

PREPARING YOUR SOUL

for Jannah

Lesson 2: Prophetic Guidance of life in the Grave

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The Death Experience



- Death brings us one step closer to meeting Allah SWT and to Jannah.
- The extreme sensations that we have to go through when facing death is a rite of life and it will involve pain.
- The soul attached to the body is compared to a thorn or twig that has to be removed from a wet cotton - it has to be removed **gently and slowly**. The process will be undoubtedly painful. **The feeling of pain is felt during death such that every artery, nerves, joints, roots would be slowly removed from the flesh.**
- The process of the soul leaving the body will drain our energy so much that we would have no strength to even cry or moan, as we normally do when we are in pain. If any strength is left, the sound of the soul leaving the body can only be heard at the throat. **Every single limb of our body would be exhausted by the whole experience.**

Angels at the time of death

- When this happens, our colours would start to change. Our nails would change colours, our lips would be drawn back and our feet starts to become cold and move upwards. **When the soul reaches our throat, we would be gazing out into the world for the last time.**

- When our soul is just about to leave our body, the Angel of Death, *Israil*, would come dressed in the most beautiful of forms and he would speak gently with us. He would be handsome, perfumed and beautifully-attired, and he would remove our soul from our body as gently as he could.

- The Angels of Records, Raqib and Atid, would say, ***“May Allah reward you well. For you made us sit at many gatherings of Truth and caused us to be present at many righteous acts.”***



An Easy Death

- Scary reminders of death should give our lives more purpose.
- When Allah SWT asked Prophet Ibrahim AS how he found death, he replied, “*Like a skewer pushed into a damp wool, and then tugged.*” To this Allah SWT replied, “***Yet, We made it easy for you to bear.***”
- It is not impossible for us to feel ease at the time of death so never lose faith and hope that Allah is Most Merciful!

First Break

AT 12:44



Death of a Believer

- When a believer dies, the angels would call upon other angels to prepare sweet basil and the roots of the Saffron plant.
- When Allah is satisfied with one of His slaves, Allah would tell the Angel of Death to bring the spirit and grant him rest. The Angel of Death would go down to a company of 5000 Angels and each Angel would bring their rods of basil and saffron and prepare for the departure of this good believer.
- Shaytan would question his army of Shayateen, “*Where were you when this man was alive?*” They would reply, “***We exerted our every effort with him but he was invulnerable.***”
- We shouldn’t blame our parents, the environment or even Shaytan for our bad behaviour, because we were created with freewill - to choose between good and bad.



The first stage of the Afterlife

- Having our period is a big deal! Why? **Allah prescribed the compulsory bath after every childbirth, after our period and after every major occurrence in our lives, including after our death.**
- During our funeral bath, we would be cleansed, and we would be in white pure cloth without stitches.
- The heart is another expression of the *Ruh* (soul), because the mind continues to live on as with the Spirit.
- The heart can still feel independently without any medium or limbs hence the heart would continue to live on even after death.
- It would be pointless to have a grave with all the goodness of gardens, enjoyment etc if we can't comprehend them.





In the Grave

- When we enter the grave, the barrier between us and Allah SWT is removed. **For a believer, death is a rest and free of distractions of the world.**
- What is concealed would be revealed to us - our deeds - by the two Angels and we would be shown our next destination.
- When our bodies are put into the grave, we would be able to hear the grave talking to us as well as our neighbours calling out to us.
- *“O Son of Adam, what distracted you from contemplating me? Did you not know that I am the house of trial, the house of darkness, the house of solitude and the house of worms? What distracted you from me? You used to pass me by!”*



A Grave Conversation

- If we have been the best, a voice would reply to the grave on our behalf, saying, *"Do you not see that it was his practice to enjoin the good and forbid the evil?"*

- *"Ye are the best of peoples, evolved for mankind, enjoining what is right, forbidding what is wrong, and believing in Allah"* (Quran 3:110)

And the grave reply, *"Then for him I shall turn into a garden, and his body shall become radiant, and his spirit shall soar up to Allah."*

- Not a single person would die without being called into their grave; it would welcome them with reminders.

Angels of Punishment vs The Good Believer

- There are Angels who are tasked with the punishment of the grave. They would come to the soul by the side, front and from the feet and say, *"O man, alone in your pit.*

Your family and friends are now separated from you, so that today we are your sole companions."

- When a righteous person is laid, he will be surrounded by his righteous acts, such as his prayers, his fasting, his Hajj, his charity etc. Hence when the Angels approach him from the direction of his feet, they are told by the Prayer, *"Get back from him, you have no authority over him, for upon these feet he stood in me at length for the sake of Allah".*

- Then they approach him from the direction of his head, but his Fasting would say, *"You have no authority over him, for in the world's abode he thirsted at length for the sake of God".*



(continued)

Angels of Punishment vs The Good Believer

- Then they come to him from the direction of his front, but *Hajj* would speak up for him. Then they would approach him from the direction of his hands, but *Sadaqah* (Charity) would defend him.
- **The 5 pillars of Islam are the pillars that would be built around us; they give us protection in the grave.**
- The Angels would leave this man alone and then he shall be told, "*Rejoice! Good you have been in life and in death!*"
- Angels of Mercy would then come, and spread a heavenly cloth and resting-place out for him, and his grave is widened around him for as far as his eyes can see. A candle is brought from Heaven, and from it he has light until Allah resurrects him from his grave.





A Grave Conversation

- **Our good deeds are our protectors and our companions in our grave. They would be most faithful to us if we were faithful in performing them in Dunya. Because nothing good that we do in the Dunya was ever done in vain.**
- **No struggle of a Believer is ever discounted in the eyes of Allah SWT.**
- **Everything will be widened, brightened and beautified for us if we are good In Sha Allah.**
- **The grave has been prepared for all of us, yet what have we been doing to prepare for the Grave?**

Second Break

AT 27:17



3 conditions for a good death

1) To Have Firm Faith

- To have faith in the 6 article of Faith; belief in Allah, in the Prophets, in Angels, in the Books, in the Hereafter, in the Decree/ Qada & Qadr' of Allah

- This faith should be joined with the 5 Pillars of Islam.

2) To Have Good Character

- Good character/ *Akhlak* completes Faith as it will make our scales heavy with goodness in the Hereafter.

- Good character is to humble in front of Allah SWT as everything is given by Him. It is also to know our place with Allah SWT.

- **Good character beautifies our deeds.**



3 conditions for a good death

3) To have good relationship with Allah and the people around us

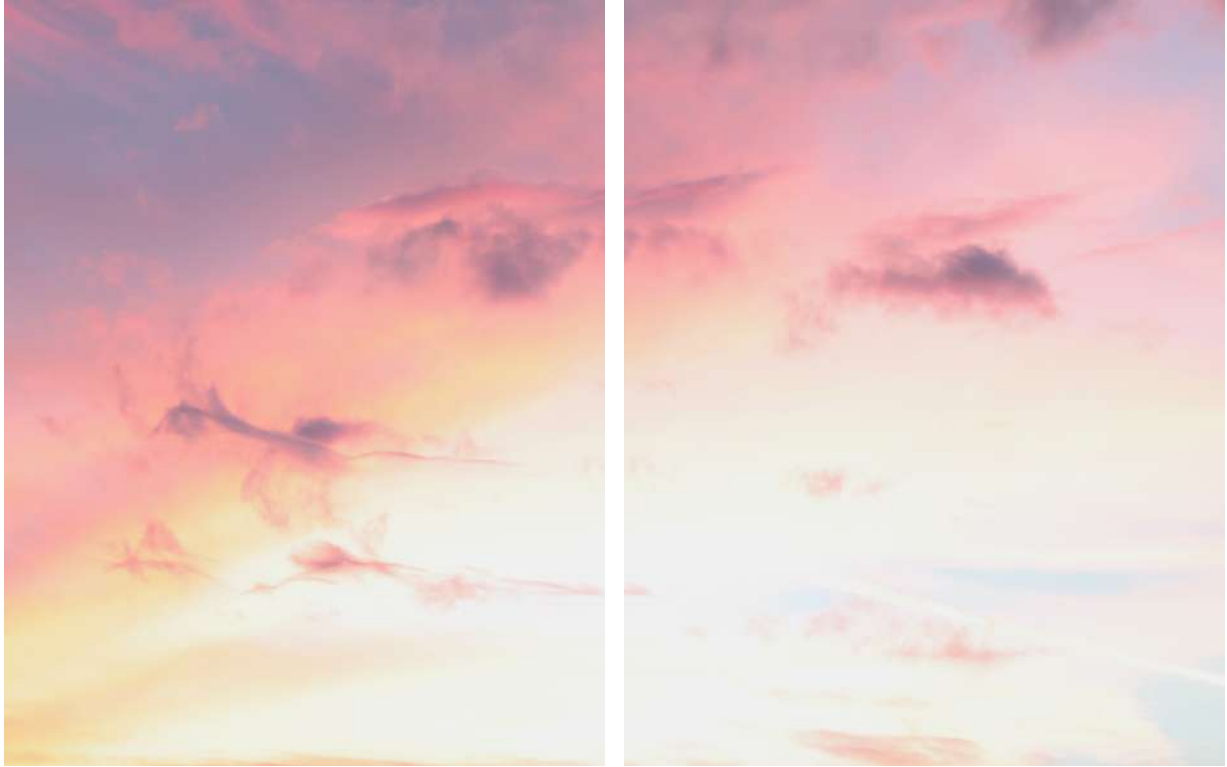
- Death is very much inter-connected to how we lead our lives today - **our deeds and our character will all have an impact in our grave.**

- We need to be connected to our Creator, to our Prophet SAW and to our community/ sisters who have a shared belief that we are working for something bigger and better.

- We should be hopeful of Allah's Mercy but we should also put in the effort and make Du'a to Allah. When we make Du'a to Allah, we are actually reminding ourselves of what we want. It acts as a reminder for us of the state that we should work towards.



A Du'a for our Overall Safety



اَللّٰهُمَّ اِنَّا نَسْتَلِكَ سَلَامَةً فِى الدِّيْنِ وَعَافِيَةً فِى الْجَسَدِ وَزِيَادَةً فِى الْعِلْمِ وَبَرَكَهَةً
فِى الرِّزْقِ وَتَوْبَةً قَبْلَ الْمَوْتِ وَرَحْمَةً عِنْدَ الْمَوْتِ وَمَغْفِرَةً بَعْدَ الْمَوْتِ. اَللّٰهُمَّ
هَوِّنْ عَلَيْنَا فِى سَكْرَاتِ الْمَوْتِ وَالنَّجَاةِ مِنَ النَّارِ وَالْعَفْوَ عِنْدَ الْحِسَابِ

(O Allah, I ask You for peace / security in my religion; wellness of my physical body; increase of my beneficial knowledge; Blessings of our sustenance; Repentance before death; Mercy upon death; and Forgiveness after death.

O Allah, make the Sakaratul Mawt (Agony of Death/Removal of the soul from the body) easy for us; give us salvation from the Fire; and grant Forgiveness when we are accounted.)

Making our lives count



- Reminders are not meant to petrify us and stop us from living life. **It instead helps us to take each steps with more purpose and to be more conscious.**
- We should have a balance of hope and fear. **We remember death but we should also make our lives count.**



Heart work

- 1) What does it mean when a soul at the time of death is being compared to a thorn or twig that is stuck in a wet cotton?
- 2) How does our mind and heart continue to live even after our death?
- 3) List the 3 conditions to ensure a good death.
- 4) Why do we need to make Du'a when Allah already knows what we want?
- 5) What would be faithful to us after our death, if we are faithful to them when we are alive?