

There is no calamity that befalls a Muslim but Allaah expiates...

*As-Salaam 'Alaykum wa Rahmatullaahi wa Barakaatuh.
Bismillah Walhamdulillah Was Salaatu Was Salaam 'ala Rasulillah*

The Prophet Muhammed (SAW) said:

"No fatigue, nor disease, nor anxiety, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his [or her) sins for that" [narrated by Abu Hurairah in both Sahih Bukhari and Muslim).

The Scholars advise us to take comfort in this Hadith for varied problems that we are going through in our lives. This world is a test to us, and for that reason, we are bound to face some hardships and challenges that reveal our level of patience and steadfastness. Some people may suffer poverty, others may lose their children, parents or beloved ones, some may be sick, some may be going through a divorce, and others may be in a state of insecurity, among many others. Whatever we are going through, the Scholars advise us to draw closer to Allah and to recognize that these hardships are inevitable parts of life that expiate the sins of believers and raise them in rank in the Hereafter.

Some Scholars recommend the following when going through hardships and trials.

1. Prayers: Stick to the 5 daily prayers with sincerity, and perform extra voluntary prayers.
2. Read the Quran in a language that you understand; you are guaranteed to find solace in it.
3. Supplicate to Allah (Dua) to remove your anxiety.
4. Give charity (Sadaqa) as much as you can because it helps push away hardship. If you can't give money, even kind words or helping people physically or emotionally are forms of Sadaqa.

May Allah alleviate our burdens. May He grow our faith and grant us a comprehensive understanding of our religion. Above all, may He grant us the required patience to come out of hardships successfully in the HereAfter. , aamin.

Subhanakal lahomma wabihamdik. Ash-hado alla-ilaha-illa ant. Astaghfiroka w'atoobo-ilayk.

Glory be to You, Oh Allah, and all praise! I testify that there is no deity but You. I seek Your forgiveness and to You, I do repent.

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