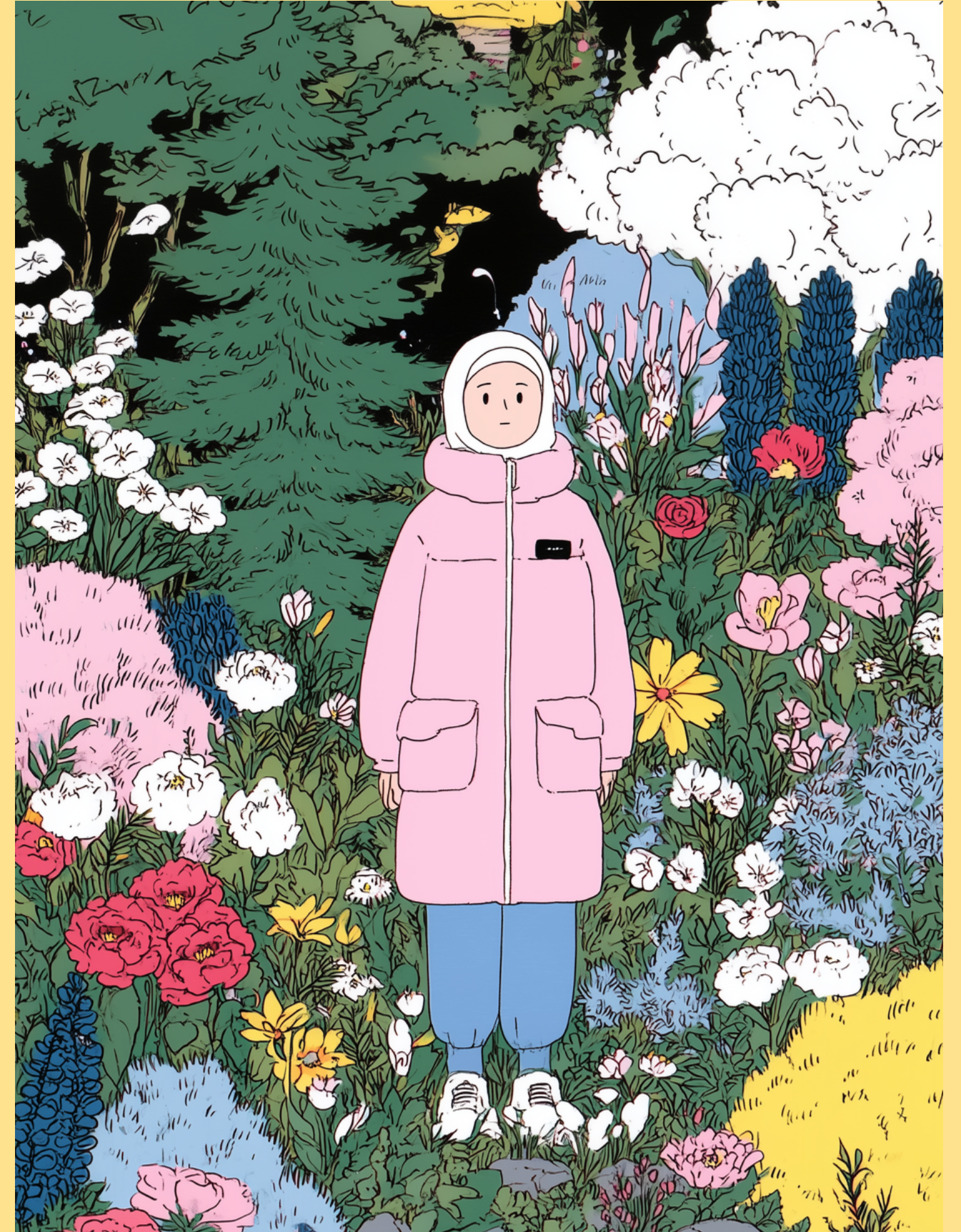


04

Trials & How to Navigate Them

Lessons from Surah al-Ankabut

with Natasha Kamaluddin
26th Jan '25



مَثَلُ الَّذِينَ اتَّخَذُوا مِنْ دُونِ اللَّهِ أَوْلِيَاءَ كَمَثَلِ الْعَنْكَبُوتِ اتَّخَذَتْ بَيْتًا وَإِنَّ
أَوْهَنَ الْبُيُوتِ لَبَيْتُ الْعَنْكَبُوتِ لَوْ كَانُوا يَعْلَمُونَ

The parable of those who take protectors other than Allah is that of a spider spinning a shelter. And the flimsiest of all shelters is certainly that of a spider, if only they knew.

(Quran 29 : 41)

The majority of the scholars have the opinion that

Surah al-'Ankabut is a Surah Makiyyah

Surah Makiyyah are Surahs that were revealed in Makkah,
any time before the Hijrah even if it was revealed outside of Makkah.

الَمْ أَحْسِبَ النَّاسُ أَنْ يُتْرَكُوا أَنْ يَقُولُوا
ءَامَنَّا وَهُمْ لَا يُفْتَنُونَ

**Alif-Lām-Mīm. Do people think once they say, “We believe,”
that they will be left without being put to the test?**

(Quran 29 : 1-2)

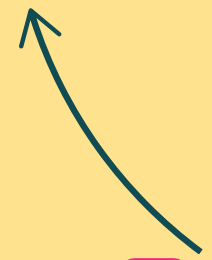
to reflect :

So this is Allah SWT
waking us up from our
complacency.

Allah SWT uses **different tones** in the Quran;

**Sometimes He's quoting us, sometimes
He's reminding us, sometimes He's
giving us gentle love of His Rahmah etc.**

This tone is
often used on
the topic of trials



So this is Allah SWT
waking us up from our
complacency.

This tone is
often used on
the topic of trials

So this is Allah SWT
waking us up from our
complacency.

and on the topic of
our entry into
Jannah.

لَيْسَ بِأَمَانِيَّكُمْ وَلَا أَمَانِيَّ أَهْلِ الْكِتَابِ مَنْ يَعْمَلْ سُوءًا يُجْزَ بِهِ
وَلَا يَجِدْ لَهُ مِنْ دُونِ اللَّهِ وَلِيًّا وَلَا نَصِيرًا

It [i.e., Paradise] is not [obtained] by your wishful thinking nor by that of the People of the Scripture. Whoever does a wrong will be recompensed for it, and he will not find besides Allāh a protector or a helper.

(Quran 4 : 123)

**A lot of us think that
what we are doing is enough,
that we are on the right track.**

“Paradise is
not obtained by your
wishful thinking...”

(Quran 4 : 123)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

**Some Surah is difficult to figure out
what the theme is...**

The theme of Surah al-'Ankabut is about trial and Allah SWT says it very clearly in the beginning.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Why does Allah test us?

1

وَلَقَدْ فَتَنَّا الَّذِينَ مِنْ قَبْلِهِمْ^ص
فَلْيَعْلَمَنَّ اللَّهُ الَّذِينَ صَدَقُوا وَلْيَعْلَمَنَّ الْكَذِبِينَ

But We have certainly tried those before them, and Allāh will surely **make evident those who are truthful**, and He will surely **make evident the liars**.

(Quran 4 : 123)

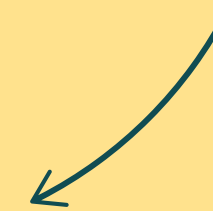
The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



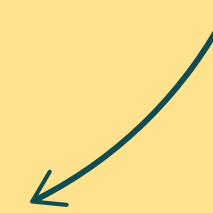
I can
drive.

**Surely this is
not enough.**



**Somebody has to test
and check whether you
can really drive.**

**Surely this is
not enough.**



**I can
drive.**

**Allah will test us whether we
really have the Iman that
we say we have.**

Allah has the Perfect Knowledge
of **how extensive** our Iman is.

How **strong** and how **weak** our Iman is.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

to reflect :

The test is
actually for us.

1

The test is from the Justice of Allah

to prove the level
of our Iman

2

وَلَقَدْ أَرْسَلْنَا إِلَىٰ أُمَمٍ مِّن قَبْلِكَ فَأَخَذْنَاهُم بِالْبَأْسَاءِ
وَالضَّرَّاءِ لَعَلَّهُمْ يَتَضَرَّعُونَ

And We have already sent [messengers] to nations before you,
[O Muḥammad]; then **We seized them with poverty and
hardship that perhaps they might humble themselves [to Us].**

(Quran 6 : 42)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

in Kak Nat's word:

The price of Hidayah

(Quran 6 : 42)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Sometimes it takes
a big event,

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

for someone
to be humble

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

for someone
to be humble

and know that they need a
miracle from Allah to save them.

**Sometimes it takes a big event
for someone to be humble**

and know that **they need a miracle from Allah** to save them.

2

The test is for us to
**be humble
and make Tawbah.**

3

The test is for us to
**have our
sins erased.**

Narrated Abu Sa'id Al-Khudri and Abu Huraira: The Prophet (ﷺ) said:

“No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah **expiates some of his sins for that.”**

(Sahih al-Bukhari 5641, 5642)

4

إِنْ يَمَسُّكُمْ قَرْحٌ فَقَدْ مَسَّ الْقَوْمَ قَرْحٌ مِّثْلُهُ ۚ وَتِلْكَ الْأَيَّامُ نُدَاوِلُهَا بَيْنَ النَّاسِ
وَلِيَعْلَمَ اللَّهُ الَّذِينَ ءَامَنُوا وَيَتَّخِذَ مِنْكُمْ شُهَدَاءَ ۚ وَاللَّهُ لَا يُحِبُّ الظَّالِمِينَ ﴿١٤٠﴾
وَلِيُمَحِّصَ اللَّهُ الَّذِينَ ءَامَنُوا وَيَمْحَقَ الْكَافِرِينَ ﴿١٤١﴾

If a wound should touch you - there has already touched the [opposing] people a wound similar to it. And these days [of varying conditions] We alternate among the people **so that Allāh may make evident those who believe and [may] take to Himself from among you martyrs** - and Allāh does not like the wrongdoers. And that Allāh **may purify the believers [through trials]** and destroy the disbelievers.

(Quran 3 : 140-141)

Recap :

Why does Allah SWT test us?

- 1 To prove the level of our Iman.
- 2 For us to be humble and made Tawbah.
- 3 To have our sins erased.
- 4 To choose martyrs and believers from amongst us.

Recap :

These are all good reasons to catapult us to the higher level in Jannah.

Why does Allah SWT test us?

- 1 To prove the level of our Iman.
- 2 For us to be humble and made Tawbah.
- 3 To have our sins erased.
- 4 To choose martyrs and believers from amongst us.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

**We can divide the Surah
into three sections.**

Overview of

Surah al-'Ankabut

1

Ayah 1 to 13

The types
of trials

Overview of Surah al-'Ankabut

1

Ayah 1 to 13

The types
of trials

2

Ayah 14 to 44

Communities
who failed
their trials

Overview of

Surah al-'Ankabut

1

Ayah 1 to 13

The types
of trials

2

Ayah 14 to 44

Communities
who failed
their trials

3

Ayah 45 to 69

How to
navigate
trials

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Allah SWT has guaranteed
that we will be tested.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

1

Ayah 1 to 13

The types of trials

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Allah gives us
three types of trials.

All of the trials are **involving people.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Trials involving parents

وَوَصَّيْنَا الْإِنْسَانَ بِوُلْدَيْهِ حُسْنًا وَإِنْ جَاهَدَاكَ لِتُشْرِكَ بِي مَا لَيْسَ لَكَ بِهِ
عِلْمٌ فَلَا تُطِعْهُمَا ۖ إِلَيَّ مَرْجِعُكُمْ فَأُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ

We have commanded people to honour their parents.

But

if they urge you to associate with Me what you have no
knowledge of, then do not obey them. To Me you will 'all'
return, and then I will inform you of what you used to

(Qur'an 29 : 8)

The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Aida Azlin to Everyone 9:17 PM

The Sahabah in question is Sa'd ibn Abi Waqqas RA, FYI!

His mother Umm Sa'd had taken oath that she would never talk with him until he abandoned his faith and she neither ate nor drank and said: “Allah has commanded you to treat well your parents and I am your mother and I command you to do this.”

She passed three days in this state until she fainted because of extreme hunger.

(Sahih Muslim 1748c)

Lessons to learn :

**We should not
let emotions get to us.**

Instead, we should continue with our Iman and
continue to treat our parents nicely.

Lessons to learn :

**We should not let our
emotions towards our loved
ones make us a lesser Muslim.**

Lessons to learn :

**The command is from
Allah and nobody has the
right to tell us otherwise.**



**Trials involving people
who harm us because
of our Iman.**

Example from the past:

**The Meccans were persecuted
and they suffered an
economic boycott.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Example from today:

**Muslim community being
victimized in some way.**

وَمِنَ النَّاسِ مَن يَقُولُ ءَامَنَّا بِاللّٰهِ فَإِذَا أُوذِيَ فِي اللّٰهِ جَعَلَ فِتْنَةَ
النَّاسِ كَعَذَابِ اللّٰهِ وَلَئِن جَاءَ نَصْرٌ مِّن رَّبِّكَ لَيَقُولُنَّ إِنَّا كُنَّا مَعَكُمْ
أَوَلَيْسَ اللّٰهُ بِأَعْلَمَ بِمَا فِي صُدُورِ الْعٰلَمِينَ

And of the people are some who say, "We believe in Allāh," but when one [of them] is harmed for [the cause of] Allāh, he considers the trial [i.e., harm] of the people as [if it were] the punishment of Allāh. But if victory comes from your Lord, they say, "Indeed, We were with you." Is not Allāh most knowing of what is within the breasts of the worlds [i.e., all creatures]?

(Quran 29 : 10)

So they then do what
is easy, for the sake
of not suffering.

Lessons to learn :

**Doing what is hard is
Iman,
while doing what is easy
is hypocritical.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Worse than the previous one...

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



because the previous ones are over.



**Trials involving people
who are influencing us.**

وَقَالَ الَّذِينَ كَفَرُوا لِلَّذِينَ آمَنُوا اتَّبِعُوا سَبِيلَنَا وَلْنَحْمِلْ خَطَايَكُمْ
وَمَا هُمْ بِحَامِلِينَ مِنْ خَطَايِهِمْ مِنْ شَيْءٍ إِنَّهُمْ لَكَذِبُونَ

And those who disbelieve say to those who believe,
"Follow our way, and we will carry your sins." But they
will not carry anything of their sins. Indeed, they are liars.

(Quran 29 : 10)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

From Kak Nat's

Real-Life Experience

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Lessons to learn:

**Do not jeopardize and
compromise our faith just to fit
in.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Lessons to learn:

**Do not let ourselves get
easily influenced and taken over.**

وَقَالَ الَّذِينَ كَفَرُوا لِلَّذِينَ آمَنُوا اتَّبِعُوا سَبِيلَنَا وَلْنَحْمِلْ خَطَايَكُمْ
وَمَا هُمْ بِحَامِلِينَ مِنْ خَطَايِهِمْ مِنْ شَيْءٍ إِنَّهُمْ لَكَذِبُونَ

And those who disbelieve say to those who believe,
"Follow our way, and we will carry your sins." But they
will not carry anything of their **sins. Indeed, they are**
liars.

(Quran 29 : 10)

Lessons to learn:

**The influencer is getting two sins;
for doing it and influencing others.**

Lessons to learn:

**The influencer is getting two sins;
for doing it and influencing others.**

And the influencer does not absolve the sin of the follower.

Recap :

Types of trials in Surah al-'Ankabut

- ① Trials involving parents.
- ② Trials involving people who harm us because of our Iman.
- ③ Trials involving people who are influencing us.

Let's ponder:

Why do trials involving people,
warrant a Surah on its own?

Let's ponder:

Why do trials involving people,
warrant a Surah on its own?

AA

Aida Azlin to Everyone 9:21 PM (Edited)

Because it's PEOPLEEEEEEE. But yes, what a mindset shift - an entire surah focusing on trials just revolving people.

Trials involving money most likely would make us turn to Allah.
It's less likely to make us turn away.

Especially with trials
involving people who
are influencing us.

But trials involving people
can drift us away without
us realizing it...

Especially with trials
involving people who
are influencing us.

and trials involving people
can impact the community
as a whole.

2

Ayah 14 to 44

Communities who failed their trials.

(Learning from their mistakes)

Pay attention to whether it's about
the individual or community.

Just so we know on **which level** should we apply the verse.

**Allah SWT mentioned many
Prophets and their communities
that had failed, in this Surah.**

What were their crimes?

(Other than Shirk)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Sexual immorality...

by the people of Prophet Lut AS

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



...and unethical trade

by the people of Prophet Shuib AS

Lessons to learn :

**We should be scared as these
issues are still prevalent in
our society now.**

**But we somehow think it's
not the same as that's
happening now.**

So we normalize these issues.

وَعَادًا وَثَمُودًا وَقَدْ تَبَيَّنَ لَكُمْ مِنْ مَّسْكِنِهِمْ وَزَيْنَ لَهُمُ الشَّيْطَانُ
أَغْمَلَهُمْ فَوَدَّهُمْ عَنْ السَّبِيلِ وَكَانُوا مُسْتَبْصِرِينَ

And [We destroyed] ‘Aad and Thamūd, and it has become clear to you from their [ruined] dwellings. And Satan had made pleasing to them their deeds and averted them from the path, and they were endowed with perception.

(Quran 29 : 38)

Knowledge is **not** the issue
that causes one to sin.

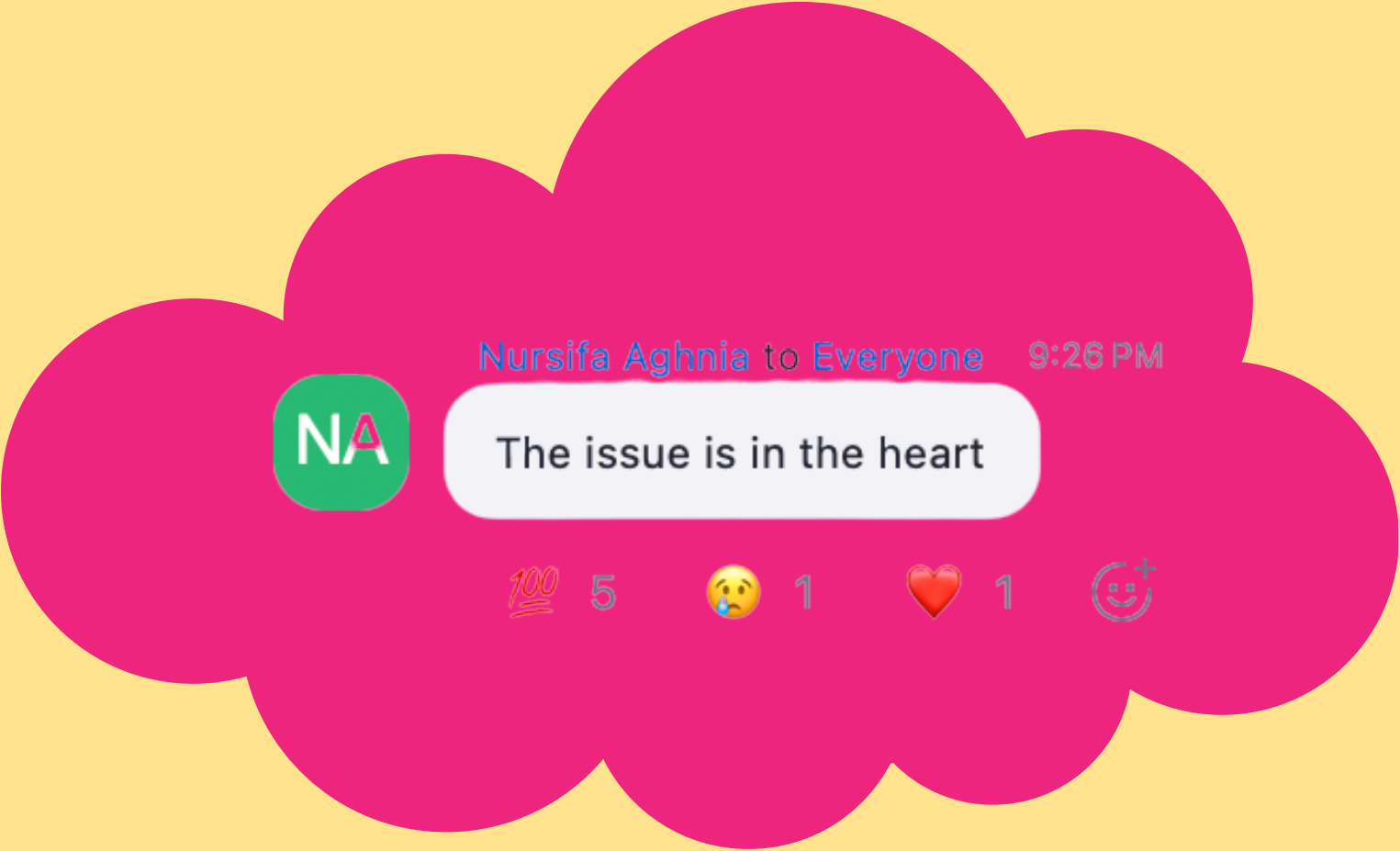
Lessons to learn:

Oftentimes,
we need reminders
more than new knowledge.

So **what** is the issue
that causes one to sin?

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



**Our conscience becomes dim
when we continuously
do wrong things.**

**We actively stop ourselves from
thinking or internalizing reality.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

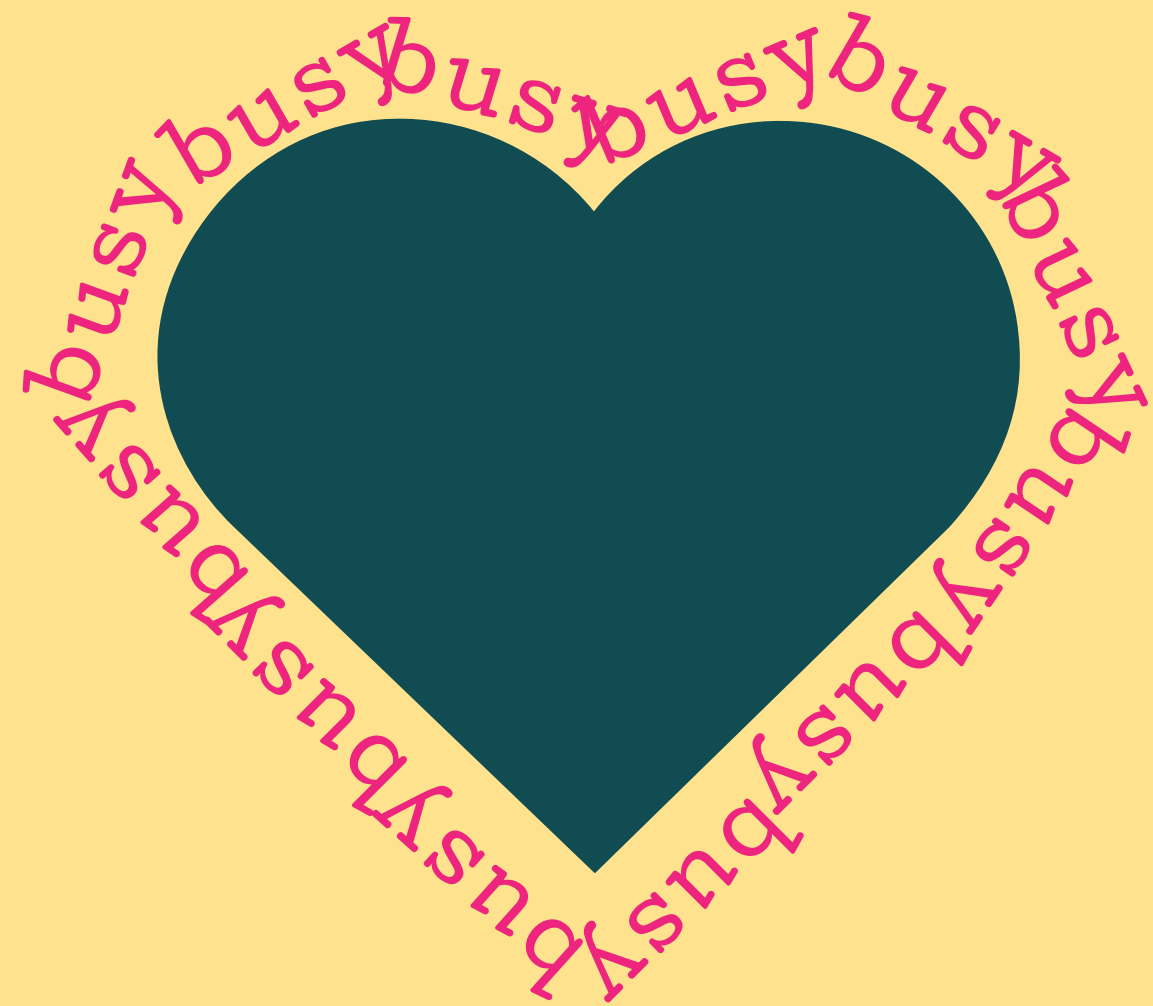
How does a person
becomes bad?

They just don't want to feel.

**They keep themselves busy
to not let anything penetrate
their heart.**

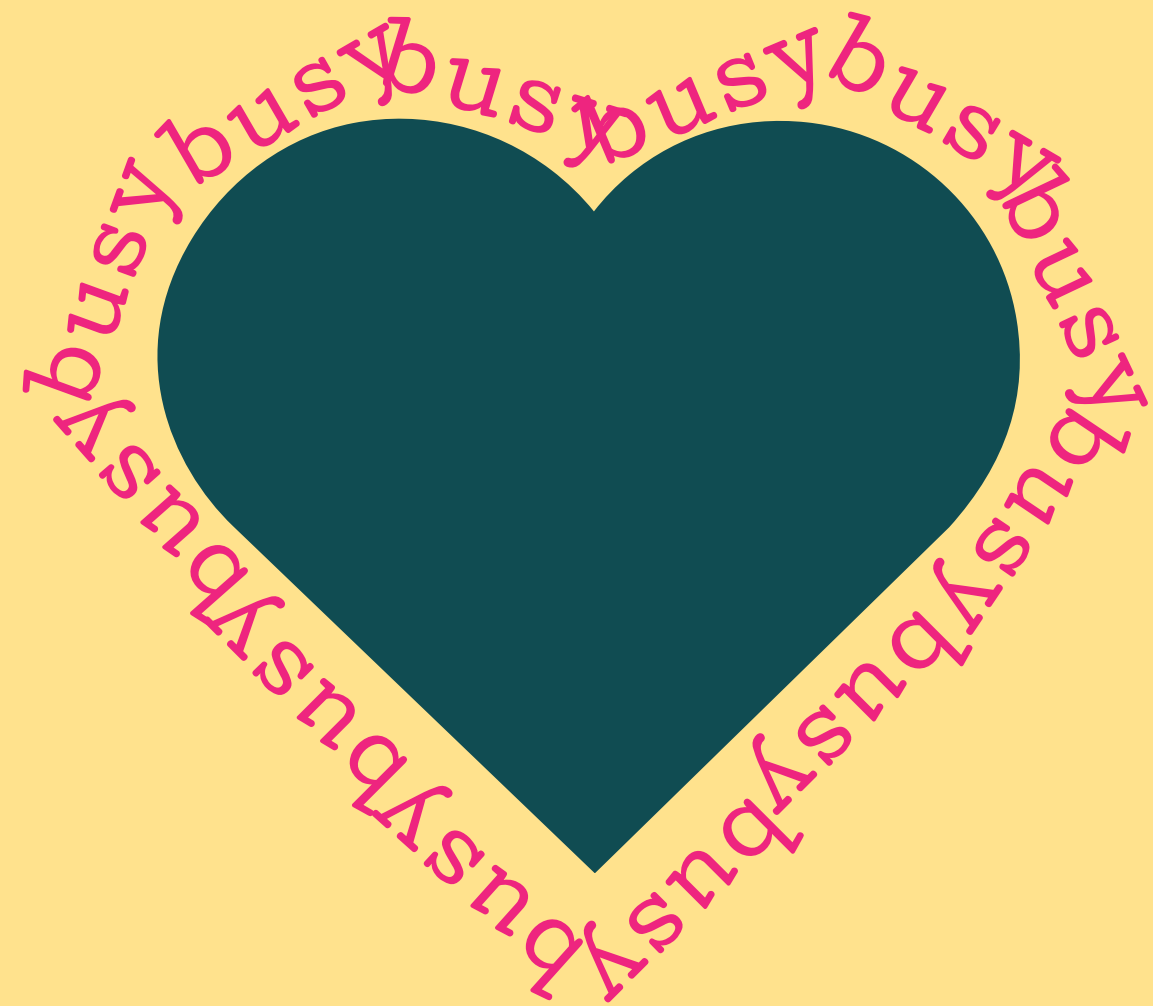
They just don't want to feel.

**They keep themselves busy with
entertainment, work, or anything
except the remembrance of Allah**



They just don't want to feel.

**They do not want to let
anything penetrate
their heart.**



They just **don't** want to feel.

**They keep themselves busy
with anything except the
remembrance of Allah.**

وَذَكِّرْ فَإِنَّ الذِّكْرَ يُتَنَفَعُ الْمُؤْمِنِينَ

**And remind, for indeed,
the reminder benefits the believers.**

(Quran 51 : 55)

Lessons to learn :

**We must continuously
exposed ourselves
to reminders.**

To work on:

**We must also prepare
ourselves to be able to
receive and accept reminders.**

**Entertainment is haram
when it blocks us from
the remembrance of Allah.**

(Quran 31 : 6)

Recap :

Communities who failed their trials.

(Learning from their mistakes)

- ① Other than Shirk, we have now normalized sexual immorality and unethical trade.
- ② We need reminders more than we need new knowledge.

وَقَالَ إِنَّمَا اتَّخَذْتُمْ مِّن دُونِ اللَّهِ أَوْثَانًا مَّوَدَّةَ بَيْنِكُمْ فِي الْحَيَاةِ الدُّنْيَا
ثُمَّ يَوْمَ الْقِيَامَةِ يَكْفُرُ بَعْضُكُم بِبَعْضٍ وَيَلْعَنُ بَعْضُكُم بَعْضًا وَمَأْوَاكُمُ النَّارُ
وَمَا لَكُم مِّن نَّصِيرِينَ

And [Abraham] said, "You have only taken, other than Allāh, idols as [a bond of] affection among you in worldly life. Then on the Day of Resurrection you will deny one another and curse one another, and your refuge will be the Fire, and you will not have any helpers."

(Quran 29 : 25)

Lesson to learn:

**This teaches us about
the danger of fitting in;**

Doing things because that is what has become
normalized in society.

﴿ فَآمَنَ لَهُ لُوطٌ ۖ وَقَالَ إِنِّي مُهَاجِرٌ إِلَىٰ رَبِّي ۖ إِنَّهُ هُوَ الْعَزِيزُ الْحَكِيمُ ۖ ﴾

And Lot believed him. [Abraham] said, "Indeed, I will emigrate to [the service of] my Lord. Indeed, He is the Exalted in Might, the Wise."

(Quran 29 : 26)

Lesson to learn:

If we are in that environment,

**we can consider making
Hijrah because otherwise
we would also be pressured.**

مَثَلُ الَّذِينَ اتَّخَذُوا مِنْ دُونِ اللَّهِ أَوْلِيَاءَ كَمَثَلِ الْعَنْكَبُوتِ اتَّخَذَتْ بَيْتًا وَإِنَّ
أَوْهَنَ الْبُيُوتِ لَبَيْتُ الْعَنْكَبُوتِ لَوْ كَانُوا يَعْلَمُونَ

The parable of those who take protectors other than Allah is that of a spider spinning a shelter. And the flimsiest of all shelters is certainly that of a spider, if only they knew.

(Quran 29 : 41)

Facts on Spider's Web.

- 1 It's a trap.

Facts on Spider's Web.

- 1 It's a trap.
- 2 It entangles.

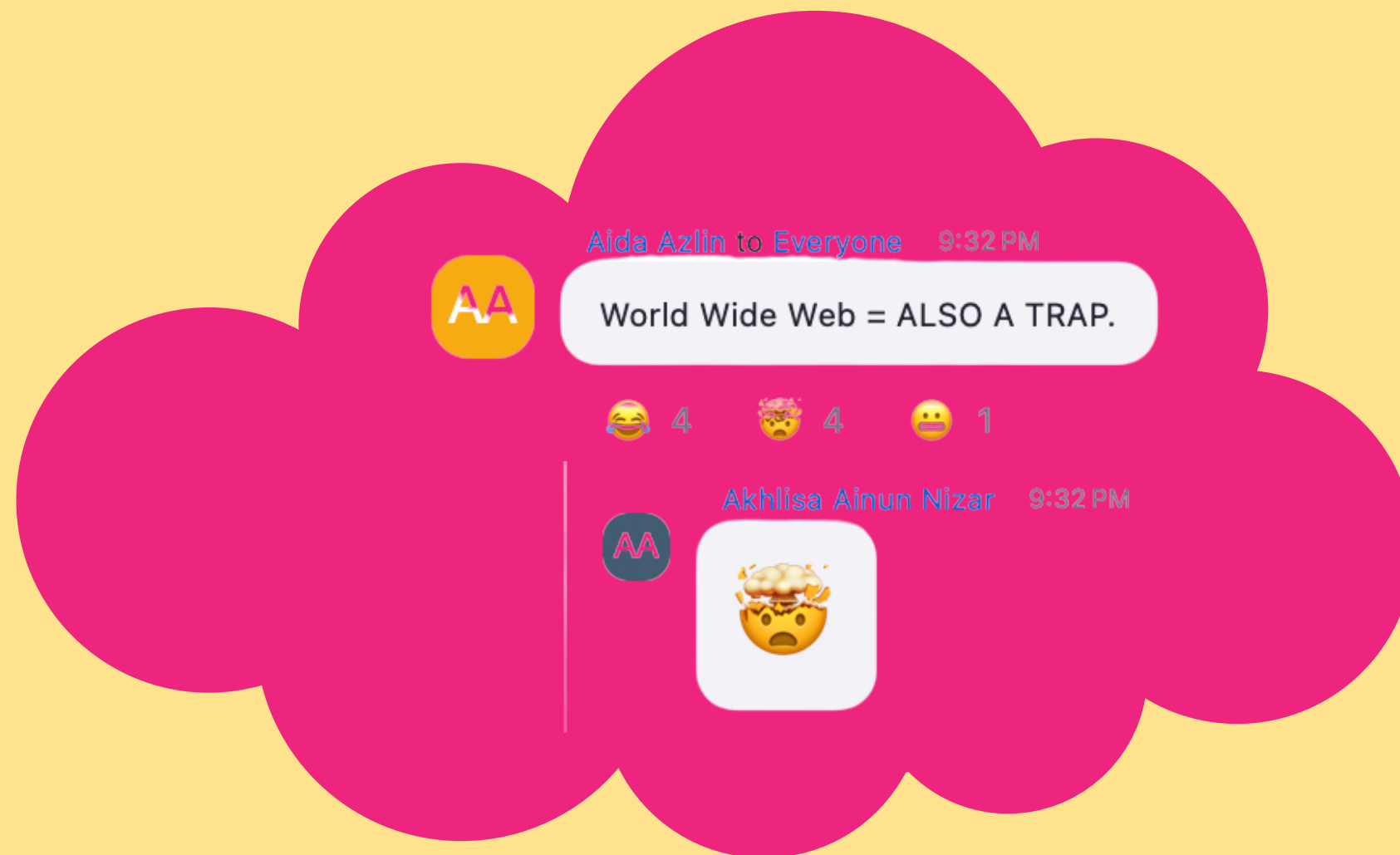
Facts on Spider's Web.

- 1 It's a trap.
- 2 It entangles.
- 3 It causes death or destruction.

Lesson to learn:

**When Allah SWT uses nature
in the Quran, it's good to find
out more about it scientifically.**

Lesson to learn:



The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Example of

The Spider's Web

in a modern-day context.

1

The Trap

**He does the things
that he should not do**

thinking that this is how he could secure his job.

1

The Trap

He is not clear that Rizq comes from Allah SWT and not from him pleasing his boss.

2

The Entanglement

**He has to do
multiple cover-ups.**

3

The Death / Destruction

**Things unravel and
nobody protects him.**

Lesson to learn:

**People fail because
they take people as protectors,
instead of Allah SWT.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

3

Ayah 45 to 69

**How to navigate
trials,
successfully.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

We must first understand,
what is success?

When we face a trial, it is
in our nature to want
the trial to be over.

When we face a trial, it is
in our nature to **want**
the trial to be over.



This is the wrong
definition of success
in passing the trial.

It is entirely possible for us
to be out from the trial,
and yet we still fail.

People who worship opportunistically :

And when affliction touches man, he calls upon Us, whether lying on his side or sitting or standing; but when We remove from him his affliction, he continues [in disobedience] as if he had never called upon Us to [remove] an affliction that touched him...

(Quran 10 : 12)

Attributing the solution to other than Allah :

And when adversity touches man, he calls upon his Lord, turning to Him [alone]; then **when He bestows on him a favor from Himself, he forgets Him whom he called upon before, and he attributes to Allāh equals to mislead [people] from His way.**

Say, "Enjoy your disbelief for a little; indeed, you are of the companions of the Fire."

(Quran 39 : 8)

Attributing the solution to themselves :

And when affliction touches man, he calls upon Us, whether lying on his side or sitting or standing; but **when We remove from him his affliction, he continues [in disobedience] as if he had never called upon Us to [remove] an affliction that touched him...**

(Quran 39 : 49)

Lesson to learn:

It is entirely possible for us
to be out from the trial,
and yet we still fail.

Lesson to learn:

It is entirely possible for us
to be out from the trial,
and yet we still fail.



because we did
Shirk or we become
complacent.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Lesson to learn:

Success in a trial is **not** that
the problem goes away.

Lesson to learn:

Success in a trial is
that our **closeness with Allah**
permanently gets better.

AA

Aida Azlin to Everyone 9:40 PM

My trial is still ongoing, but my blessing of
being closer to Allah is **also** ongoing. 🥹

❤️ 15 🥹 1 🥹 1

Lesson to learn:

Success in a trial is
that our **closeness with Allah**
permanently gets better.

There's a step
change in our
ibadah.



Being sick
does not mean that
we are failing the trial.

Not yet being able to get out
from the trial itself **does not mean**
that we are failing the trial.

TA

Tahira Allapitchay to Everyone 9:42 PM

This hits me so close, I lost my job months ago and it has been hard.

Collapse all ^ 12

Not yet being able to get out
from the trial itself **does not mean**
that we are failing the trial.

Especially when we've been doing all the right things.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

**We should feel empowered
instead of feeling like a
failure.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

To work on:

**Reframe our mind on the
definition of success and
failure in facing a trial.**

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

How to navigate trials?

أَتْلُ مَا أُوحِيَ إِلَيْكَ مِنَ الْكِتَابِ وَأَقِمِ الصَّلَاةَ ۖ إِنَّ الصَّلَاةَ تَنْهَىٰ
عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ ۚ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ

Recite what has been revealed to you of the Book and **establish prayer**. Indeed, 'genuine' prayer should deter 'one' from indecency and wickedness. The **remembrance of Allah** is 'an' even greater 'deterrent'. And Allah 'fully' knows what you 'all' do.

(Quran 29 : 45)

We call a trial as
a trial because it can
make people go astray.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Strengthening our fundamentals.

Strengthening our fundamentals :

Recite what has been revealed to you of the Book and establish prayer. Indeed, 'genuine' prayer should deter 'one' from indecency and wickedness. The remembrance of Allah is 'an' even greater 'deterrent'. And Allah 'fully' knows what you 'all' do.

(Quran 29 : 45)



Strengthening our fundamentals.

Quran, Solah and Zikr (Remembrance of Allah).

Allah SWT define limits and
acceptable excuses for each
act of worship, except for Zikr.

(Tafsir ibn Kathir)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

To work on:

**Trials should strengthen our
relationship with Allah SWT.**

This is for the purpose of
Rasulullah ﷺ in Da'wah.

The Etiquette of Da'wah :

And do not argue with the People of the Scripture except in a way that is best, except for those who commit injustice among them, and say, "We believe in that which has been revealed to us and revealed to you. And our God and your God is one; and we are Muslims [in submission] to Him."

(Quran 29 : 46)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

To reflect:

What about
our purpose?

The Sunday Session

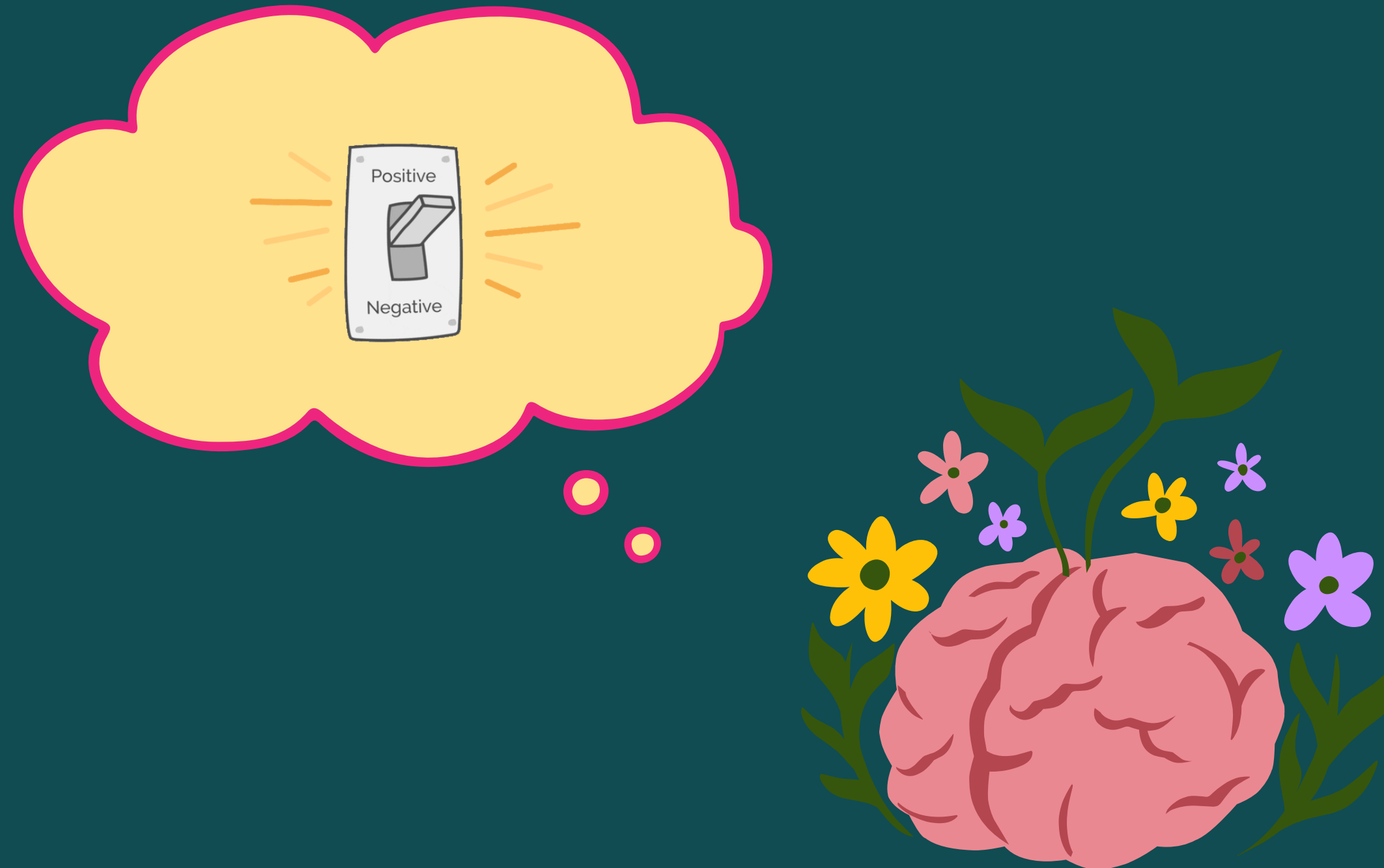
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

A trial is only a trial
because we let it
consume us.

2

Focus on our greater purpose,
to reshape our priorities.

The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Purpose



The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Lesson to learn:

That negativity will
prevent us from being
grateful

The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Self pity has
its role in this but...

to work on:



**Dwelling for too long in self
pity will make us forget to
remember Allah SWT and to be
grateful.**

Make hijrah when needed :

يُعِبَادِي الَّذِينَ ءَامَنُوا إِنَّ أَرْضِي وَسِعَةٌ فَإِيَّيَ فَاعْبُدُونِ

O My servants who have believed,
indeed My earth is spacious,
so worship only Me.

(Quran 29 : 56)



Make hijrah when needed.

Especially when it is for the sake of religion.

Make hijrah when needed :

Indeed, those whom the angels take [in death] while wronging themselves - [the angels] will say, "In what [condition] were you?" They will say, "We were oppressed in the land." They [the angels] will say, "Was not the earth of Allāh spacious [enough] for you to emigrate therein?" For those, their refuge is Hell - and evil it is as a destination.

(Quran 4 : 97)

Lesson to learn:

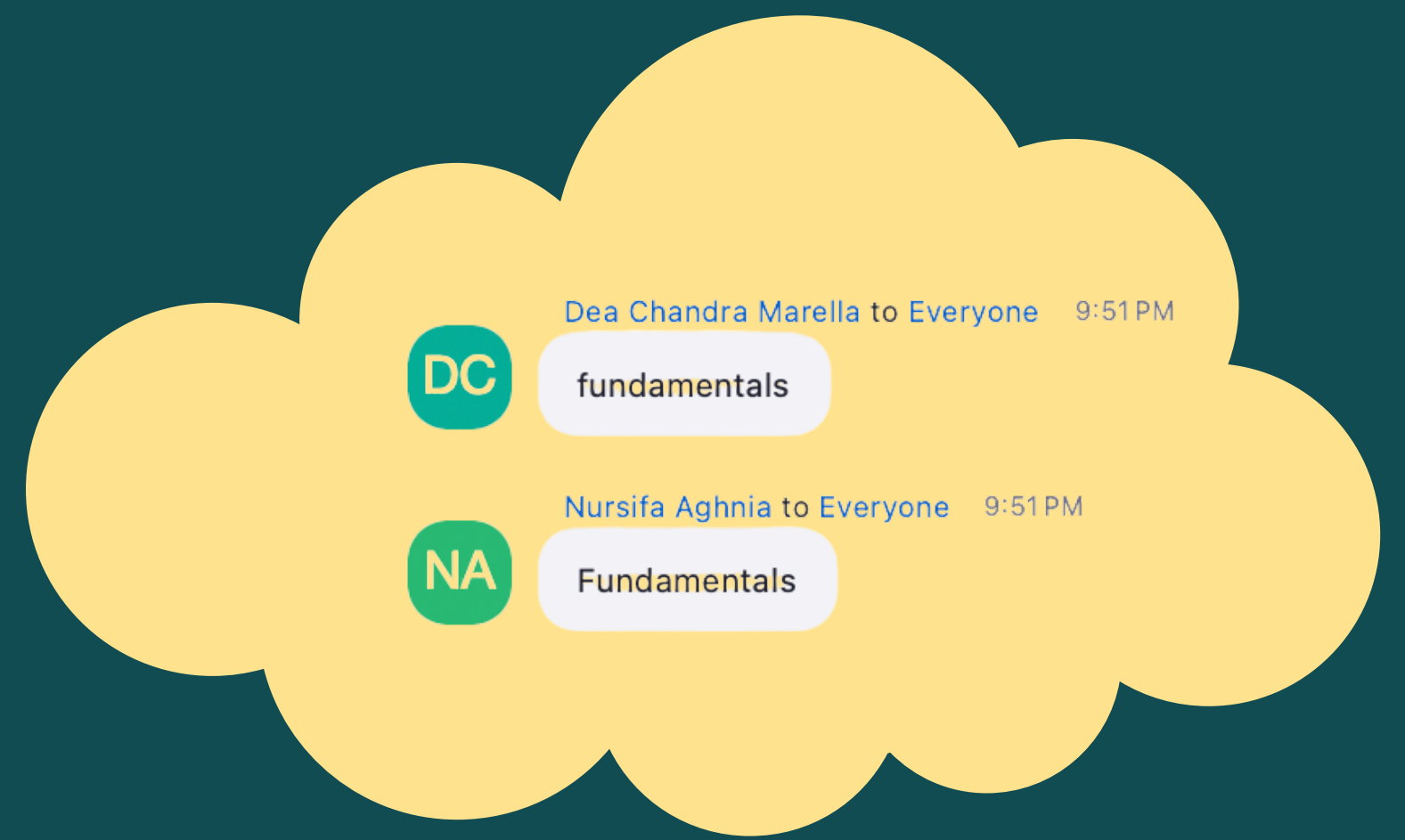
Every trial has to be
addressed from **both sense;**
Dunya and Akhirah.

(Ibn Qayyim)

Lesson to learn:

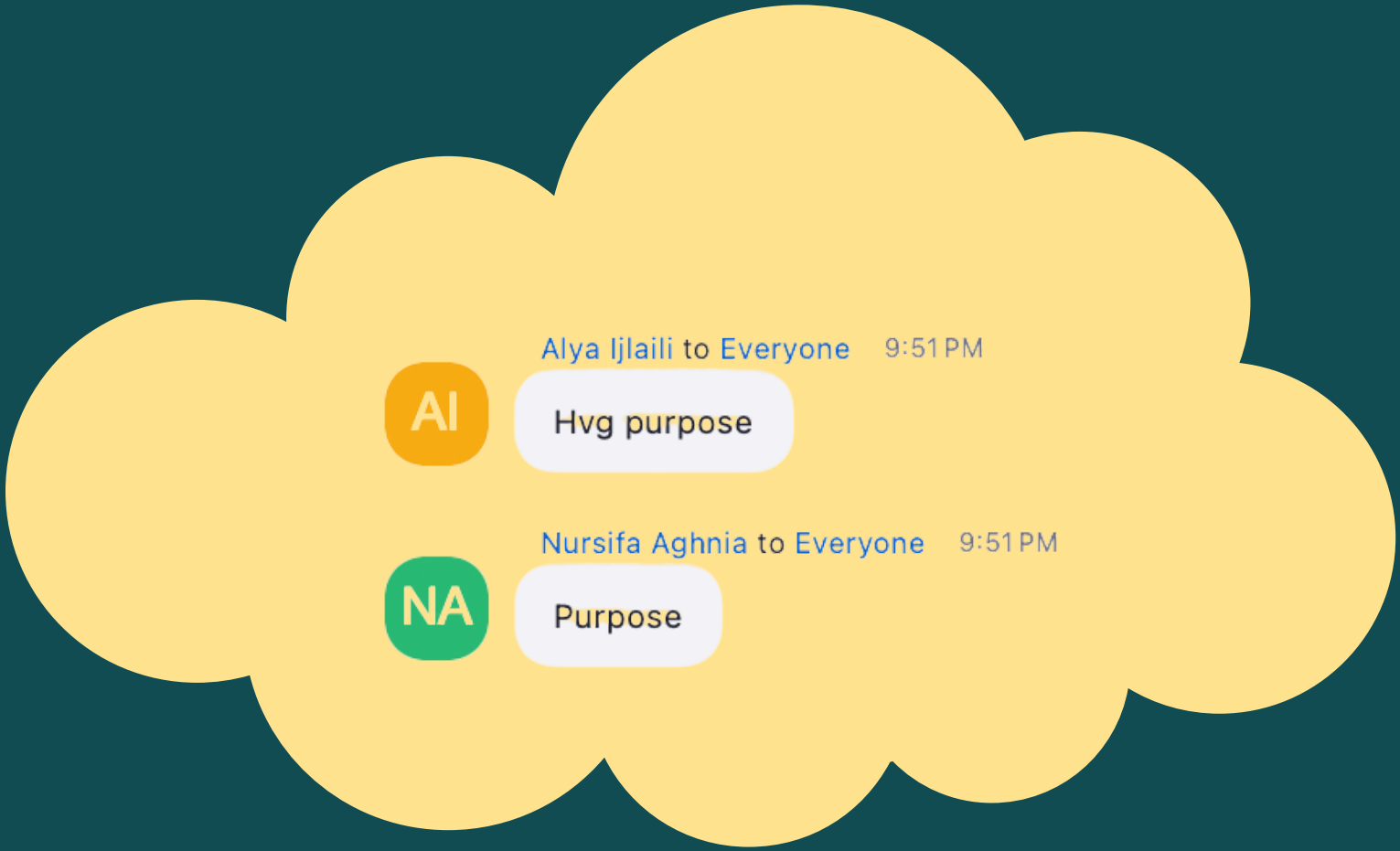
Allah is perfectly capable of sending miracles, but the whole purpose of a trial is to make us work for it.

The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



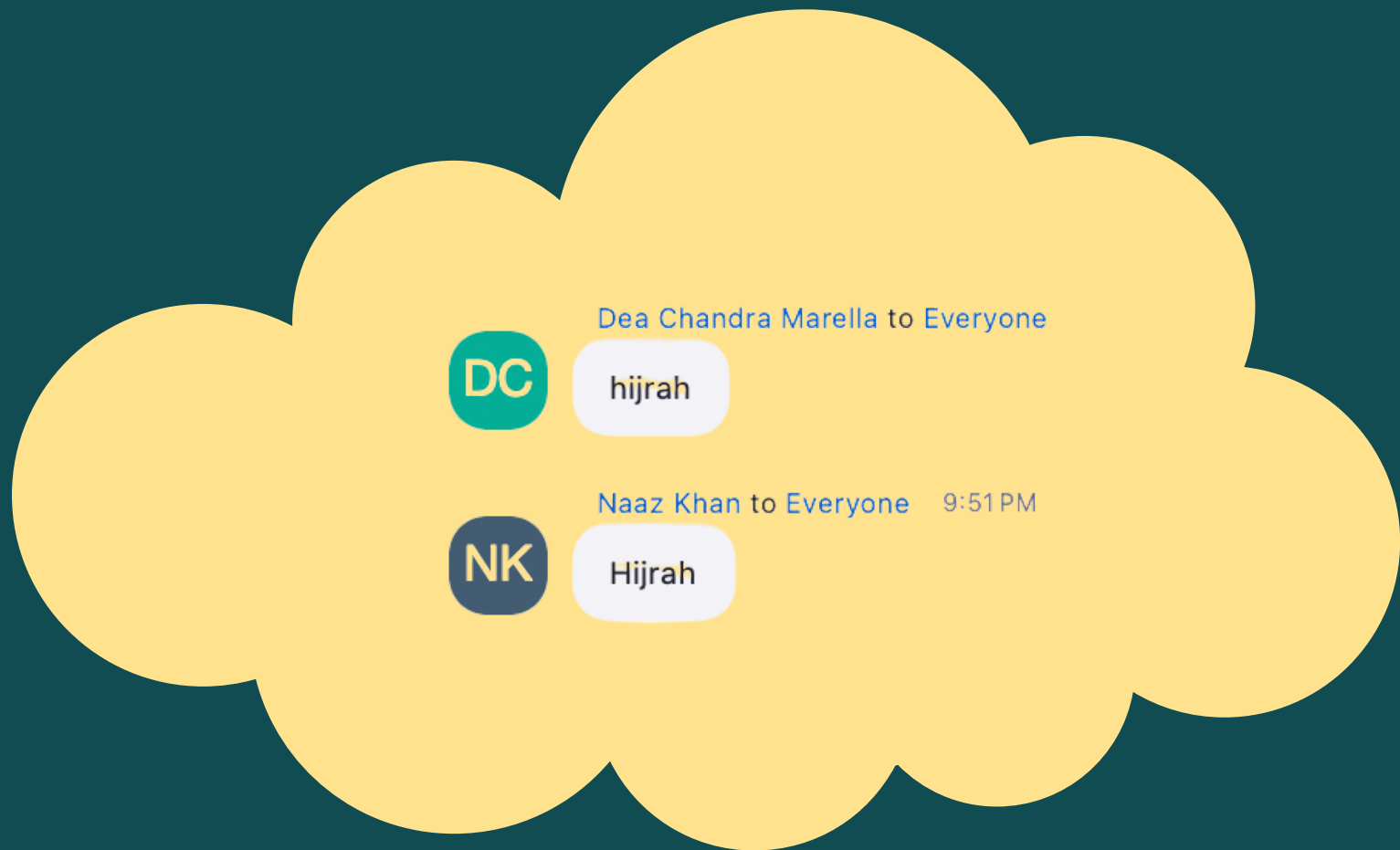
The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours





Having the right
cognitive framing.

Having the right cognitive framing :

وَالَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ لَنُبَوِّئَنَّهُم مِّنَ الْجَنَّةِ غُرَفًا تَجْرِي
مِّن تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا نِعَمَ أَجْرُ الْعَامِلِينَ

And those who have believed and done righteous deeds - We will surely assign to them of Paradise [elevated] chambers beneath which rivers flow, wherein they abide eternally. Excellent is the reward of the [righteous] workers

(Quran 29 : 58)

Having the right cognitive framing :

1

**We have to work
and put in our effort.**

Especially when it is for the sake of religion.

We have to work and put in our effort :

وَأَصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ

**And be patient, for indeed,
Allāh does not allow to be lost
the reward of those who do good.**

(Quran 11 : 115)

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Lesson to learn:

**Allah SWT will only
make us accountable
for our own choices.**

Regardless of any impact.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

to work on:

Effort instead
of outcome.

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

2

Having patience and reliance in Allah SWT

(Quran 29 : 59)

3

We do not need to
worry about our Rizq as
Allah SWT will provide.

(Quran 29 : 60)

4

This worldly life
is no more than play
and amusement.

(Quran 29 : 64)

Having the right cognitive framing :

- ① Work and put in the effort regardless of any impact.
- ② Having patience and reliance in Allah SWT.
- ③ We do not need to worry about our Rizq as Allah SWT will provide.
- ④ This worldly life is no more than play and amusement.

The Sunday Session

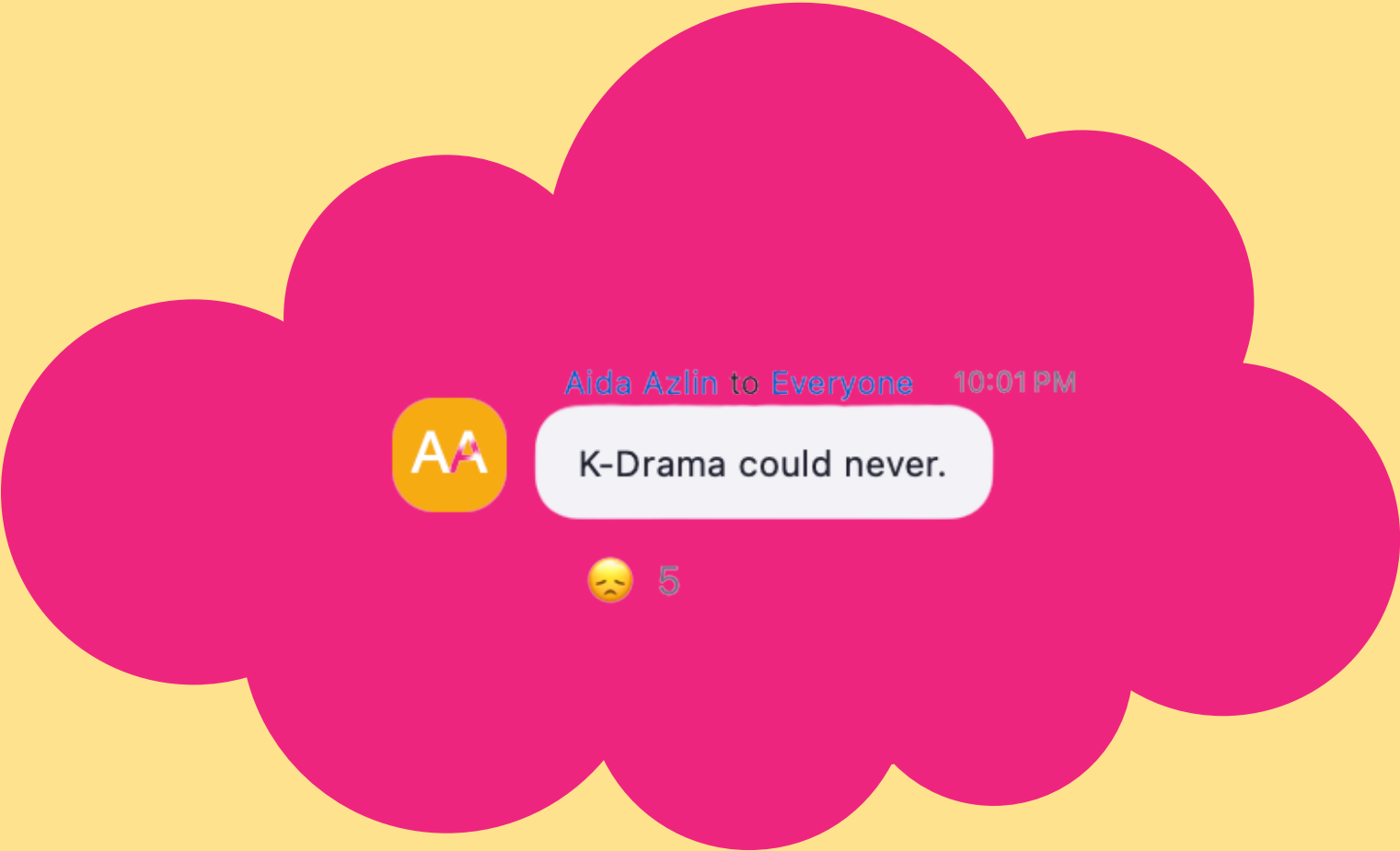
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

From Kak Nat's

Real-Life Experience

The Sunday Session

Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours



Lessons to learn :

**Allah SWT will not send the
trial until we are ready.**

The Sunday Session
Mindfulness in Your Day - How Rasulullah ﷺ Spent His 24 Hours

Lessons to learn :



Lessons to learn :

**We are in this for the long game.
Don't expect quick result.**

Lessons to learn :

**Do not contaminate any
relationship with anything
less than Ihsan.**