

A Gift for the Bereaved Parent

*A remedy for grief from the Islamic perspective
using quotes from the Qur'an and Hadith*

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Introduction

The loss of a child can bring immense anguish, sorrow and pain. Not only has the child gone, so too have the dreams and hopes of the future associated with the child. There can be secondary losses which may affect relationships, health and motivation. There can also be feelings of guilt or regret at what could have been said or done, as parents often have a strong sense of responsibility. A strong attachment and need to nurture the child may also remain.

Grieving is an important part of the healing process and people will grieve in different ways. Each experience is unique and individual, ranging from uncontrolled expression of despair to an inability to show emotion. However, usually there are initial disbelief and denial, then realisation that the loved one has actually died and acceptance of the spiritual journey of the deceased. There is also the adjusting to a new environment without the loved one and working through the grief and pain of separation.





This book aims to provide knowledge and guidance in working towards *sabr* and understanding by using the Qur'an and Hadith. The design uses a soothing motif and Arabic

calligraphy in the form of some of the ninety-nine Names [Attributes] of Allah. The Qur'an teaches the importance and benefits of calling upon Allah through His Names.

Farewell my child

Oh my beautiful child! My love for you is eternal. I know that you are no longer with me. I cannot hold you or see you, yet I feel your presence, sometimes my eyes frantically search for you. I see you in the smile of a child, I hear your soft voice, and I smell your sweetness. I turn around expecting you to be there. How I hope that this has all been a bad dream, that I will wake up and find you in my arms smiling.

Your precious belongings are so dear to me. I embrace them to my heart and it feels as though I am connected to a part of you. I imagine how life would have been with you by my side. How I would have watched you grow and cherished you, laughed with you and wiped your tears.

Just as I feel this pain, this emptiness, this loneliness is too much to bear, I feel you saying, 'Please don't be sad. I will always be with you, this separation is brief. Soon I shall hold your hand and we will be together forever.'



We will test you
with a certain amount of fear and hunger
and loss of wealth and life and fruits.
But give good news to the steadfast:
Those who, when disaster strikes them, say,

‘We belong to Allah
and to Him we will return.’

Those are the people
who will have blessings and mercy from their Lord;
they are the ones who are guided.

(Surah al-Baqarah, verses 155-157)

