

Gratitude As Your Fortress

A Cure for Envy, Anxiety, and Grief

with Ustazah Marhamah Senewi
19th May 2024



Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ
وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ ۚ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ

Indeed, We sent Moses with Our signs, 'ordering him,'
“Lead your people out of darkness and into light, and
remind them of Allah’s days 'of favour'.” Surely in this
are signs for whoever is steadfast, grateful.

Surah Ibrahim : 5-7

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

وَإِذْ قَالَ مُوسَىٰ لِقَوْمِهِ اذْكُرُوا نِعْمَةَ اللَّهِ عَلَيْكُمْ إِذْ أَنْجَيْنَاكُمْ مِنْ آلِ
فِرْعَوْنَ يَسُومُونَكُمْ سُوءَ الْعَذَابِ وَيُذَبِّحُونَ أَبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ
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‘Consider’ when Moses said to his people, “Remember Allah’s favour upon you when He rescued you from the people of Pharaoh, who afflicted you with dreadful torment—slaughtering your sons and keeping your women. That was a severe test from your Lord.

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aaplus

Gratitude As Your Fortress:
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وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And 'remember' when your Lord proclaimed,
'If you are grateful, I will certainly give you
more. But if you are ungrateful, surely My
punishment is severe.'"

Surah Ibrahim : 5-7

aaplus

Gratitude As Your Fortress:
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The Background Story

(Surah Ibrahim : 5-7)

Gratitude As Your Fortress:
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Gratitude As Your Fortress

A Cure for Envy, Anxiety, and Grief

aaplus

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Surah Ibrahim : 6

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Gratefulness is
like **the toolbox.**

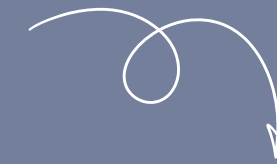
(in building a fortress)

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Gratefulness is
like **the toolbox.**

(*in building a fortress*)



It provides you with
different tools

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

The tools to help you build your Fortress of Gratitude

1.

Reflecting on
The Greatness of
Allah's Mercy.

aaplus

Gratitude as a Conscious Daily Practice:
Transforming Our Lives Once Choice at a Time

When we are all consumed by our problems

stop,
pause,
get out of your own head



Step out of that
problem first

Gratitude As Your Fortress:
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a command

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ
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Surah Ibrahim : 5

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Allah does not want us
to be in the dark.

aaplus

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‘Darkness’ in Quran

الظُّلُمَاتِ

(root form ظ - ل - م)

darkness

(like a night that has a new moon)

aaplus

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‘Darkness’ in Quran

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(root form ظ - ل - م)

darkness

(like a night that has a new moon)

ظَلَمَ

cruelty

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‘Darkness’ in Quran

الظُّلُمَاتِ

always contrasted against,

نُور

darkness
or cruelty

light

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‘Darkness’ in Quran

الْظُّلُمَاتِ

always contrasted against,

نُور

*(or the **lack**)*

the absence of
Iman / Taqwa.

the presence of
Iman / Taqwa.

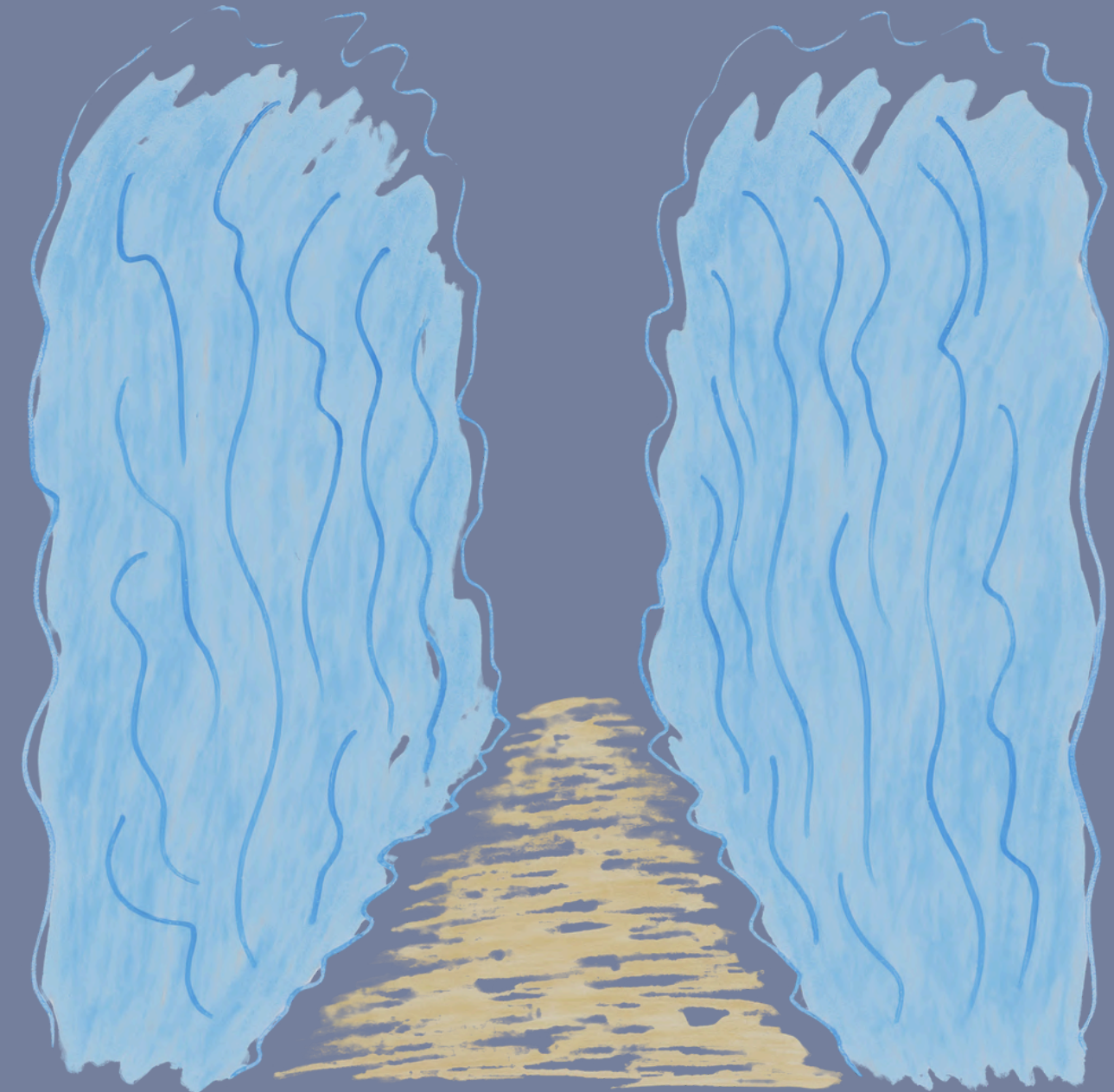
*But sometimes, **we** still **choose** to be in the dark.*

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Bani Israel have gone through so much;

Allah has allowed for
them safe passage
across the Red Sea



aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Bani Israel have gone through so much;

They are now
refugees without a
place to call home



aaplus

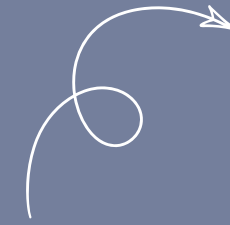
We brought the Children of Israel across the sea
and they came upon a people devoted to idols.
They demanded, “O Moses! Make for us a god
like their gods.” He replied, “Indeed, you are a
people acting ignorantly!



The audacity!

Surah Al-A'raf: 138

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 a command

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Surah Ibrahim : 5

aaplus

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It's **something**
that they are
comfortable with

These people want to
obstinately remain in
the darkness.

They are so
absorbed in
their **problem**

aaplus

‘Darkness’ in Quran

الظُّلْمَتِ

= something that is not
put back where it is
supposed to be

= something that is
not as it should be

‘Darkness’ in Quran

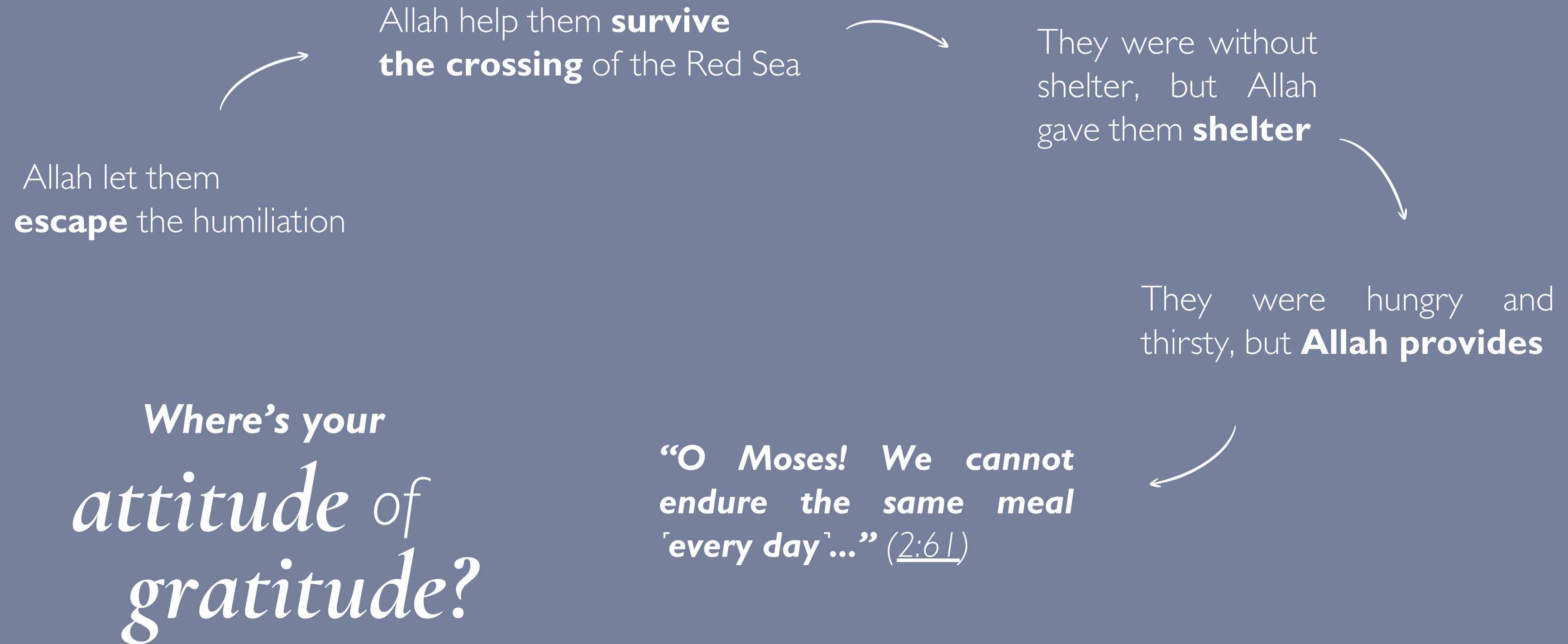
الْظُّلُمَاتِ

= something that is not
put back where it is
supposed to be

*Where’s your
attitude of
gratitude?*

= something that is
not as it should be

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief



وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ
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*‘tell them how
it should be’*

Gratitude As Your Fortress:
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The **posturing** of that Ayah
is **very similar** to

Surah Rahman

when Allah keeps asking

"So which of the favors of your Lord would you deny?"

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

The posturing in
Surah Ar-Rahman

Allah is reminding us how He created the earth,
the signs of creation, how Judgment Day is going
to be, how Hell and Heaven are going to be.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ

"So which of the favors of your Lord would you deny?"

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The posturing in
Surah Ar-Rahman

But despite being angry,
Allah started Surah Ar-Rahman with,

الرَّحْمَنِ

“The Most Compassionate”

aaplus

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إِنَّ رَحْمَتِي سَبَقَتْ غَضَبِي

“My Mercy preceded My Anger”

Sahih Bukhari

aaplus

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Allah wants us to be in the Noor,
not because He needs us to be.

Allah is Al Ghaniyy (**The Self-Sufficient**)

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*Whatever
we're doing
is for us.*

aaplus

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وَذَكِّرْهُمْ بِأَيِّمِ اللَّهِ

“And remind them of
Allah’s days ‘of favour’.”



Ni'mah : blessings
Niqmah : hardship

Surah Ibrahim : 5

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Allah keeps reminding us because

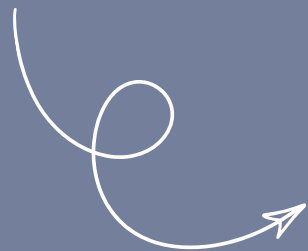
He is The Most Merciful

Gratitude As Your Fortress:
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The tools to help you build your Fortress of Gratitude

1.

Get out of our own
heads and **take on a
different perspective.**



Reflecting on The Greatness of Allah's Mercy.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

So, when we are
going through hard times,
we have to get out of our own heads
and take on a different perspective.

aaplus

Gratitude As Your Fortress:
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Surah Ibrahim : 5

aaplus

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Both are in the form of sighah mubalaghah
(to convey **extremities**)

شُكْرٌ

صَبْرٌ

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A Cure for Envy, Anxiety, and Grief

وَذَكِّرْهُمْ بِأَيِّمِ اللَّهِ ج

We can learn from
Allah's favours,

إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّكُلِّ

صَبَّارٍ شَكُورٍ

but it will require
us to be extremely
patient (extra effort)

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These two are **paired** because,

then

شُكْرٌ

will come

صَبْرٌ

need to come **first**



I want you to get out of the way
that you're thinking right now.

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ

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But it's not going to
be easy, you're going
to need to work on it

Stop and reflect
on Allah's Mercy.

Gratitude As Your Fortress:
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The tools to help you build your Fortress of Gratitude

2.

Finding contentment
through identifying
our blessings.

aaplus

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A Cure for Envy, Anxiety, and Grief

قَنِعًا تَكُنْ أَشْكَرَ النَّاسِ

“...Be content, and you will be the most
grateful of people to Allah...”

Sunan Ibn Majah

aaplus

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A Cure for Envy, Anxiety, and Grief

A person who doesn't have
anything is like the most
generous of people.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

It is because they are content.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Being content doesn't mean
that you are blind to all
that you don't have.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Being content means that
you just **see what you have**
although there's still a lot
that you don't have.

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A Cure for Envy, Anxiety, and Grief

As for a person who is more
well-to-do, despite the abundance,
they're seeing all that they don't have.

It's *not* that

- you can't want for more
- you can't hope for improvement
- whatever it is that you're experiencing is easy

Gratitude As Your Fortress:
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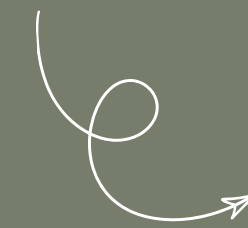
*Even when you're going
through this hardship,
there are still things that are
good that are happening*

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ

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Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

**Prophet Musa AS could have listed
1,000 other things that Allah has given.**

وَجَوَّزْنَا بَنِي إِسْرَءِيلَ الْبَحْرَ

*We brought the Children of Israel
across the sea (7:138)*

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1,000 other things that Allah has given.**

وَضَلَّلْنَا عَلَيْكُمُ الْغَمَامَ

And 'remember when' We shaded you with clouds (2:57)

Gratitude As Your Fortress:
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وَأَنْزَلْنَا عَلَيْكُمُ الْمَنَّاءَ وَالسَّلَوىٰ

and sent down to you manna and quails, (2:57)

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كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ

*‘saying’, “Eat from the good things
We have provided for you.” (2:57)*

**Prophet Musa AS could have listed
1,000 other things that Allah has given.**

وَإِذِ اسْتَسْقَىٰ مُوسَىٰ لِقَوْمِهِ فَقُلْنَا اضْرِبْ بِعَصَاكَ الْحَجَرَ ۖ فَانْفَجَرَتْ
مِنْهُ اثْنَتَا عَشْرَةَ عَيْنًا ۖ قَدْ عَلِمَ كُلُّ أُنَاسٍ مَّشْرَبَهُمْ

*And ‘remember’ when Moses prayed for water for his people,
We said, “Strike the rock with your staff.” Then twelve springs
gushed out, ‘and’ each tribe knew its drinking place. (2:60)*

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**But Prophet Musa AS reminded them
of the worst time of their life.**

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Ni'mah is not necessarily
just the easy things.

It's also about the very hard
things that you go through
and that you survive.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Remembering the hardship
that we went through is also
a part of being grateful.

aaplus

The tools to help you build your Fortress of Gratitude

2.

Finding contentment
through identifying
our blessings.



Blessings are **also the hard things** that we go through and survive.

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

The tools to help you build your Fortress of Gratitude

3.

Holding on
to Allah's Promise

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Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And 'remember' when your Lord proclaimed,
'If you are grateful, I will certainly give you
more. But if you are ungrateful, surely My
punishment is severe.'"

Surah Ibrahim : 7

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Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Allah is **announcing**
= **it's significant.**

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
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'Rabb' doesn't just means 'God',
'our Lord' or 'Malik' (King)

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
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رَبِّ

Rabb

shares the **same**
root form as,

مُرَبِّي

Murabbi

person who brings up a child

تَرْبِيَةٍ

Tarbiyah

taking care of / nurturing

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A Cure for Envy, Anxiety, and Grief

Allah takes care of us
in ways that we cannot see,
understand, or fathom.

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
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وَإِذْ تَأْذِنُ

Allah is announcing

رَبِّكُمْ

as Himself (our God who provides for
us in ways that we don't understand)

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are grateful, I will certainly give
you more.

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Allah further **emphasizing**

Allah is **promising**

لَئِنْ شَكَرْتُمْ لَا أُزِيدَنَّكُمْ

'Shart' letter : **If**

If you are grateful,
I will certainly give you more.

Surah Ibrahim : 7

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A Cure for Envy, Anxiety, and Grief

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are grateful,
I will certainly **give you more.**

Surah Ibrahim : 7

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رَبُّكُمْ

Our God who provides for us in
ways that we don't understand

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are grateful, I will certainly
give you more.



Only Allah
(our Rabb) knows
what we need more of

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صَبَّارٍ شَكُورٍ

Allah is announcing

رَبِّكُمْ

as Himself (our God who provides for
us in ways that we don't understand)

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

If you are grateful, I will certainly give
you more.

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ
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Surah Ibrahim : 7

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Allah **emphasize**

Allah's not
promising that we
will be punished,

He is just
reminding us.

وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

'Shart' letter : **If**

But if **you are ungrateful**,
surely My punishment is severe.

Surah Ibrahim : 7

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Allah is reminding us again and again and again,

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ
وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ ۚ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ

Indeed, We sent Moses with Our signs, 'ordering him,'
“Lead your people out of darkness and into light, and
remind them of Allah’s days 'of favour'.” Surely in this
are signs for whoever is steadfast, grateful.

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And he can just say like, "I'm going to punish you."

وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

But if you are ungrateful,
surely My punishment is severe.

But no, He's just reminding.

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A Cure for Envy, Anxiety, and Grief

*So these are the different tools that
we can use to build our fortress.*

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Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

Allah is really Merciful.
He didn't need to tell us anything,
but He wants us to be comforted.

***The different tools that
we can use to build our fortress;***

1.
Reflecting on
The Greatness of
Allah's Mercy

2.
Finding contentment
through identifying
our blessings

3.
Holding on to
Allah's Promise

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

The fortress is to keep the enemy out
and to kick them out if they still
manage to come through.

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A Cure for Envy, Anxiety, and Grief

May Allah guide us and help us
to be grateful through all of the
hardships that we face in life.

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Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

If we are grateful,
no matter how much we try
to prepare ourselves,
Allah will test us.

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We don't have to do it based
on the order that we it
doesn't need to be in order,
it doesn't mean that at any
point in time you have to be
using all three of these.

aaplus

Gratitude As Your Fortress:
A Cure for Envy, Anxiety, and Grief

There's so much comfort in
the things that he tells us and
that he withholds from us.

And everything is from His Mercy.

aaplus