa-sallam) said, "One of the supplications of Da'ud, may Allah bless him and grant him peace, was, 'O Allah, I ask You for Your love and love for those who love You and for actions which will bring Your love to me. O Allah, make Your love more beloved to me than myself, my family and cold water.'" [at-Tirmidhi]

Dear beloved sister, may Allah subhanahu wa ta'ala ease your affairs, grant you sabr, peace of heart and health and unite us all in the Highest Paradise, Jannatul Firdaws. Ameen.