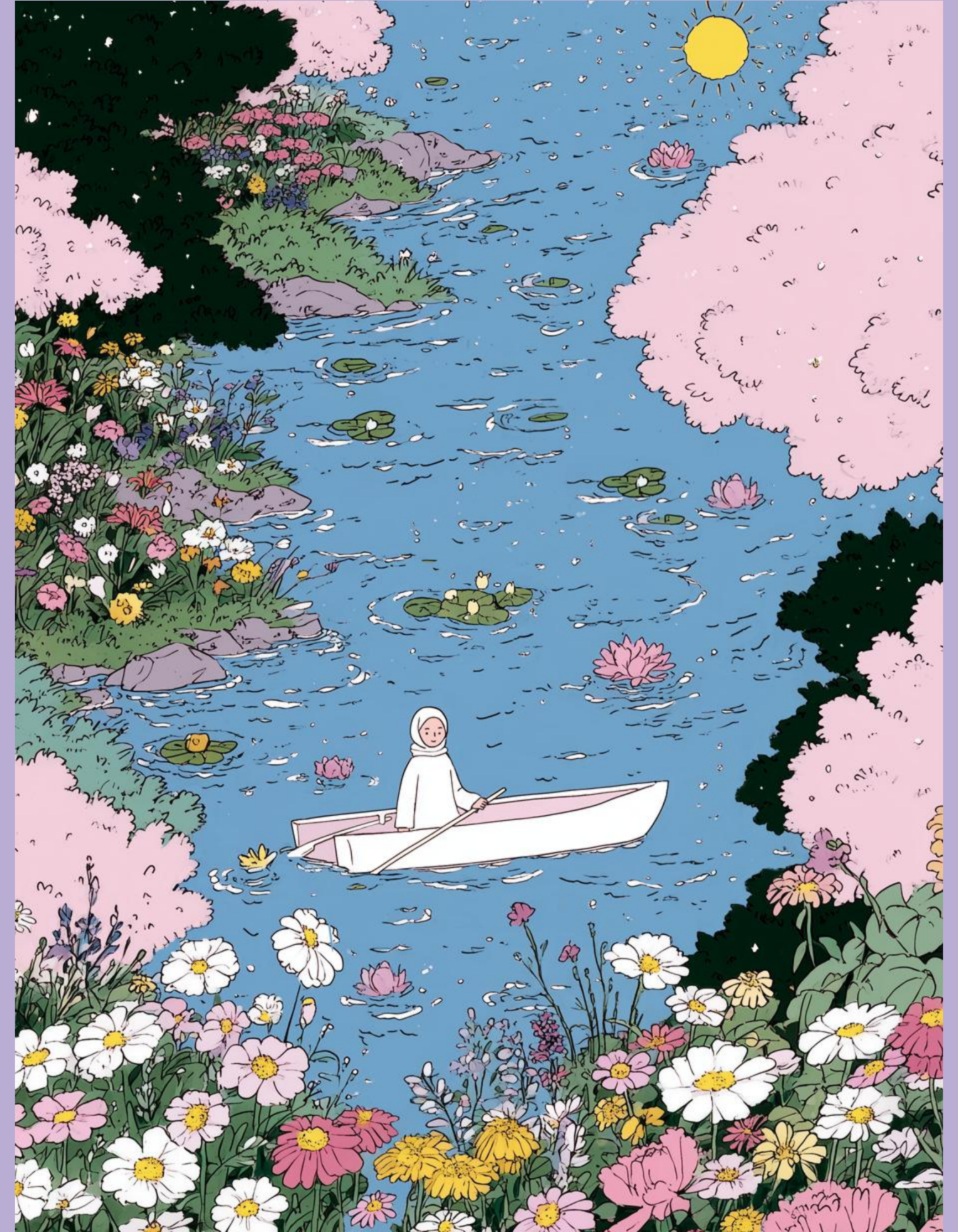


18

On Trusting Allah SWT

Why Having Redha is the
Cure to a Highly Anxious World

with Ustadha Samia Mubarak
15th June '25



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We are always looking
for Redha (contentment) in
different phases of our life.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We are always looking
for Redha (contentment) in
different phases of our life.

This is important because...

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

When we find
contentment,
we are rich.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

That is what we see
in the people of Gaza

On the physical level;

Constant
bombardment

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

That is what we see
in the people of Gaza

But in their hearts,

**They are the most
content people**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

وَلَكِنَّ الْغِنَىٰ غِنَى النَّفْسِ

“but richness is
the richness of the soul
(heart, self).”

(Sahih Muslim 1051)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Acceptance of Allah's Decree
(Redha) will shift our
contentment from being in
things to Allah SWT.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

قُلْ لَّنْ يُصِيبُنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا
وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

Say, “Nothing will ever befall us except what Allah has destined for us. He is our Protector.”

So in Allah let the believers put their trust.

(Surah at Tawbah : 51)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘Trust’ is key

in our relationship
with Allah SWT.

aaplus



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘Trust’ is key

and through it we find
contentment.

aaplus



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Ustadha Samia's
personal



story and
experience.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Oftentimes, when
something new comes to us,
the last thing we would think
of is contentment.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Because most times,
reaching contentment
would take a journey.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

But whatever
is going to happen,
has already been written.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Trusting takes
a lot of striving.

Mujahadah

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

It takes struggle to get
ourselves to really realise
and recognize...

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘What Allah SWT
wants is better
for me’.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Most of us know these
things in theory.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Trust
Allah SWT



**Most of us know these
things in theory.**

Allah SWT has
written the best
for us



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Trust
Allah SWT



**But it's hard for us to put
these theory into practice!**

Allah SWT has
written the best
for us



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

What is **the first thing** that we would do?

**Most of the time we
would try to **solve** it
instead of accepting it.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**When we don't surrender,
that is when our anxiety
will hit its peak.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The first thing that we should do;

Understand that Allah SWT
will only give us something
that we can handle.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The first thing that we should do;

Understand that Allah SWT
will only give us something
that we can thrive in.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The **next** thing that we should do;

**Ask Allah SWT
to show us of what
He want and need
us to do.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**It's normal to have
our Redha waver
from time to time.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

It's normal to have
our Redha waver
from time to time.

It's a constant striving.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We have to
constantly ask
Allah SWT for
guidance.



aaplus

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

No matter where we are
on our Redha level,
Allah SWT wants us
to **rely on Him.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا

**Indeed, humankind
was created impatient:**

(Surah al Ma'arij : 19)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا

**Indeed, humankind
was created anxious:**

(Surah al Ma'arij : 19)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

إِذَا مَسَّهُ الشَّرُّ جَزُوعًا

**distressed when
touched with evil,**

(Surah al Ma'arij : 20)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا

**and withholding
when touched with good—**

(Surah al Ma'arij : 21)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Humankind is anxious in both situations.

distressed when
touched with evil,

(70 : 20)

and withholding
when touched with good.

(70 : 21)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

إِلَّا الْمُصَلِّينَ

except those
who pray,

(Surah al Ma'arij : 22)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

الَّذِينَ هُمْ عَلَى صَلَاتِهِمْ دَائِمُونَ

consistently performing
their prayers;

(Surah al Ma'arij : 22)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



**Allah SWT has set the
precedence that humankind
is made to be anxious.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

BUT

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT also
gives us access to Him,
to get over that anxiety.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT also
gives us prayer (Solah)
to get over that anxiety.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT also  as a way
to connect
to Him

gives us prayer (Solah)
to get over that anxiety.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Solah is 'Silah'

Prayer is 'to connect'.

aaplus



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Whatever that is
making you anxious;**

distressed when
touched with evil,

(70 : 20)

and withholding
when touched with good.

(70 : 21)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Whatever that is making you anxious;

distressed when
touched with evil,

(70 : 20)

holding on dearly to
something good
that we get

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Whatever that is
making you anxious;**

we did not get
what we wanted

holding on dearly to
something good
that we get

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**In both situations, we are
holding on to the factor.**

we did not get
what we wanted

holding on dearly to
something good
that we get

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**In both situations, we are
holding on to the factor.**

constantly
changing

constantly
changing

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The Only One who is Constant is Allah SWT

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



Allah SWT
is inviting us
to a Home
of Stability
with Him!

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Not attached
to giving



Allah SWT
is inviting us
to a Home
of Stability
with Him!

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Not attached
to giving



Allah SWT
is inviting us
to a Home
of Stability
with Him!

Not attached
to receiving

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Not attached
to giving



Allah SWT
is inviting us
to a Home
of Stability
with Him!

Not attached
to receiving

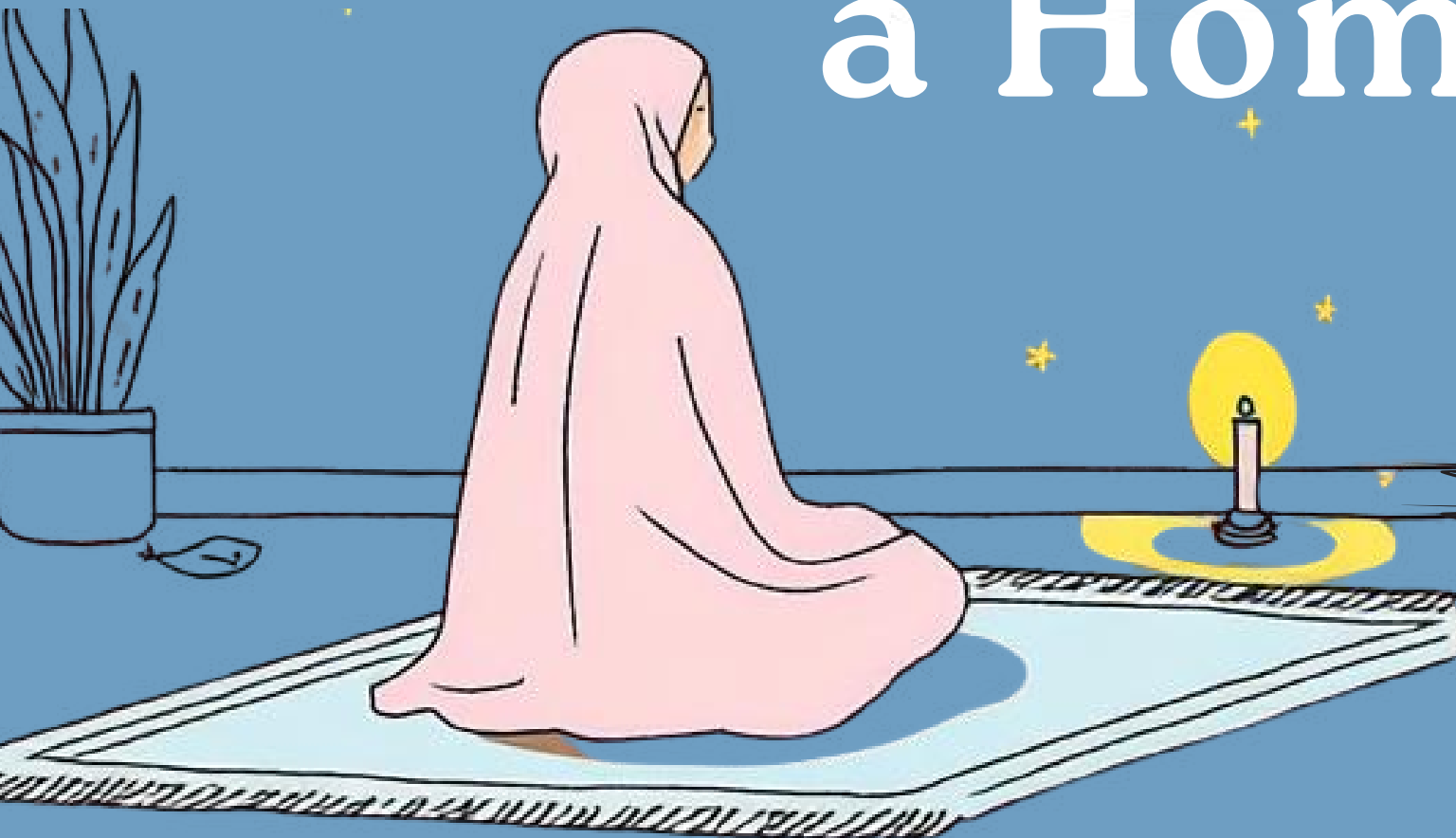
Not attached to
withholding

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Solah

a Home of Stability



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Solah

a Home of **Stability**

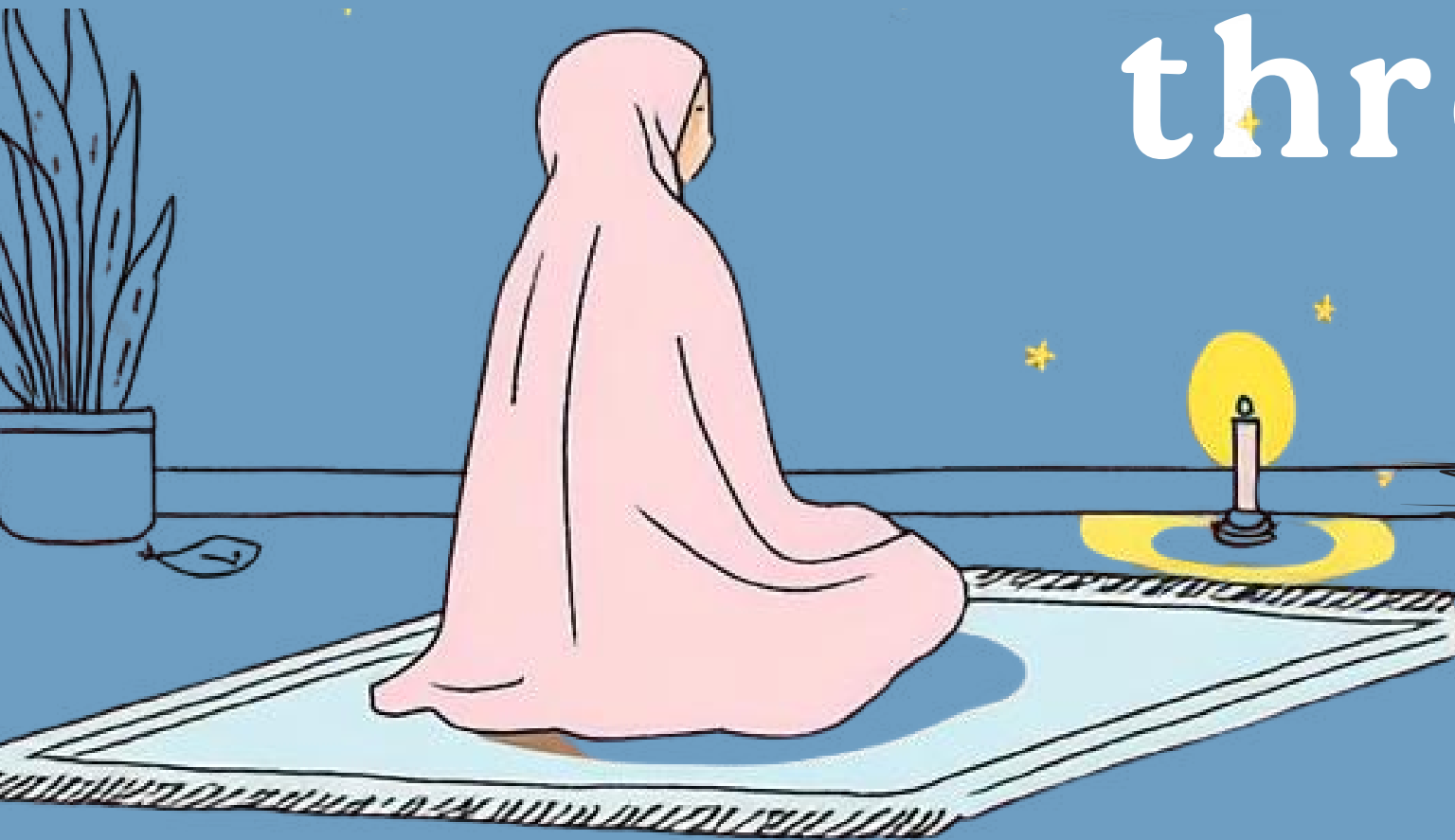
where we go back to five times a day.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT wants us to be
grounded and stable
through Him.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT wants us to be
grounded and stable
through Him.

Solah is our anchor and pillars.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

This is what helps us have Redha;

Being connected
to the One

(who's giving us or withholding from us).

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

وَإِذَا آذَقْنَا النَّاسَ رَحْمَةً فَرِحُوا بِهَا وَإِنْ تُصِيبُهُمْ
سَيِّئَةٌ بِمَا قَدَّمَتْ أَيْدِيهِمْ إِذَا هُمْ يَقْنَطُونَ

**If We give people a taste of mercy, they become
prideful 'because' of it. But if they are afflicted with
an evil for what their hands have done, they instantly
fall into despair.**

(Surah ar Rum : 36)

وَإِذَا آذَقْنَا النَّاسَ رَحْمَةً فَرِحُوا بِهَا وَإِنْ تُصِيبُهُمْ
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The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

وَإِذَا أَذَقْنَا النَّاسَ
رَحْمَةً فَرِحُوا بِهَا

If We give people
a taste of mercy,
they become
prideful
‘because’ of it.

(Surah ar Rum : 36)

They become prideful,
through the mercy.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Instead of attaching
themselves to

ar Rahman (the All-Merciful)
Himself

they are
attached to

the Rahmah (mercy).

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Be attached to
the Giver of the gift
and not to the gift.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

They are finding
contentment in things.

Which is impossible, because it's fleeting.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We often find contentment in relationships.

aaplus



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We let ourselves
be held by these
relationships.

aaplus



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

But we have to
constantly check
with ourselves,

“What’s
feeding me the
contentment?”



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“Is it really
contentment?”



aaplus

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“Or is it an
illusion of
contentment?”



aaplus

أَوَلَمْ يَرَوْا أَنَّ اللَّهَ يَبْسُطُ الرِّزْقَ لِمَن يَشَاءُ وَيَقْدِرُ
إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ

Have they not seen that Allah gives abundant or limited provisions to whoever He wills? Surely in this are signs for people who believe.

(Surah ar Rum : 37)

أَوَلَمْ يَرَوْا أَنَّ اللَّهَ يَبْسُطُ الرِّزْقَ لِمَن يَشَاءُ وَيَقْدِرُ
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Have they not seen that Allah gives abundant or limited provisions to whoever He wills? Surely in this are signs for people who believe.

(Surah ar Rum : 37)

Allah is Al-Basit
(The Extender)

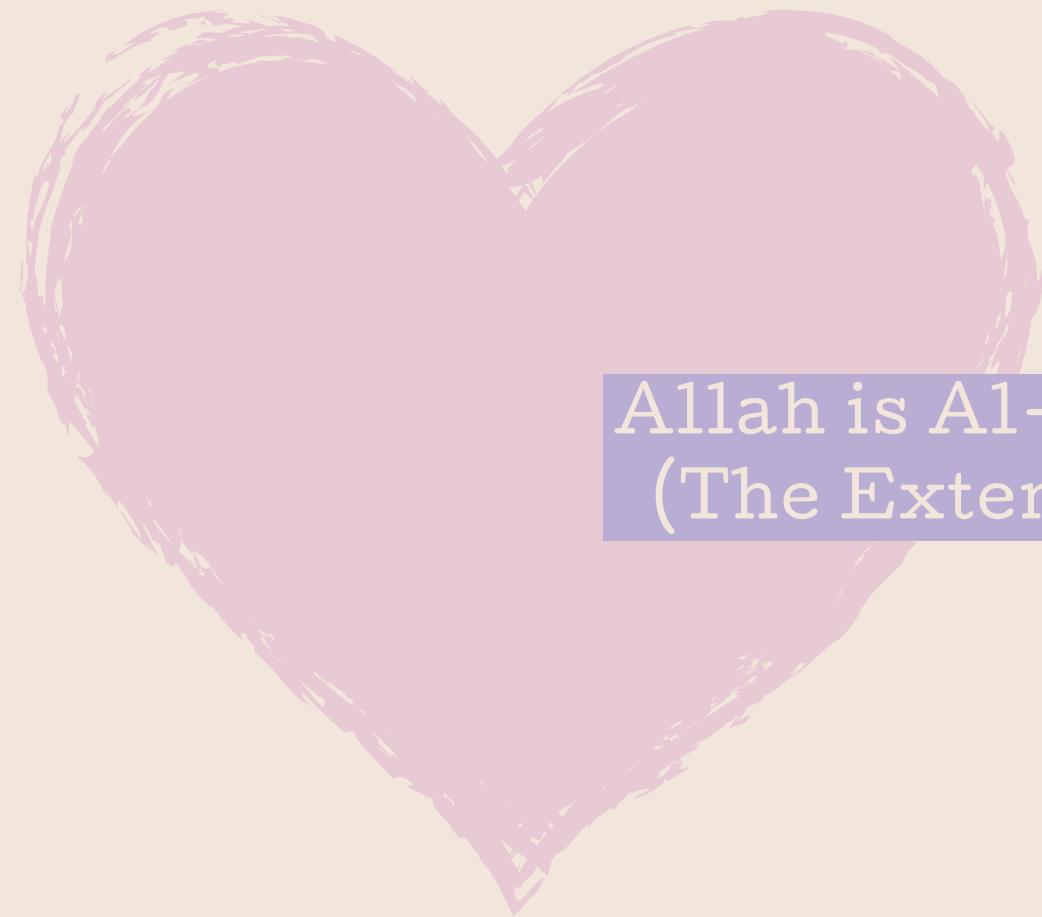
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Have they not seen that Allah gives abundant or limited provisions to whoever He wills? Surely in this are signs for people who believe.

(Surah ar Rum : 37)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

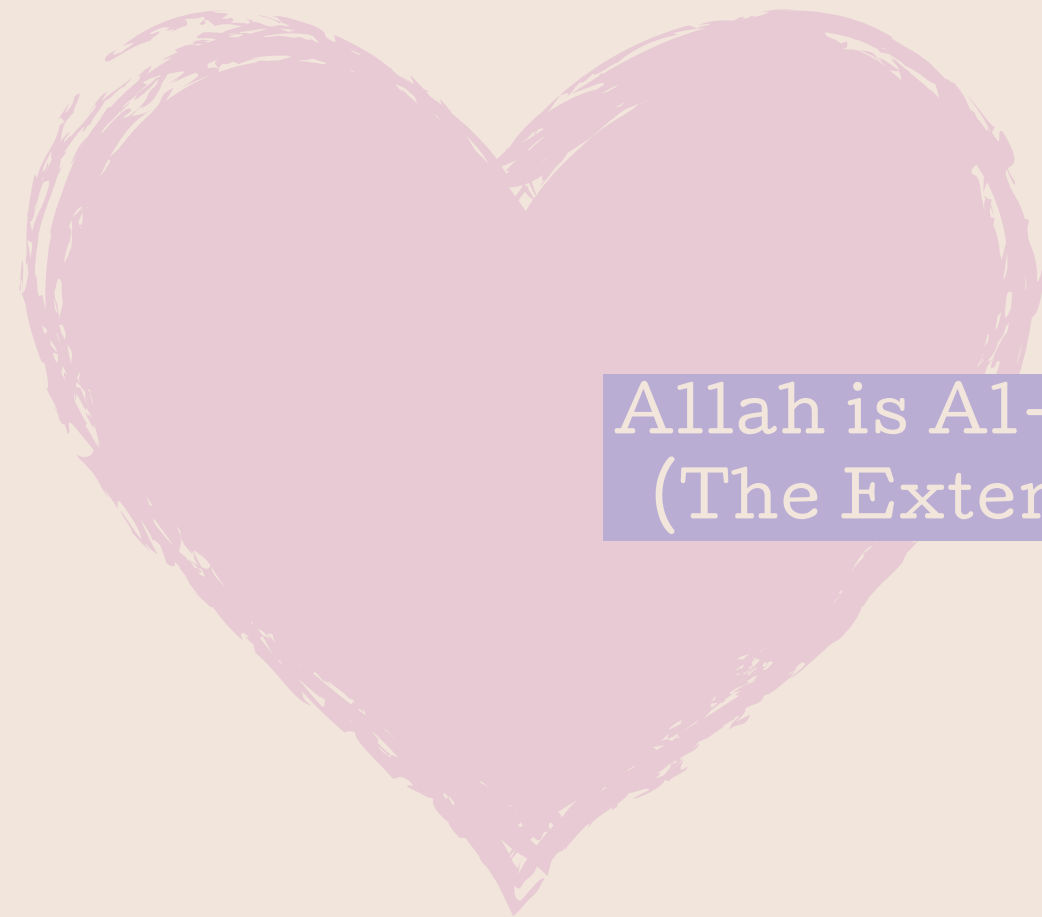


Allah is Al-Basit
(The Extender)

If the gaze of
our heart is attached on
Allah Al-Basit (The Extender),

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



Allah is Al-Basit
(The Extender)

**We are
placing ourselves
at a point of receiving.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

(Surah ar Rum : 36)

It can feel **confining**

**when we are attaching
ourselves to things.**

أَوَلَمْ يَرَوْا أَنَّ اللَّهَ

يَبْسُطُ الرِّزْقَ

لِمَن يَشَاءُ وَيَقْدِرُ

Have they not seen
that Allah gives
abundant or limited
provisions to
whoever He wills?

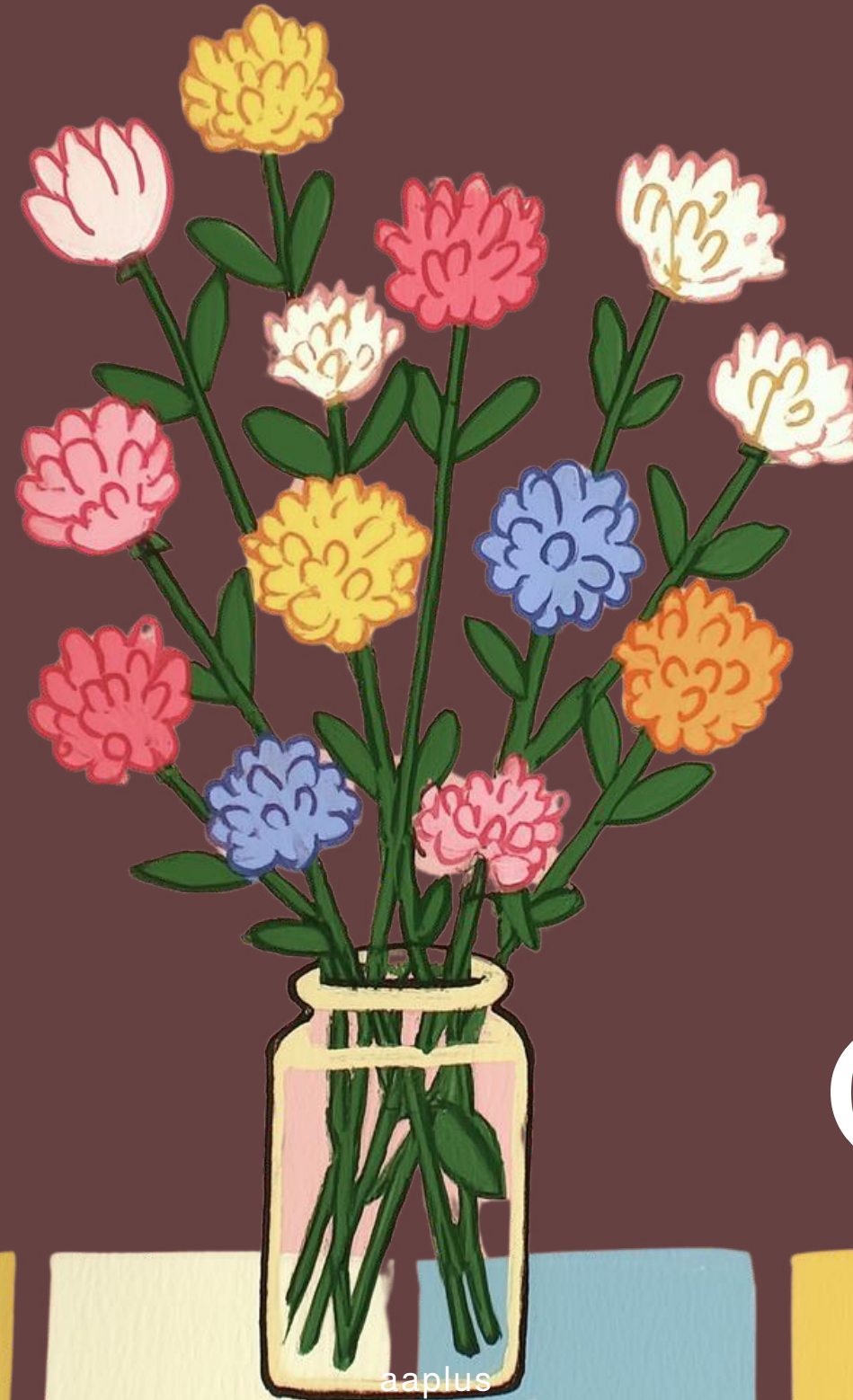
(Surah ar Rum : 37)

Attached ourselves
to Allah **Al Basit**
throughout it all.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

AA's Personal Experience

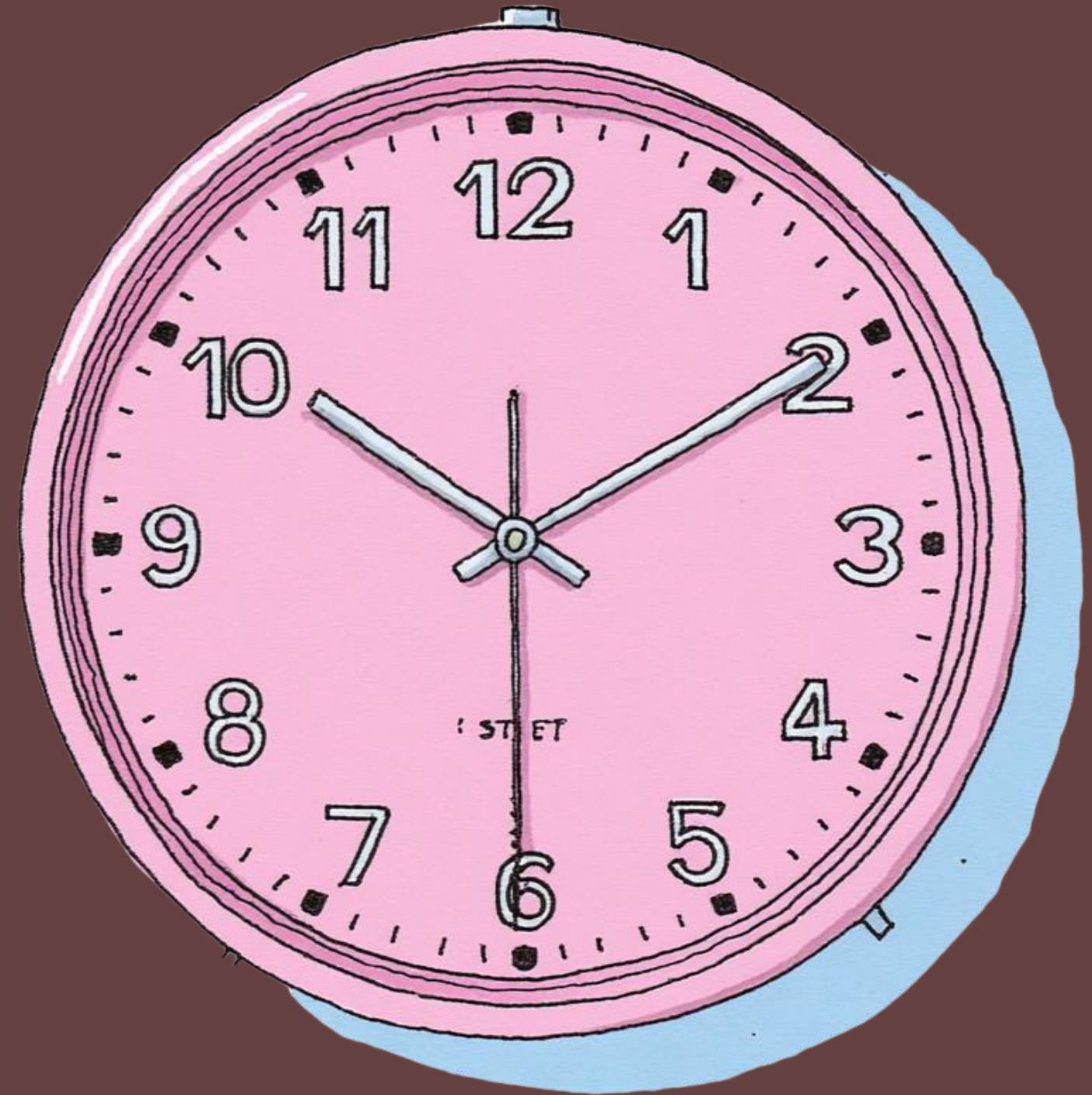


Calling out to
Allah Al Basit
(The Extender).

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

If we constrict
ourselves in the
human perception
of 24 hours,
we will feel like
it's not enough.



**But when we connect
ourselves to Al Basit,
The Owner and The
Expander of time, we can
feel that Allah SWT is
expending our time.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Putting our reliance on Allah SWT instead of on ourselves.

Because we are weak.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

to connect to
Allah SWT



Another 'Silah' is through Knowing His Names.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Knowing His Names
will make our journey in
reaching Redha, easier.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

For example:

(From Ustazah Samia's personal experience)

Knowing that

Allah is
Al Basit

(The Extender)

But also
knowing that

Allah is
Al Qabidh

(The Withholder)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Moments of Allah as

A1 Qabidh (The Withholder)

help us notice

moments of Allah as

A1 Basit (The Extender)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“Glory be to the One Who created
all ‘things in’ pairs—‘be it’ what
the earth produces, their genders,
or what they do not know!”

(Surah Ya Seen : 36)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Sometimes,
we need one thing

just so we are able

to see the other thing.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We don't know
what is sweet

unless we
tasted salty.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

If we live in
perpetual darkness,

we don't know
what light is.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

And He is the One Who causes the
day and the night to alternate, 'as
a sign' for whoever desires to be
mindful or to be grateful.

(Surah al Furqan : 62)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Sometimes we go through
these things to help us see
what we weren't seeing.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Sometimes we go through
these things to **help us see**
what we weren't seeing.

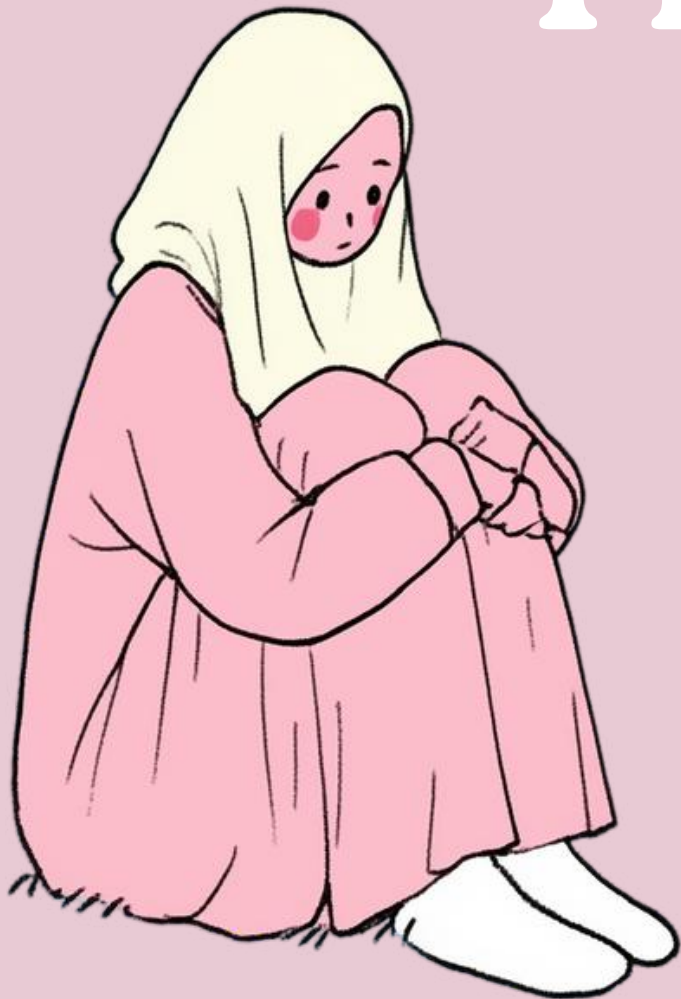
Helps us
gain Redha.

aaplus

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

These things help us see



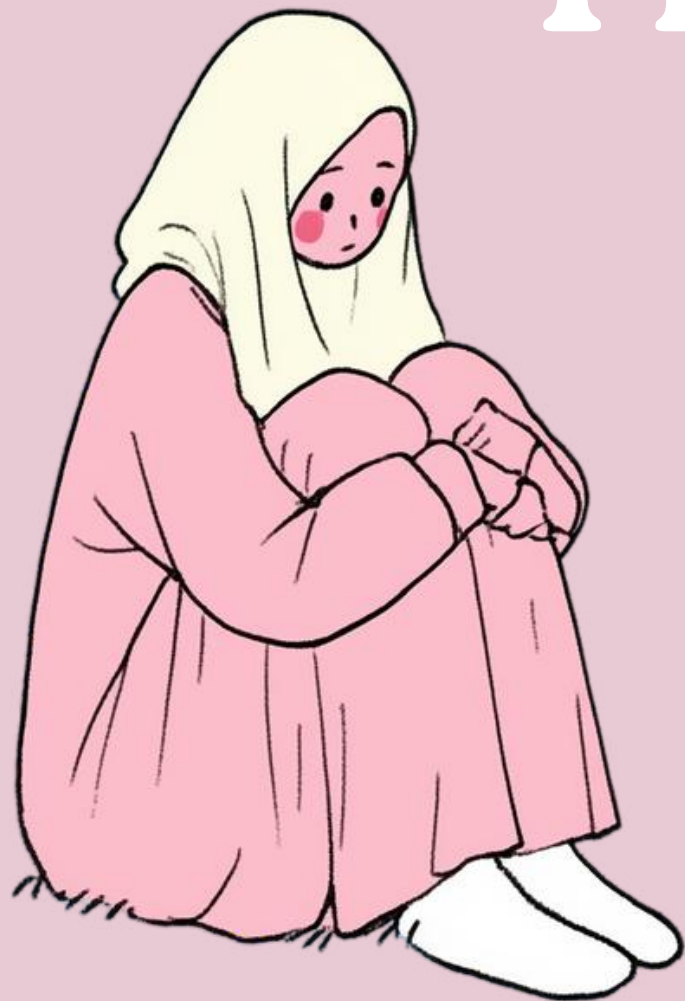
The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“and be
content with
His Decree.”

“I definitely
should rely
on Him,”

These things help us see



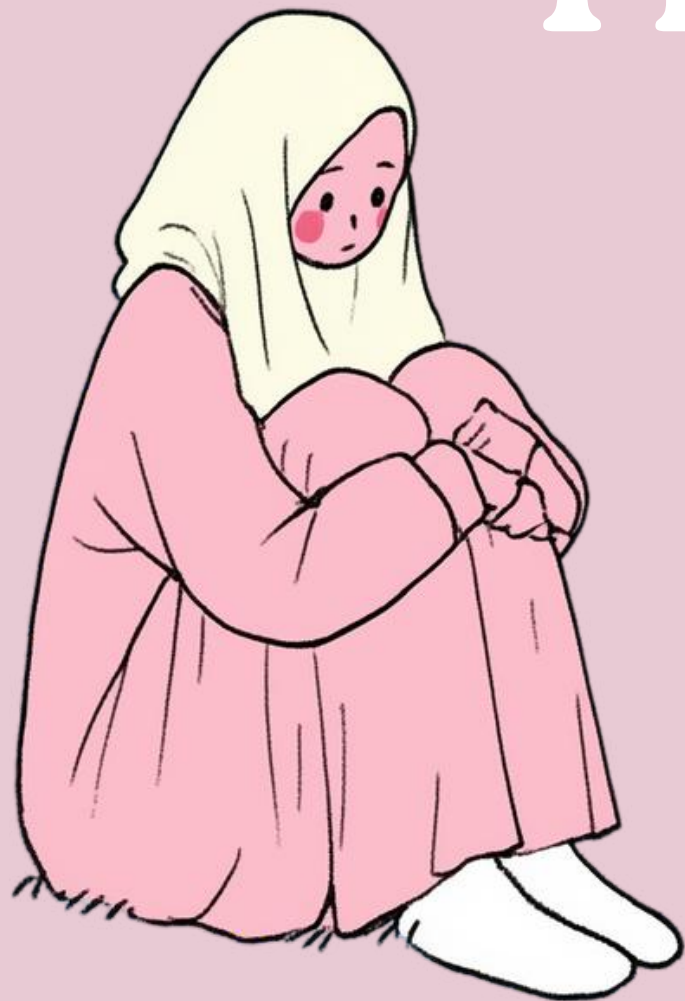
The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“and be
content with
His Decree.”

“I definitely
should rely
on Him,”

These things **help us see**
the humbling moment
that we are nothing.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

When we see Allah SWT
through the person,
we'll be able to **get more**
out of that relationship.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

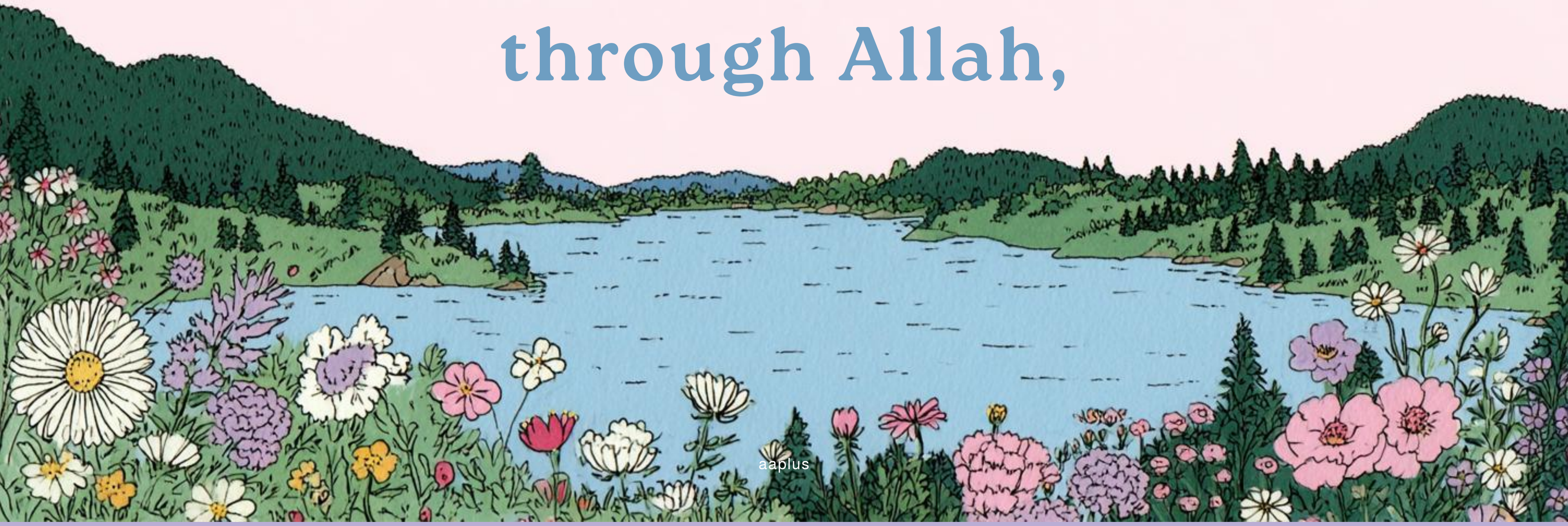
**If we are holding on to them,
they've returned to Allah.**



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

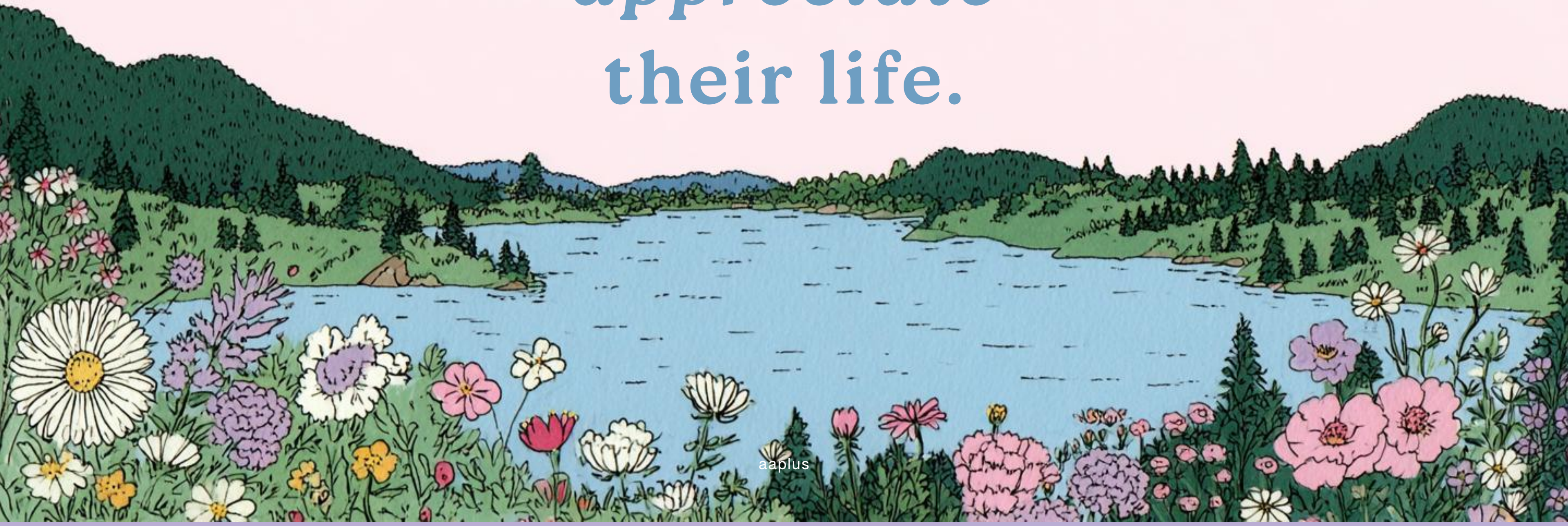
**But if we see their life
through Allah,**



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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**we will start to
appreciate
their life.**



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

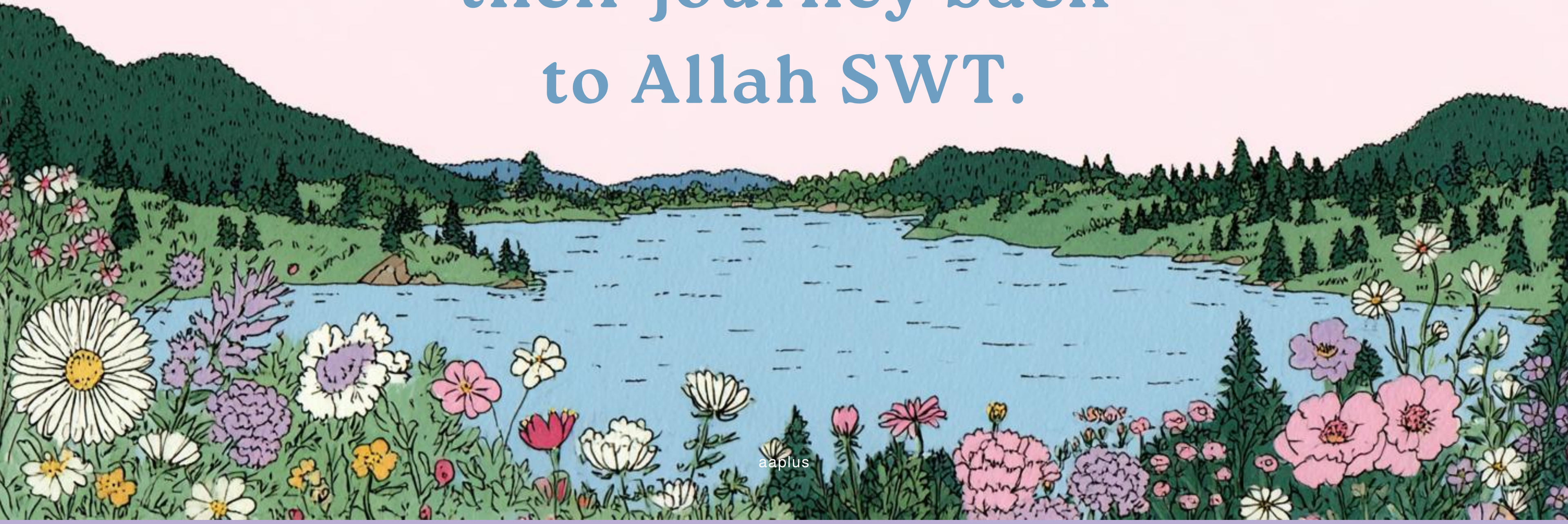
*“Look what
Allah gave me
through them.”*



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

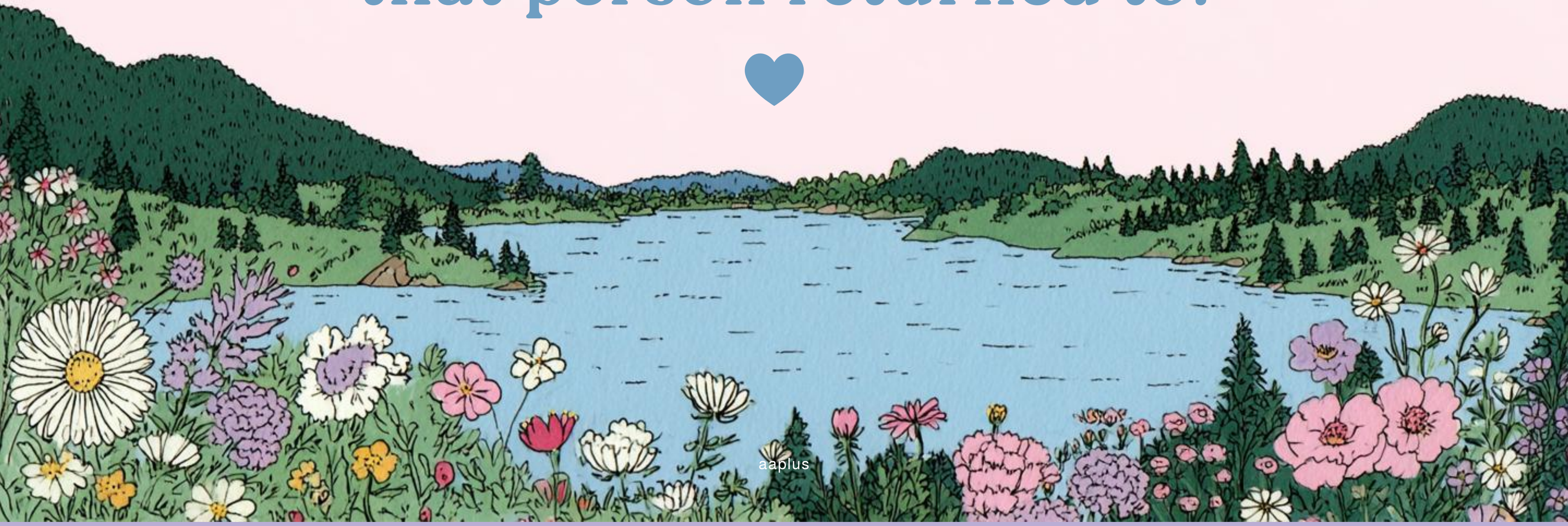
**They are still on
their journey back
to Allah SWT.**



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

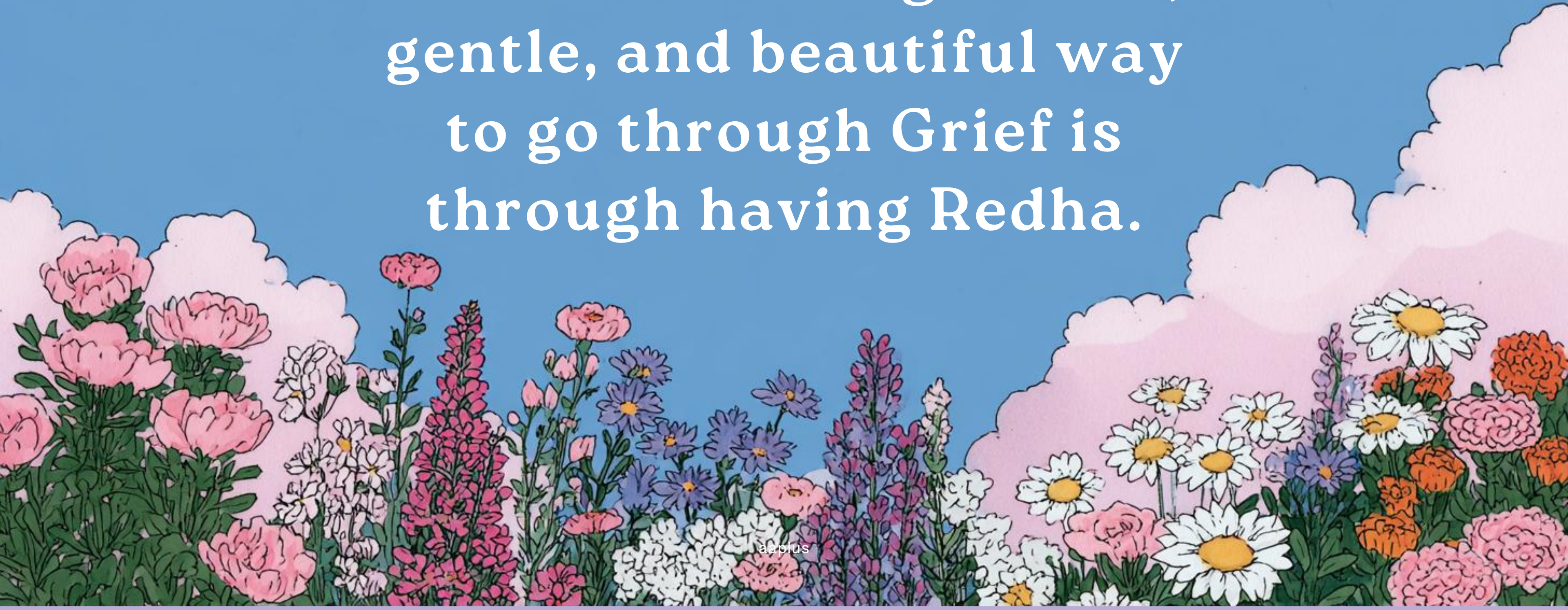
You're still with the One
that person returned to.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

One of the most graceful,
gentle, and beautiful way
to go through Grief is
through having Redha.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Du'a pointer from AA

“May we not be a test for one another and that we're not attached to one another, so much so that it will *test* us in bringing us away from Allah SWT.”

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

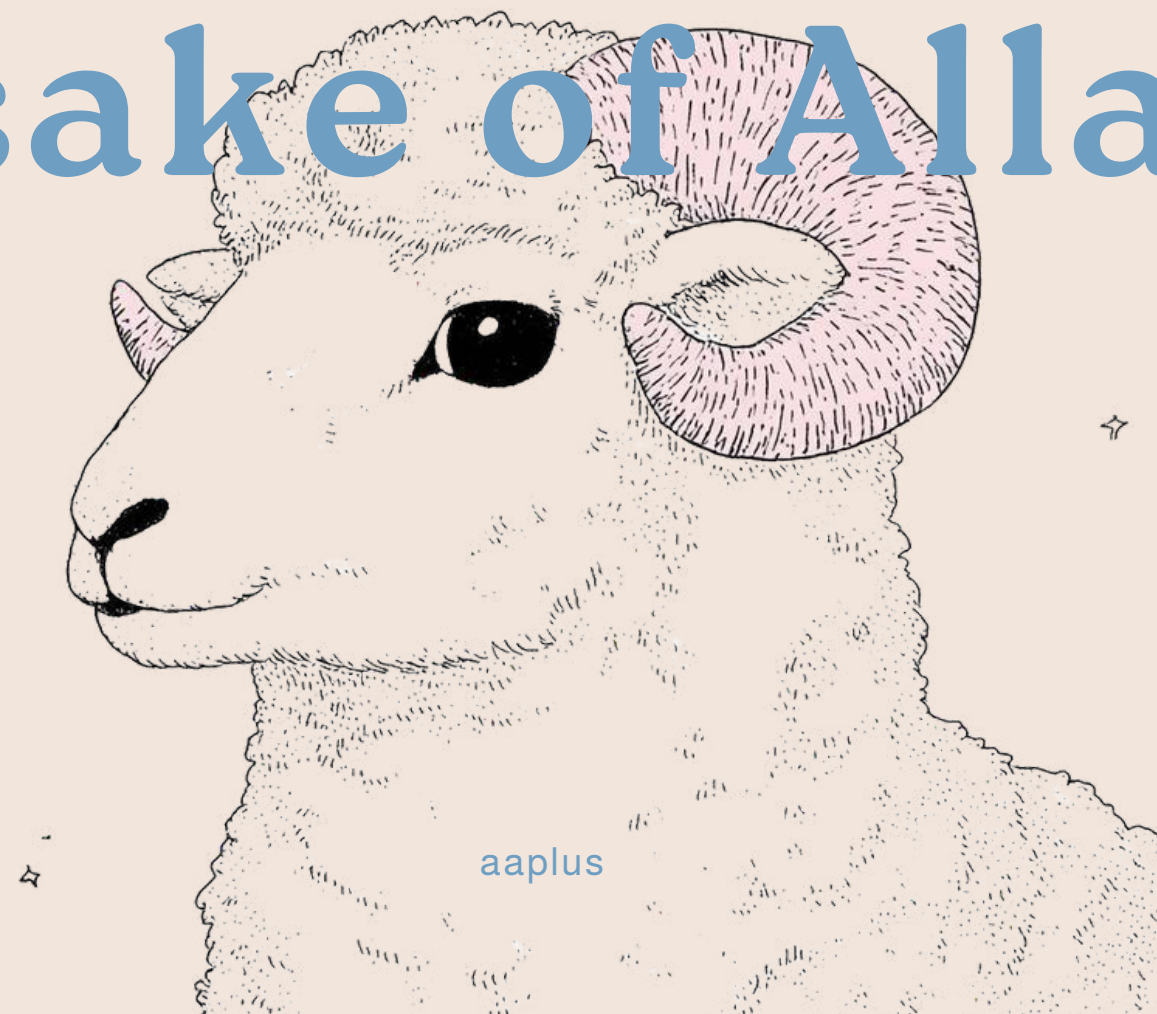
Most of us have problems
detaching ourselves from
the people whom we love.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Key factor in the story of
Prophet Ibrahim and Prophet Ismail AS's sacrifice;

**Detaching and sacrificing
for the sake of Allah SWT.**

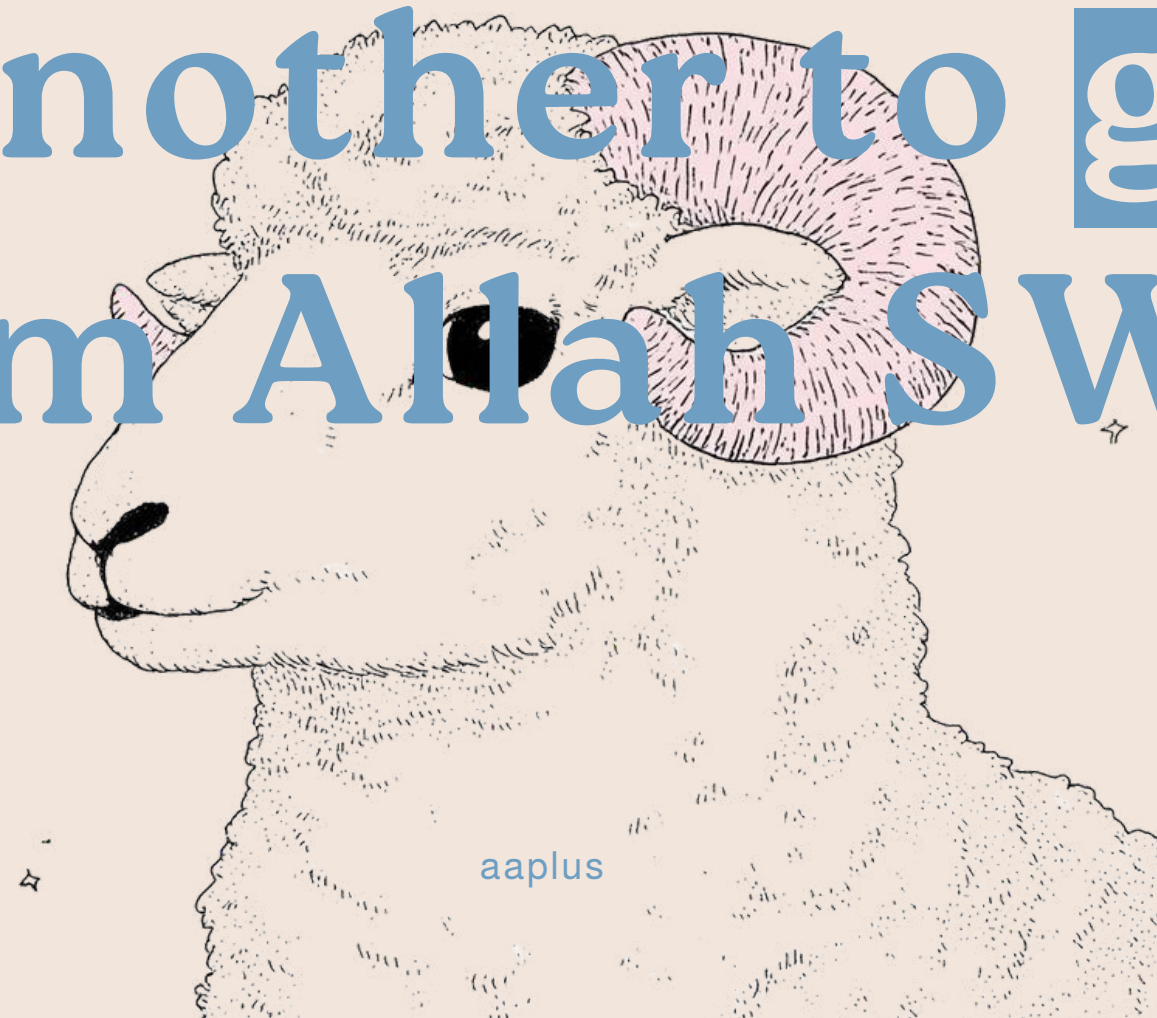


The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Key factor in the story of
Prophet Ibrahim and Prophet Ismail AS's sacrifice;

Using their bond and love
for one another to **gain love**
from Allah SWT.



aaplus

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

فَإَنْظُرْ إِلَىٰ ءَاثَرِ رَحْمَتِ اللَّهِ كَيْفَ يُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا

See then the impact of Allah's mercy:

how He gives life to the earth
after its death!

(Surah ar Rum : 50)

فَإَنْظُرْ إِلَى **ءَاثَرِ** رَحْمَتِ اللَّهِ كَيْفَ يُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا

See then the **impact** of Allah's mercy:
how He gives life to the earth
after its death!

(Surah ar Rum : 50)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“Sometimes we look at the places that these people were in our life, and we say, you know, this is the bed they slept on. Right? This is the couch they sat on. Right? And you look around the house that this person was in.”



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

If we look at it through
only that lens,
**we would
fall really fast.**

The background is a watercolor illustration of a bedroom. On the left, a window with white curtains looks out onto a blue sky. Below the window is a brown wooden nightstand with a small vase of green leaves and a stack of books. To the right is a bed with a light green sheet featuring pink polka dots and a white pillow. The overall color palette is soft and pastel.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

If we look at it through
only that lens,

**we are living
in loss, and all we
are seeing is loss.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



We can live in loss but
see gain, through Allah;

we can just switch the lens.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Not to say that we
don't feel lost & hurt.
Emotions *are* a part of
our humanness.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

But we can use
that emotion to
find Allah SWT.

The Sunday Session

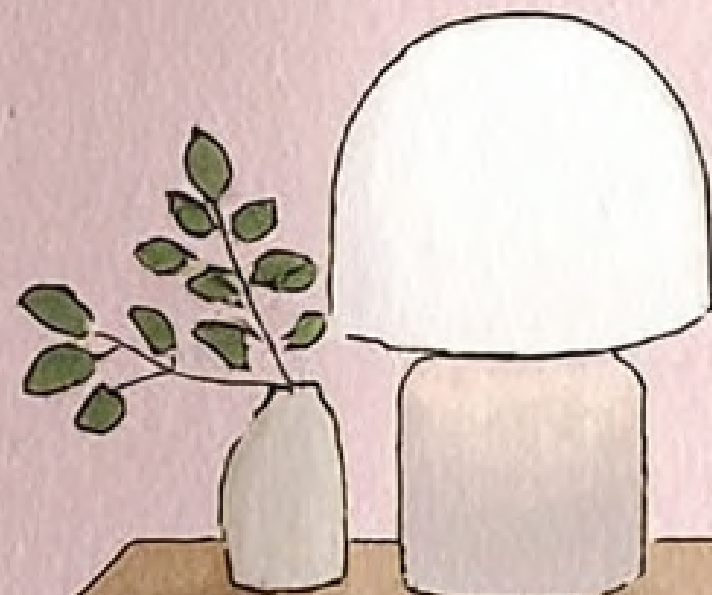
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Allah also is inviting us
to see something we
weren't seeing before.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

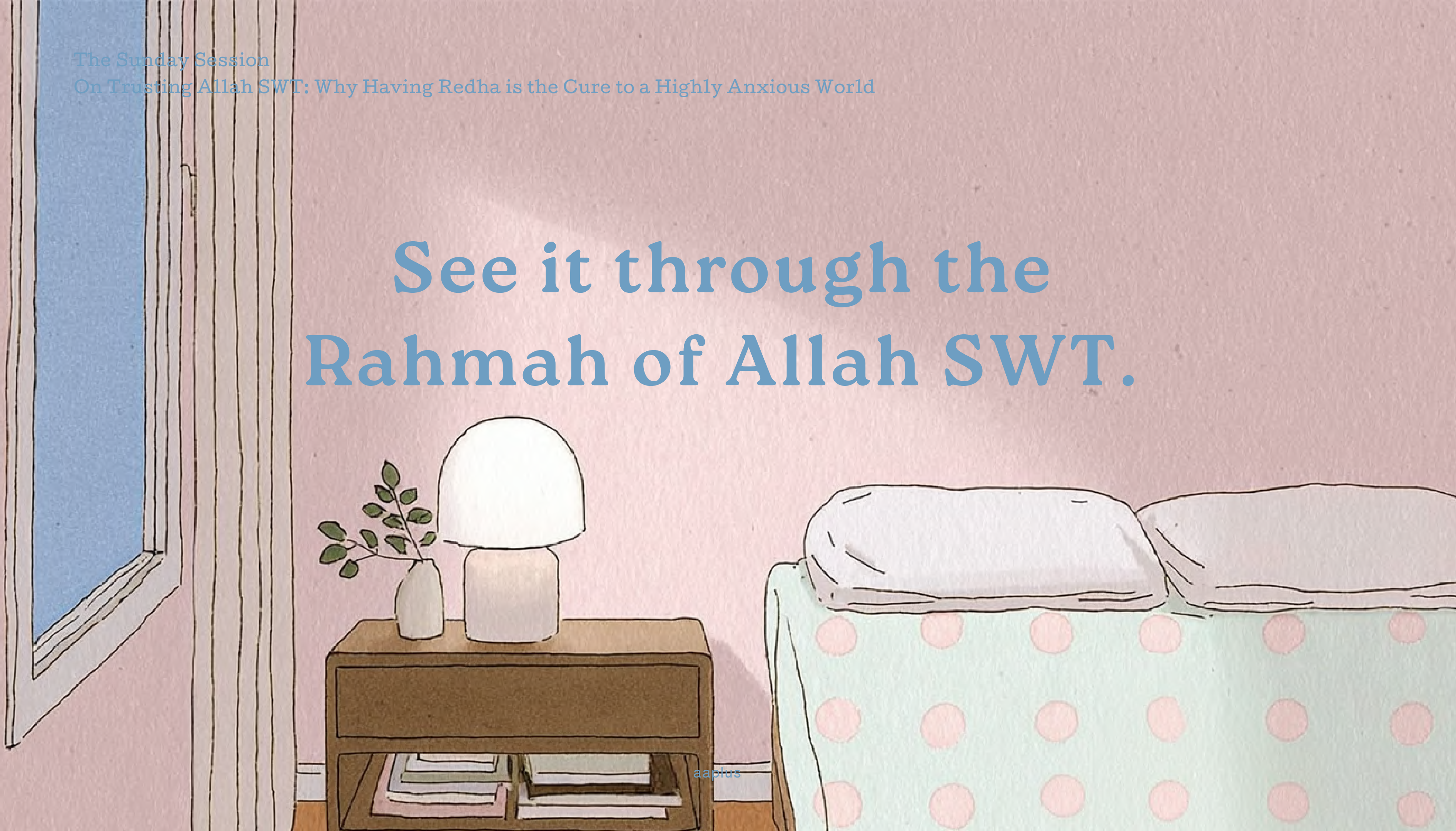
“Look at all of Allah’s mercy
that I get to experienced.”



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

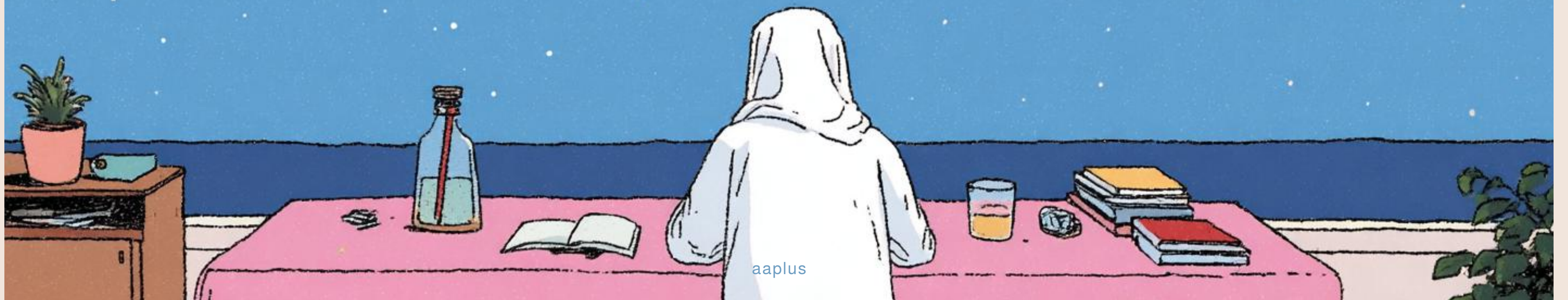
See it through the
Rahmah of Allah SWT.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

STUDY BREAK



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Gaining *Redha* is hard when
we have little to no knowledge
on Allah's attributes.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**When Allah SWT
asks us to trust Him,
He shows us the reasons.**

فَأَنْظِرْ إِلَىٰ ءَاثَرِ رَحْمَتِ اللَّهِ كَيْفَ يُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا

the
command



إِنَّ ذَٰلِكَ لَمُحْيِ الْمَوْتَىٰ ۖ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

See then the impact of Allah's mercy: how He gives life to
the earth after its death! Surely That 'same God' can
raise the dead. For He is Most Capable of everything.

(Surah ar Rum : 50)



the
reassurance

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

A challenge from Ustazah:

Get into the habit of
reading the **morning and**
evening adhkar.

 A set of
reassurances.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا

**I know that Allah has power over all things
and that Allah encompasses all things in His knowledge.**

(Morning and Evening adhkar)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Reaffirming our reliance on Allah SWT;

through the morning and evening adhkar.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We'll see changes
when we consistently
recite and **understand**
the adhkār.

The Sunday Session

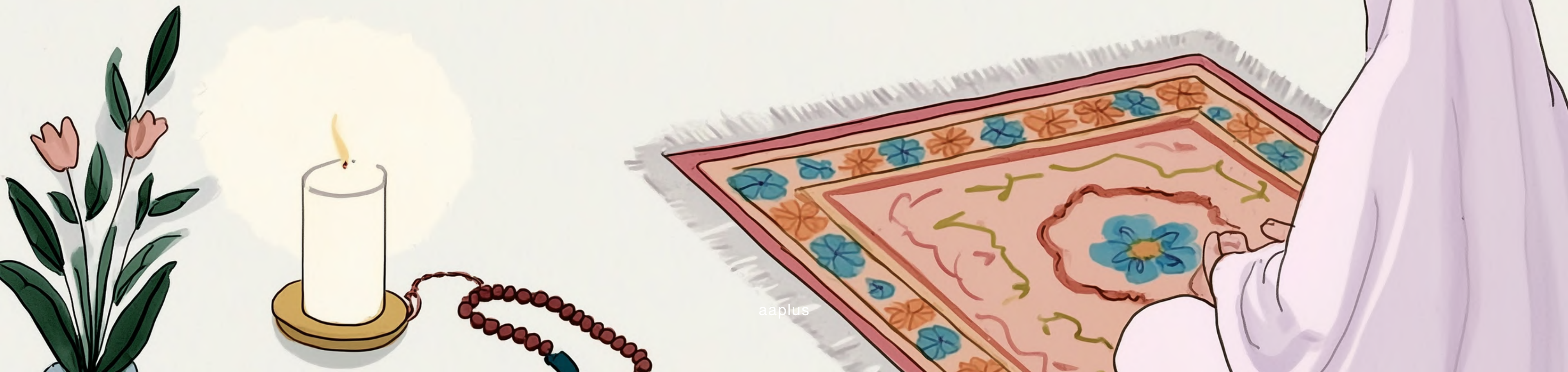
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

It's for us to
ingrain and internalize
what the adhkhar are
telling us.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We then will be able
to move through a storm, &
navigate the winds differently.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

All the commands to have
Tawakkal (reliance in Allah),
comes with a reassurance.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

It's not blind trust.

**It's a confident
kind of trust.**

#tawakkul

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Confident-trust;

This is what we need to have Redha.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Confident-trust;

Allah SWT wants us
to have confident in our faith.

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ ۖ
قَالَ أَوْلَمْ تُؤْمِنْ ۖ قَالَ بَلَىٰ وَلَٰكِن لِّيَطْمَئِنَّ قَلْبِي

**And 'remember' when Abraham said, “My Lord!
Show me how you give life to the dead.” Allah
responded, “Do you not believe?” Abraham replied,
“Yes I do, but just so my heart can be reassured.”**

(Surah al Baqarah : 260)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Oftentimes, when we need
reassurance through our faith,
we would blame ourselves for
not already knowing.

قَالَ فَخُذْ أَرْبَعَةً مِّنَ الطَّيْرِ فَصُرْهُنَّ إِلَيْكَ ثُمَّ أَجْعَلْ عَلَىٰ كُلِّ جَبَلٍ مِّنْهُنَّ جُزْءًا ثُمَّ ادْعُهُنَّ يَأْتِينَكَ سَعْيًا وَاعْلَمْ أَنَّ اللَّهَ عَزِيزٌ حَكِيمٌ

Allah said, “Then bring four birds, train them to come to you, ‘then cut them into pieces,’ and scatter them on different hilltops. Then call them back, they will fly to you in haste. And ‘so you will’ know that Allah is Almighty, All-Wise.”

(Surah al Baqarah : 260)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The Quran is the Book of Reassurance.



aaplus

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The Quran is the Book of Reassurance.

Allah SWT is inviting us
to find contentment in
Him constantly.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The Quran
also provide us with
practical things.

The Sunday Session

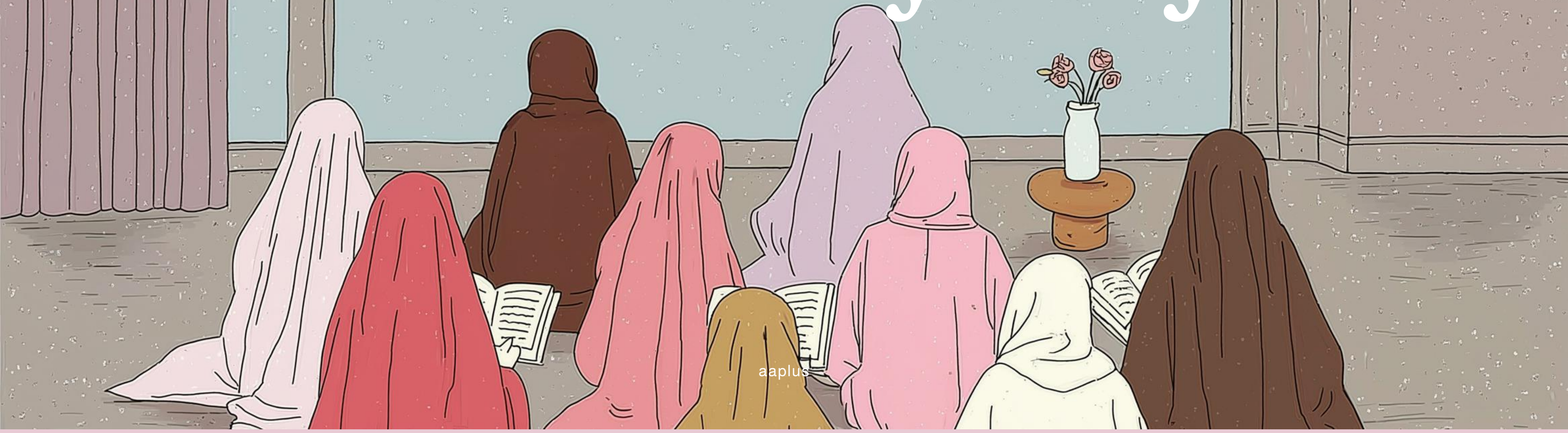
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**The Quran
also provide us with
practical things.**

ie: “consistently performing their prayers” (70:22)

The Sunday Session
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

The Quran is for everybody.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ قُلْ
وَمَنْ يُؤْمِن بِاللَّهِ يَهْدِ اللَّهُ قَلْبَهُ ۚ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ

No calamity befalls 'anyone' except by Allah's Will.

And whoever has faith in Allah, He will 'rightly'
guide their hearts 'through adversity'. And Allah
has 'perfect' knowledge of all things.

(Surah at Taghabun : 11)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah SWT will
guide us through it all;

when we trust Him, know Him,
and connecting to Him.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“I know that just
reaching out to You
is enough”



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



When in doubt, remember;

**We are the hearts that
Allah SWT created.**

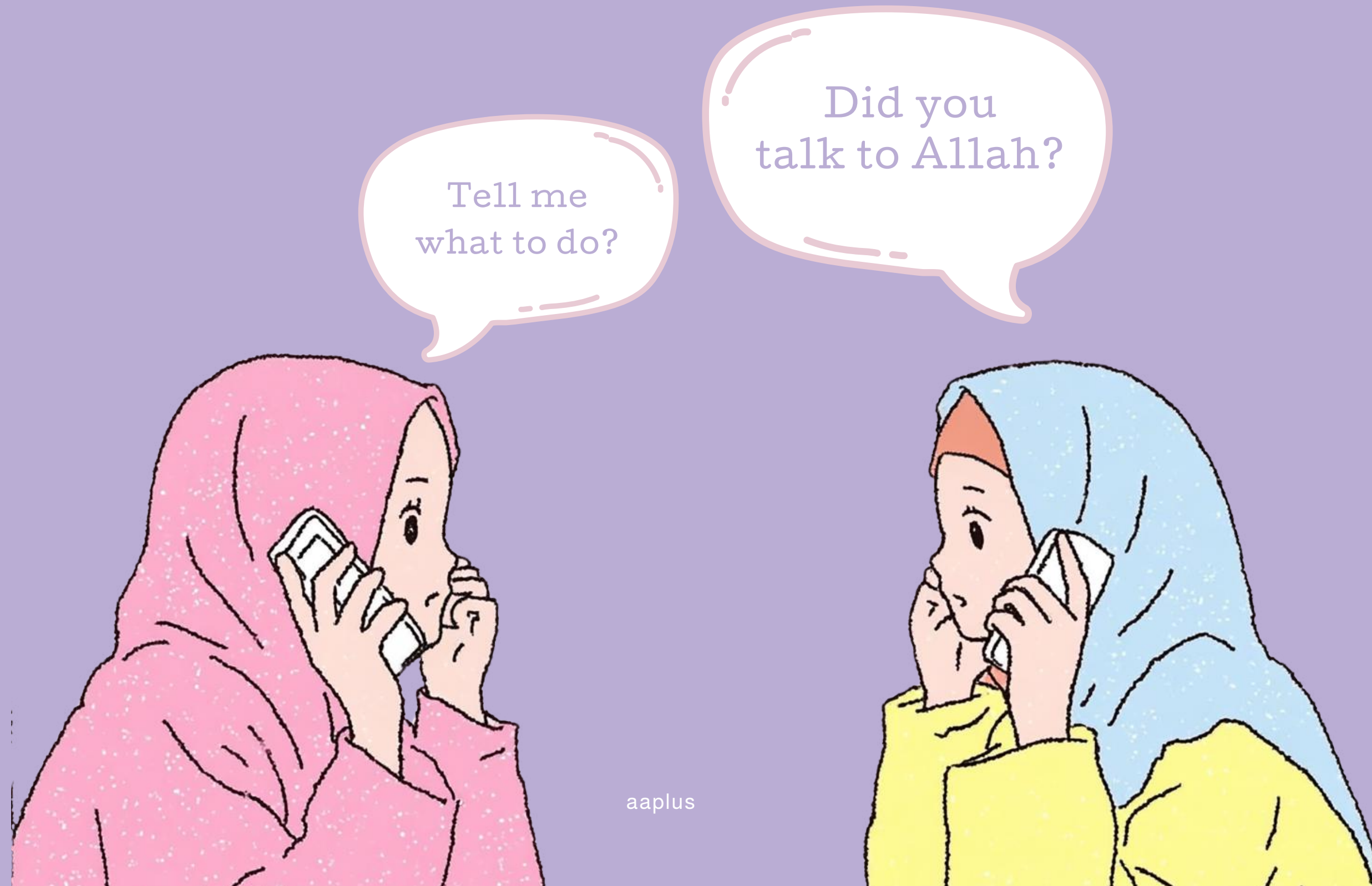
The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

He who created us,
knows how to reassure
our hearts better
than anybody.

The Sunday Session

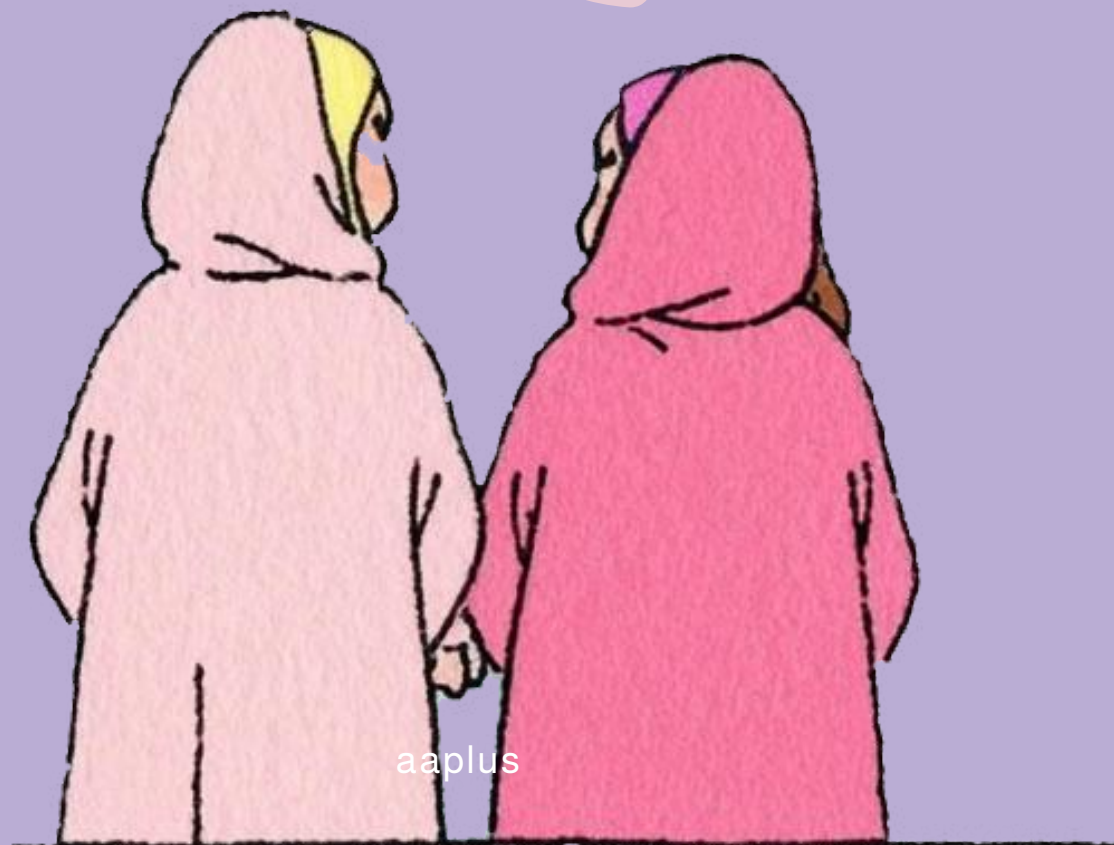
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“Let me talk
to Allah about
it first”

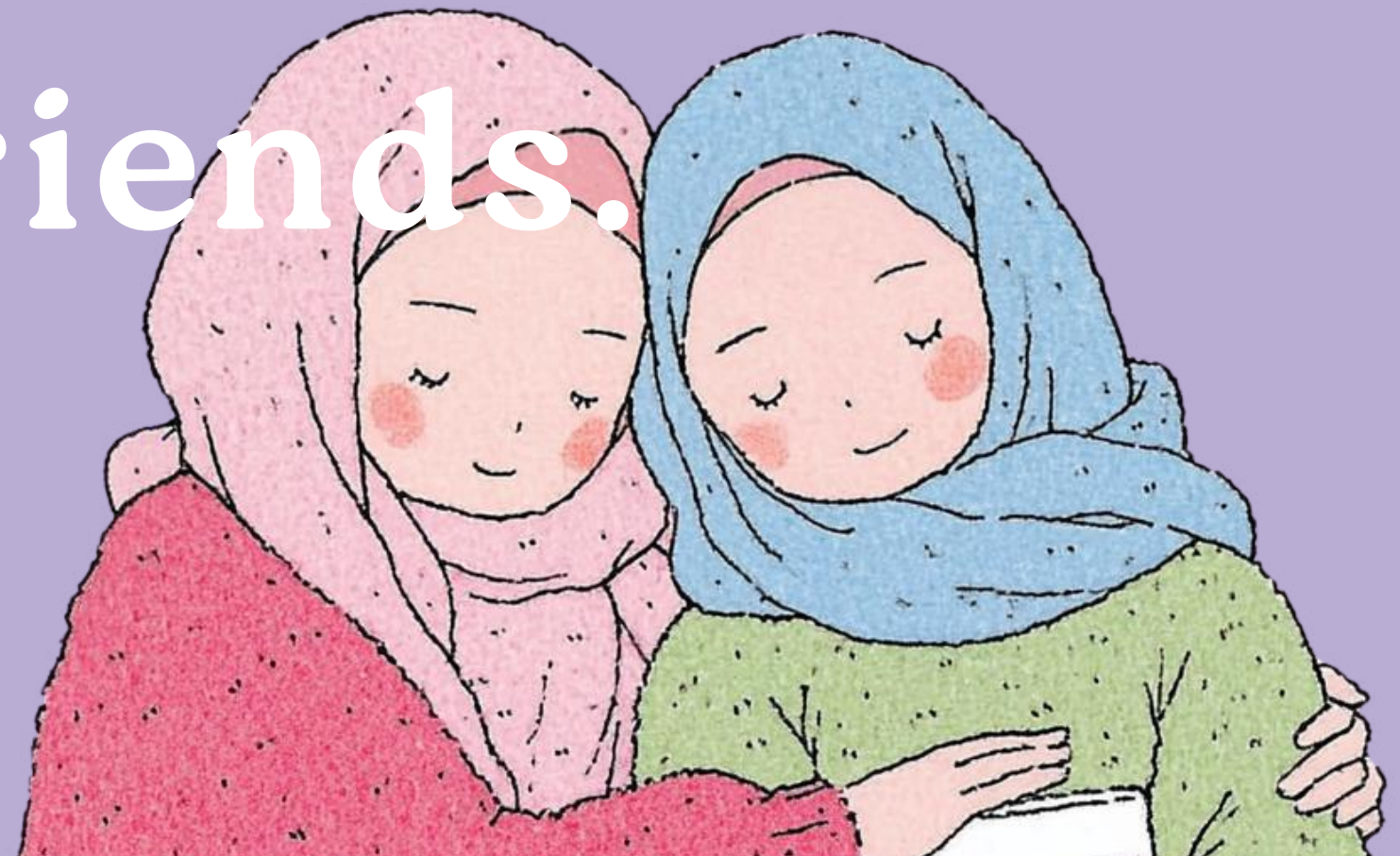


The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

May Allah SWT
allow us to be these
kind of friends.

aaplus



وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ
سَيُؤْتِينَا اللَّهُ مِنْ فَضْلِهِ وَرَسُولُهُ إِنَّا إِلَى اللَّهِ رَاغِبُونَ

If only they had been content with what Allah and His Messenger had given them and said, “Allah is sufficient for us! Allah will grant us out of His bounty, and so will His Messenger. To Allah ‘alone’ we turn with hope.”

(Surah at Tawbah : 59)

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ
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(Surah at Tawbah : 59)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Context of the Ayah;

The people around the Prophet ﷺ were trying to find their contentment through the things around them.

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ
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The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“ **If only they had been content** ”

The Sunday Session

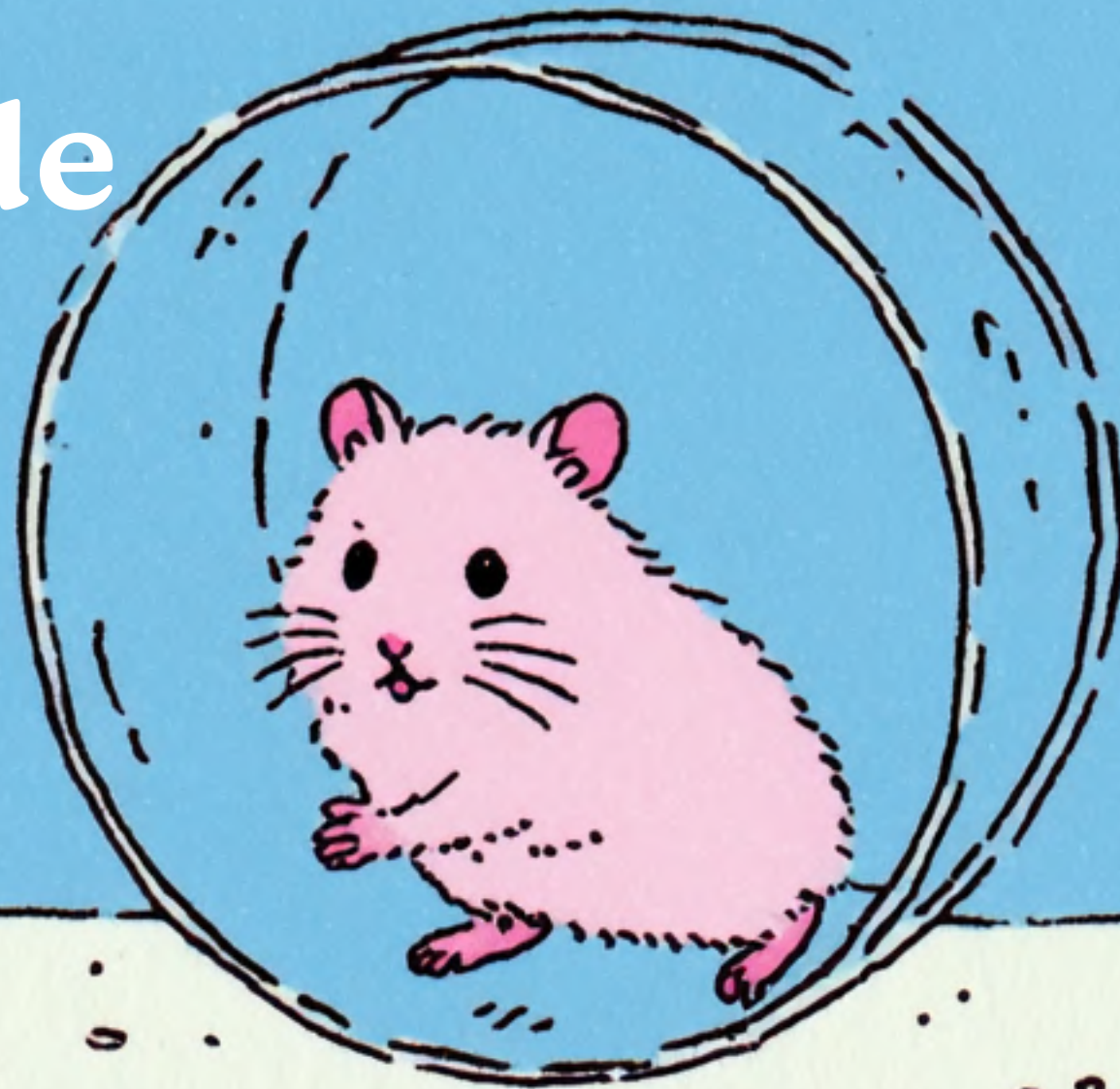
On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

“ **If only they had been content** ”

**We can never find contentment outside
of Allah SWT and His messenger.**

“ If only they had been content ”

We can never find
contentment outside
of Allah SWT and
His messenger.



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**“I have left you with two matters
which will never lead you astray, as
long as you hold to them: the Book of
Allah and the Sunnah of his Prophet.”**

(al-Muwatta’ 1661)

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**When we're flipping through the Quran,
we're flipping through his footsteps ﷺ
that we can hold on to.**

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**When we're flipping through the Quran,
we're flipping through his footsteps ﷺ
that we can hold on to.**

Because the Quran is like
the living Seerah.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

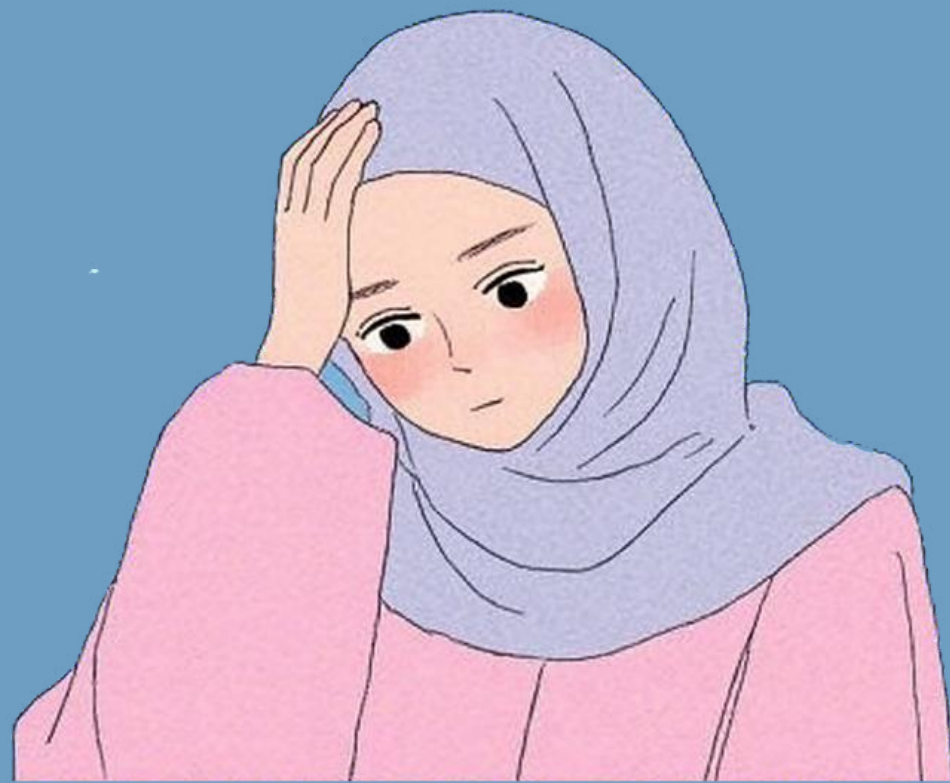
**When we're flipping through the Quran,
we're flipping through his footsteps ﷺ
that we can hold on to.**

And because the Prophet ﷺ is
the walking Quran.

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

When we're not
finding contentment;



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Open the Quran

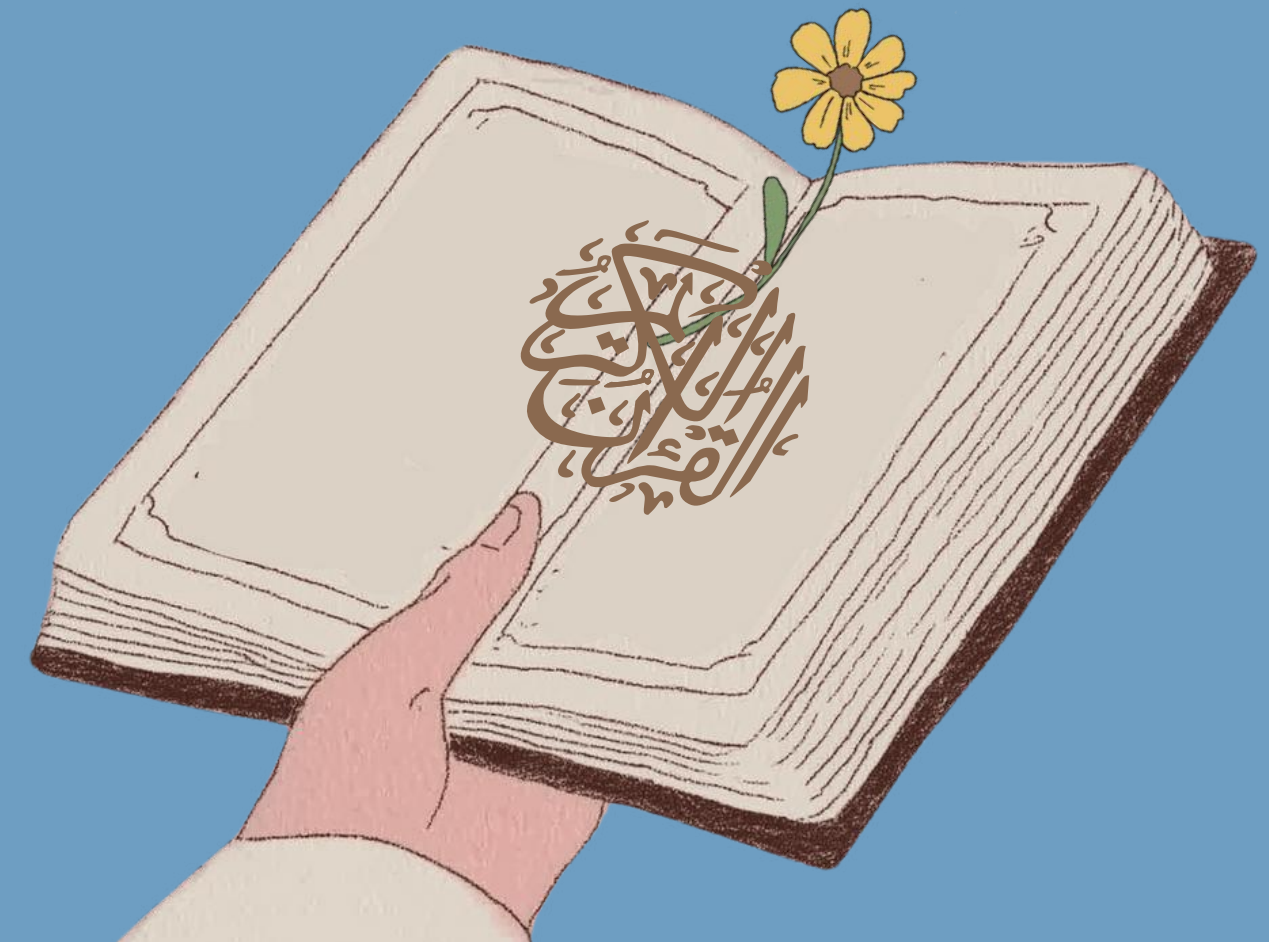
“Ya Allah, I have a heart that You created.
I'm bringing my heart to these
words of heart, and help me see.”



The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

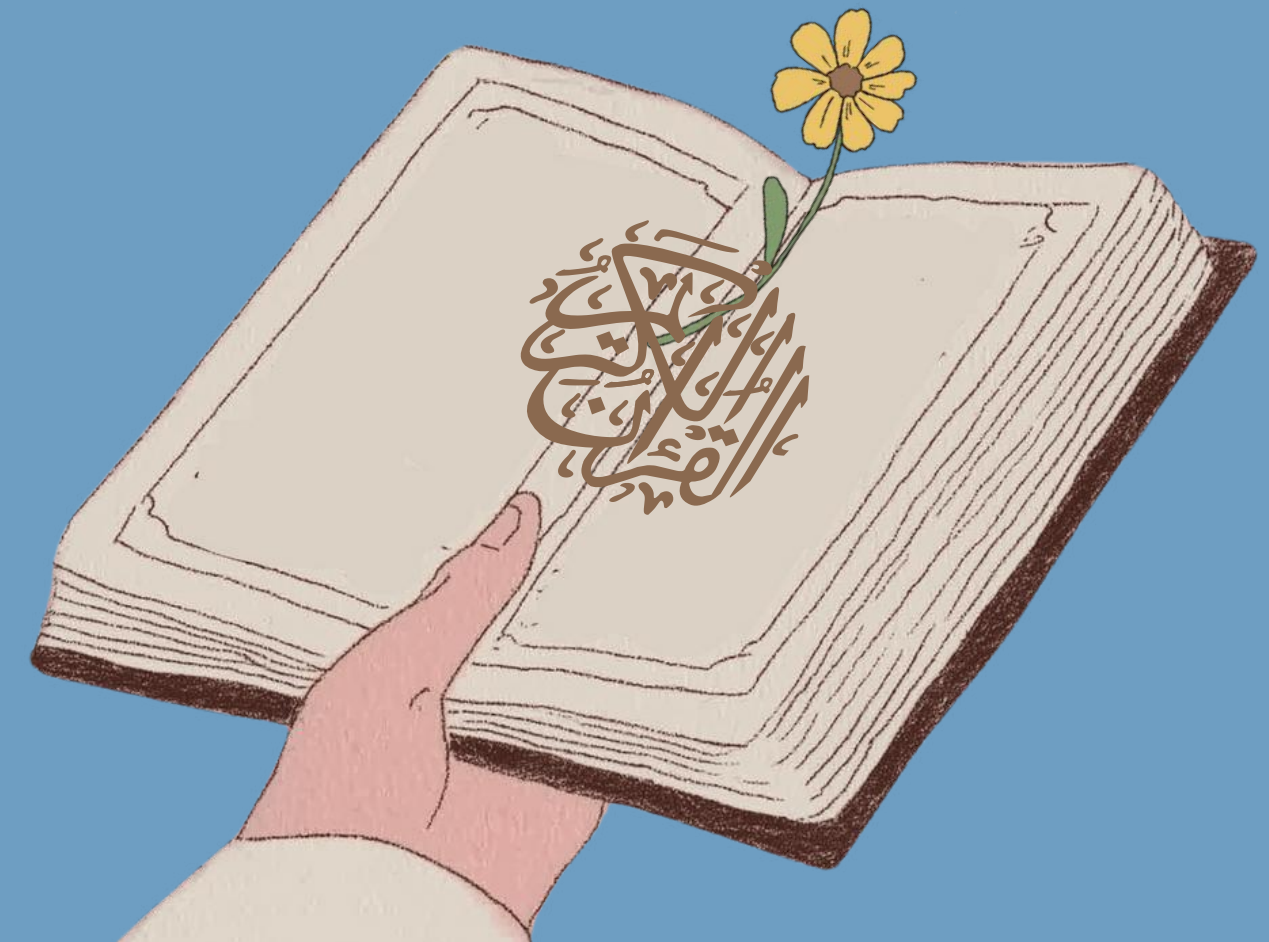
When we're seeing
answers
that speak to us
through the Quran,



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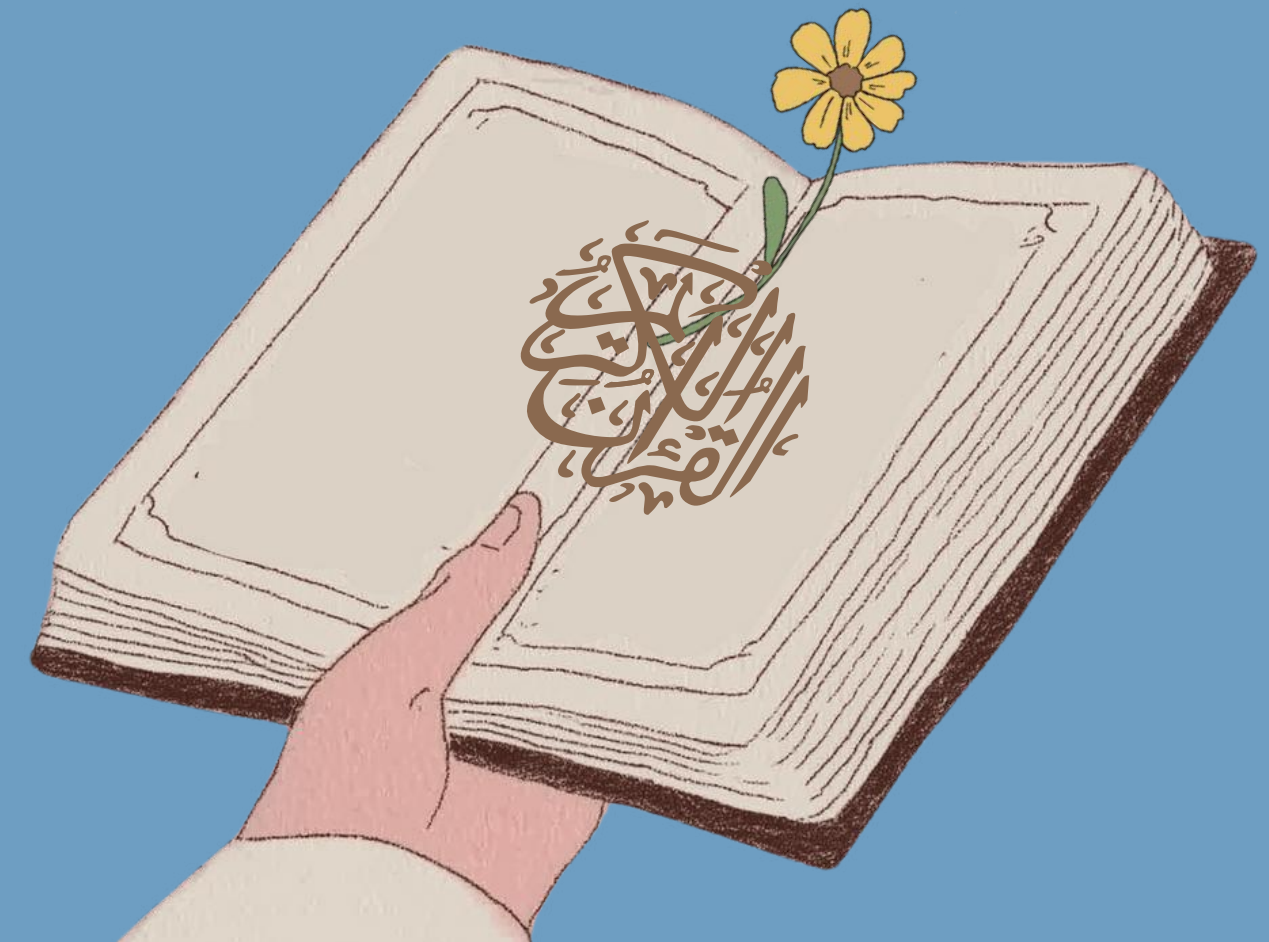
Embody what we learned from the Quran.



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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

We have the answer with the actionables!



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That's why we're
attached to teachers.

Because they're feeding us those footsteps.

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ
سَيُؤْتِينَا اللَّهُ مِنْ فَضْلِهِ وَرَسُولُهُ إِنَّا إِلَى اللَّهِ رُغْبُونَ

If only they had been content with what Allah and His Messenger had given them and said, “Allah is sufficient for us! Allah will grant us out of His bounty, and so will His Messenger. To Allah ‘alone’ we turn with hope.”

(Surah at Tawbah : 59)

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا **حَسْبُنَا اللَّهُ**

سَيُؤْتِينَا اللَّهُ مِنْ فَضْلِهِ وَرَسُولُهُ إِنَّا إِلَى اللَّهِ رُغْبُونَ

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(Surah at Tawbah : 59)

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Allah SWT and
the Prophet ﷺ are
constantly ‘giving’ us.

وَلَوْ أَنَّهُمْ رَضُوا مَا آتَاهُمُ اللَّهُ وَرَسُولُهُ وَقَالُوا حَسْبُنَا اللَّهُ
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If only they had been content with what Allah and His Messenger had given them and said, “Allah is sufficient for us! Allah will grant us out of His bounty, and so will His Messenger. **To Allah ‘alone’ we turn with hope.”**

(Surah at Tawbah : 59)

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Once we start looking for
contentment in Allah SWT
and His messenger ﷺ,
we won't look elsewhere.

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We are sustained and full.



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When we have
contentment,
we are rich.

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رَغِبَ = to desire

إِنَّا إِلَى اللَّهِ رُغِبُونَ

To Allah 'alone'
we turn with
hope.

(Surah at Tawbah : 59)

We found
what we
wanted.

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Once we find the
sweetness in Ibadahs,
we don't want to leave.

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Oftentimes our energy
for Ibadahs are seasonal.

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We can create that
energy every single day.

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We are
inviting
Redha and
contentment
into our
house.



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Ramadan
is a gift



Be attached to
the Giver of the gift
and not to the gift.

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The way
to find Allah SWT
is limitless

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In terms of worship,

**Islam is not
‘one size fits all’.**

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**Worship can come
in different forms;**

ie: resting or parenting

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**Sometimes, Syaitan made
us be so hard on ourselves
& blind us from seeing the
Rahmah of Allah SWT.**

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Once we try to find Allah SWT,
He will expand our horizons and
we'll start seeing Redha from places
we never thought we'd find.

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**Syaitan wants us
to feel constricted
and confined.**

**While Allah SWT wants us
to find extensiveness
in all corners even if it's
physically confining.**

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We keep asking
for the “how?”,

thinking that that is where
we would find our contentment in.

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This will limit us
to only find the
“how?”

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If we are
stuck at the “how?”,
we wont be going
anywhere.

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‘How’

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘How’

كَيْفَ

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘How’



كَيْفَ

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

‘How’



كَيْفَ

غَفِي

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‘How’

كَيْفَ



‘Enough’

كَفَى

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Allah is Enough

كَفَى بِاللَّهِ

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Allah is Enough

كَفَى بِاللَّهِ

(حَسْبُنَا اللَّهُ)

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Replace
the anxiety
of the 'how' to



Allah is Enough

كَفَى بِاللَّهِ

The Sunday Session

On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Replace
the anxiety
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Allah is Enough

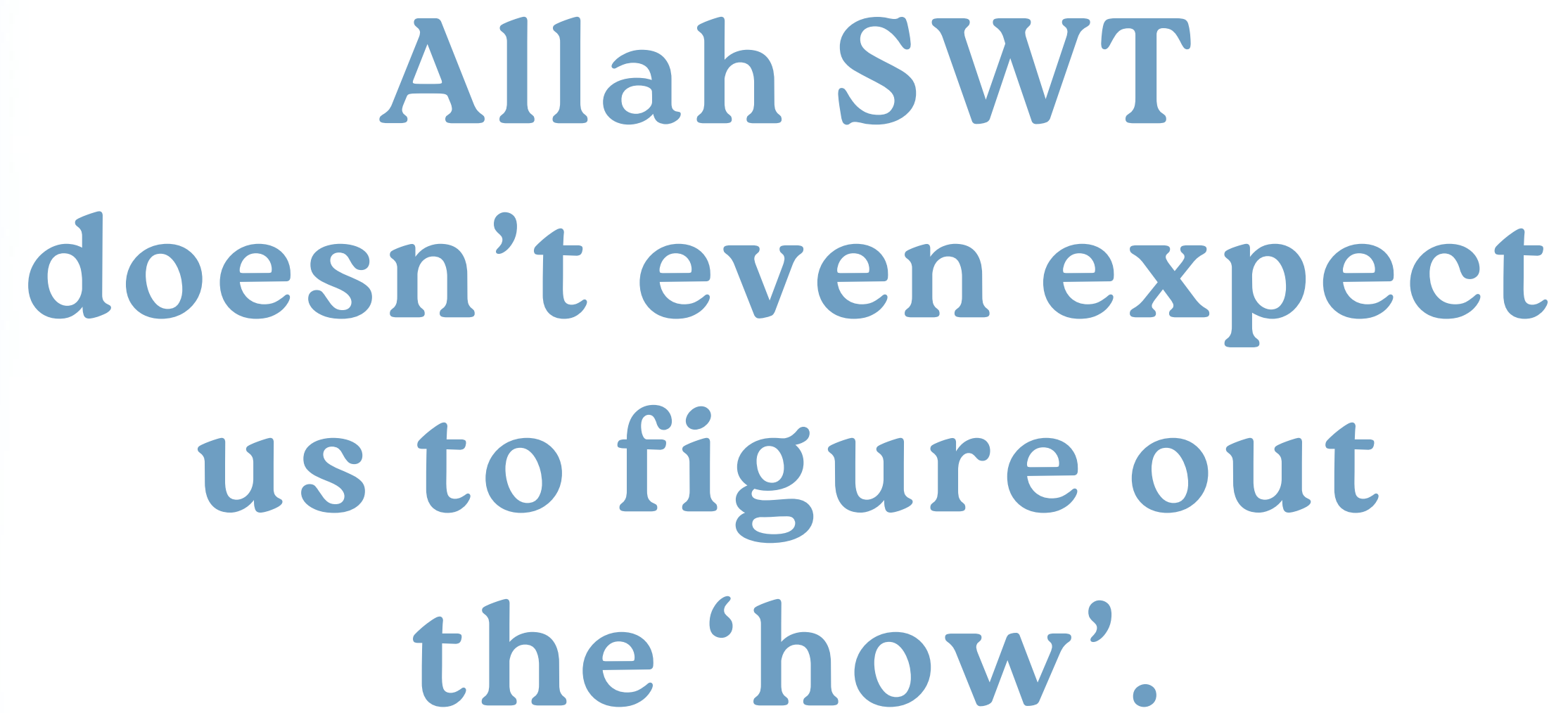
(& His messenger ﷺ)



كَفَى بِاللَّهِ

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World



Allah SWT
doesn't even expect
us to figure out
the 'how'.

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Instead,
He will guide
us through
the 'how'.

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

Ustadha Samia's
personal



story and
experience.

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He'll gift you that
contentment once
you're looking for Him.

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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

**Allah SWT is Al Latif,
His opening and guidance
are so subtle.**

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‘How’

كَيْفَ



‘Enough’

كَفَى



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On Trusting Allah SWT: Why Having Redha is the Cure to a Highly Anxious World

فَأَشَارَتْ إِلَيْهِ ^{صَلَّى} قَالُوا **كَيْفَ** نُكَلِّمُ مَنْ كَانَ فِي الْمَهْدِ صَبِيًّا

So she pointed to the baby. They
exclaimed, “**How** can we talk to someone
who is an infant in the cradle?”

(Surah Maryam : 29)

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قَالَ إِنِّي عَبْدُ اللَّهِ ءَاتَانِي الْكِتَابَ وَجَعَلَنِي نَبِيًّا

Jesus declared, “I am truly a servant of Allah.
He has destined me to be given the Scripture
and to be a prophet.

(Surah Maryam : 30)

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This is enough
for him.



قَالَ إِنِّي عَبْدُ اللَّهِ ءَاتَانِي الْكِتَابَ وَجَعَلَنِي نَبِيًّا

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(Surah at Tawbah : 59)

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With Redha comes



Fadhli

(bounty).

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Fadhil

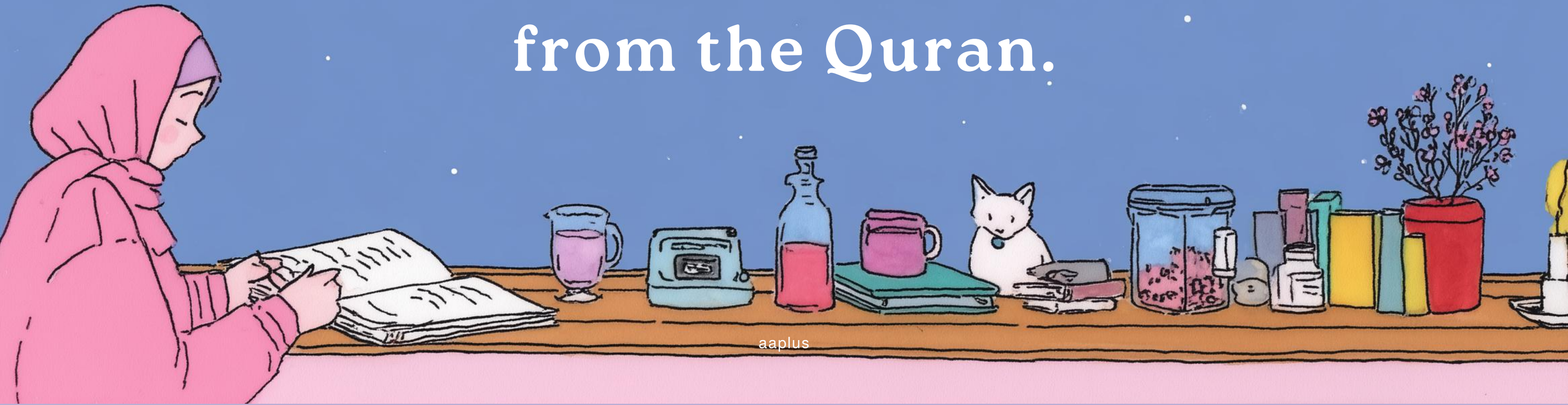
We are with Allah SWT
and His messenger
in that realm of richness
that's never ending.



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Alhamdulillah
for all the reminders and
reaffirmations that we get
from the Quran.



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Ustadha's Closing Du'as.

