

Arab Republic of Egypt

Ministry of Awqaf

Rabee' al-Thani 7, 1443 A.H./November 12, 2021 C.E

## **Circumstances of Distress and Ease**

All praise is due to Allah, the Lord of all worlds, Who says in His Ever Glorious Book, **“Remember that He promised, “If you are thankful, I will give you more.”** I bear witness that there is no god but Allah, and that Muhammad is His Servant and Messenger. May Allah’s Peace and Blessings be upon him, his Household, Companions and upon those who follow their path to the Day of Judgment.

It is one of the Divine Laws that the Almighty Allah set in the universe that people’s life ranges between hardships and ease, distress and relief, sadness and happiness. Faithful people are those who responds to these circumstances with patience and gratitude, as our Prophet (PBUH) said, **“How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If delight attends him, he expresses gratitude to Allah and that is good for him; and if troubles befall him, he endures it patiently and that is better for him.”**

It is mercy from Allah that he brings relief after hardship, and ease after trouble, as the Almighty Allah says, **“So truly where there is hardship there is also ease. Truly where there is hardship there is also ease.”** Thus,

when it there are troubles and hardships, ease is about to come. The Prophet (PBUH) said, "Know that relief [comes] with affliction, and ease comes with hardship."

When one contemplates the lives of the Prophets (peace be upon them all), he finds this meaning evident. We have the story of Prophet Jacob (PBUH) when he lost his dearest son, Prophet Joseph (PBUH), and many years later, he lost his second son. He lost his sight out of much weeping and the intensity of his grief. Allah said about him, "**His eyes went white with grief and he was filled with sorrow.**" However, he did not lose hope as the Qur'an reports his speech, "**My sons, go and seek news of Joseph and his brother and do not despair of Allah's mercy- only disbelievers despair of Allah's mercy.**" Relief then comes from the Almighty Allah Who returns to Jacob his sight and his two sons as Allah said, "**Then, when the bearer of good news came and placed the shirt on to Jacob's face, his eyesight returned and he said, 'Did I not tell you that I have knowledge from Allah that you do not have?'**"

Allah saved Prophet Jonah (PBUH) from the darkness of the sea, night, and the belly of the whale, turning his hardship into ease. Allah said, "**And remember the man with the whale, when he went off angrily, thinking We could not restrict him, but then he cried out in the deep darkness, 'There is no God but You, glory be to You, I was wrong.'** We answered him and saved him from distress: this is how We save the faithful."

And here is Prophet Zakaria (PBUH) whom Allah granted a son after he reached an old age, and became so weak. The Almighty Allah answered his supplication when as the Qur'an said, **"There and then Zachariah prayed to his Lord, saying, 'Lord, from Your grace grant me virtuous offspring: You hear every prayer.'** The angels called out to him, while he stood praying in the sanctuary, **'Allah gives you news of John, confirming a Word from Allah. He will be noble and chaste, a prophet, one of the righteous.'**"

When observing the texts of the Islamic Shari'ah, one finds that there are certain gates for getting relief as set by the Almighty Allah, these include: Piety, and resorting to Allah through supplication. Allah said, **"Anyone who believes in Allah and the Last Day should heed this: Allah will find a way out for those who are mindful of Him. And will provide for them from an unexpected source; Allah will be enough for those who put their trust in Him. Allah achieves His purpose; Allah has set a due measure for everything."** Allah also said, **"Who is it that answers the distressed when they call upon Him? Who removes their suffering? Who makes you successors in the earth? Is it another god beside Allah? Little notice you take."** The Prophet (PBUH) used to Ask Allah in times of hardships saying, **"There is none worthy of worship but Allah, the Mighty, the Forbearing. There is none worthy of worship but Allah, Lord of the Magnificent Throne. There is none worthy of worship but Allah, Lord of the heavens and Lord of the earth, and Lord of the Noble Throne."** He (PBUH) also said, **"Whoever is afflicted with a trouble, grief or illness, and**

says 'Allah is my Lord and I associate no partner with him,' he will be relieved."

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All praise is due to Allah, Lord of the Worlds; may Allah's Peace and Blessings be upon Prophet Muhammad (PBUH), his companions and followers: -

How beautiful it is for a person to adhere to making *dhikr* of the Almighty Allah in times of distress and relief, in order to avoid the state of those people whom the Qur'an warned us of their actions, as they forgot to remember Allah in states of prosperity and did not thank Allah for His blessings, as Allah said:

**"When man suffers some affliction, he prays to his Lord and turns to Him, but once he has been granted a favour from Allah, he forgets the One he had been praying to and sets up rivals to Allah, to make others stray from His path."**

**"When you get into distress at sea, those you pray to besides Him desert you, but when He brings you back safe to land you turn away: man is ever ungrateful."**

**“When trouble befalls man he cries out to Us, whether lying on his side, sitting, or standing, but as soon as We relieve him of his trouble he goes on his way as if he had never cried out to Us to remove his trouble. In this way the deeds of such heedless people are made attractive to them.”**

**“Say [Prophet], ‘Who is it that saves you from the dark depths of land and sea when you humbly and secretly call to Him [and say], ‘If He rescues us from this, We shall truly be thankful.’”**

These verses describes the status of those who resort to making supplication in times of distress and trouble, but when Allah relives them, they return back to their evil and bad conduct.

How much we need to be thankful for the blessings of the Almighty Allah in time of prosperity, and to adhere to patience during trials and troubles. We have to adhere to remembering Allah in times of prosperity and hardships, as our Prophet (PBUH) said, “Whoever wishes that Allah would respond to him during hardship and grief, then let him supplicate plentifully when at ease.” He (PBUH) also said, “Remember Allah in times of ease and prosperity, and He will remember you in times of adversity.” Abu al-Dardaa’ said, “Make supplication to Allah on the day of your comfort, and He will answer your supplication on the day of your distress.”

May Allah relive the distress of any distressed person, and May Allah guide us to be grateful to Him!