

FAISAL MALIK



Trials and Tribulations

An Islamic Perspective

CONTENTS



Introduction	7
The Nature of Trials and Tribulations	10
We were created to be tested	13
Our whole life is a test	15
This whole world is a place of test	16
Being tested in ease and hardship	17
Know the Nature of this Life	26
Preferring this life over the afterlife	27
Dipping one's finger in the sea	29
Like a traveller	31
A prison	32
A worthless thing	33
A cursed delusion	34
Chasing a shadow	36
Names and Qualities of Allah ﷻ	40
The All-Knowing	42
The Most Generous	46
The Omnipotent	50
The Most Merciful, The Most Compassionate	53
The Most Loving	55

Benefits of Trials and Tribulations	58
Your sins will be removed	60
Your heart will be guided and purified by Allah ﷻ	61
The trial will make you stronger	63
Allah ﷻ loves you	65
Allah ﷻ is raising your status	66
Receive the blessings, mercy and guidance of Allah ﷻ	67
The Path of the Blessed	70
Prophet Ayyub's ﷺ sickness	75
Maryam's ﷺ pain	76
Prophet Yaqub's ﷺ separation	77
The best of creation	79
How to Deal with Trials and Tribulations	82
Du'a	83
Prophetic Supplications	90
Du'a of Umm Salamah ﷺ	90
Du'a of Prophet Yunus ﷺ	91
Entrusting your affairs to Allah ﷻ	92
Seeking refuge from anxiety and grief	93
Seeking refuge from sorrow and distress	94
Spring of the heart	94
Qur'an	96
Dhikr	99
Istighfar	104
Salawat	107
Taqwa and Tawakkul	109
Sabr	111
Shukr	112
Serve the deen of Allah ﷻ	113
Keep company with the righteous	116
Remember your final abode	117
Recommended Reading	118



INTRODUCTION



We begin in the name of Allah ﷻ, to Whom all praises belong. The Most Compassionate, The Most Merciful, The Source of all good, The One Who relieves our worries, Who heals all wounds, Master of all that exists, Who knows us more than we know ourselves and to Whom is our ultimate return.

Why am I suffering?

Why does God allow evil to exist?

Why do bad things happen to good people?

These are questions that have plagued human existence since the beginning of time, across all cultures and civilisations. Various philosophies and religious traditions have tried to provide answers to the question of human suffering by reflecting on its origins, why it exists and how best to deal with it.

Having a meaningful understanding of evil and suffering can allow a person to develop proper coping mechanisms, not only to tolerate the challenges of life, but to use trials and tribulations as an opportunity for spiritual,

psychological and intellectual growth. In turn, the reverse is also the case where an inability to understand the metaphysical realities that underly human suffering can lead to a crisis of faith and loss of peace of mind. There is evidence to suggest that there is a strong connection between Muslims that fall into a crisis of faith and their inability to develop an Islamic understanding of the tragedies that they may experience in life:

...we find that the inability to process tragedy within a religious framework may be the root cause of doubt.¹

By the grace of Allah ﷻ, this book will seek to bring to centre stage those teachings found in the Qur'an and Sunnah that will allow us to gain a better insight into who we are, why we were created, the nature of trials and tribulations and how to deal with difficulties in this life, through the following six sections:

- 🌱 The Nature of Trials and Tribulations
- 🌱 The Nature of this World
- 🌱 Names and Qualities of Allah ﷻ
- 🌱 Benefits of Trials and Tribulations
- 🌱 The Path of the Blessed
- 🌱 How to Deal with Trials and Tribulations

These teachings have been a source of strength for millions of Muslims throughout the centuries in the face of hardship. Through the simplicity of this book, it is hoped by the will of Allah ﷻ, that the reader will begin to have a direct relationship with the Qur'an and Sunnah, which in turn will provide strength and guidance for the reader throughout their life.

1 Youssef Chouhoud, *Modern Pathways to Doubt* (Yaqeen Institute, 2016) p.20 <https://yaqeeninstitute.org/youssef-chouhoud/modern-pathways-to-doubt-in-islam/>

We ask Allah ﷻ to allow us to reconnect to His book and the teachings of the beloved Messenger ﷺ and allow them to be a means of catching us when we fall, strengthening us when we are weak and guiding us when we are lost. Ameen.

We ask Allah ﷻ to accept this work, forgive our shortcomings and provide us with sincerity to work only for His sake. All praise is for Allah ﷻ. Any good that has come from this humble work is solely from Him and any mistakes are mine and from the accursed shaytan.

*The Nature of
Trials and Tribulations*



What is the true nature of trials and tribulations and what role do they play in our lives? Despite the fact that trials and tribulations are an inevitable part of human existence, we misunderstand their role and nature within our lives. This misunderstanding leads us to be ill-equipped to handle the challenges of life in a manner that is healthy. The assumption for many is that our lives are meant to be care-free and devoid of difficulty, and any hardship we endure is an aberration from what otherwise is meant to be a problem-free existence.

We tend to perceive our lives in this way despite the fact that we witness people going through hardships around us on a daily basis. One just needs to just turn on the news, visit a hospital, go to a busy part of town and see homelessness, visit a graveyard or simply listen to the struggles of people around us to understand that tests and trials are not a stain on an otherwise untroubled existence; rather they are an embedded and integral part of human life on earth. This reality is highlighted in several places in the Qur'an and hadith, that make it clear that tests and trials are not only a certainty but also a central part of our existence.



وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ
وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ
وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

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.

(Surah al-Baqarah 2:155)

