

episode 2:

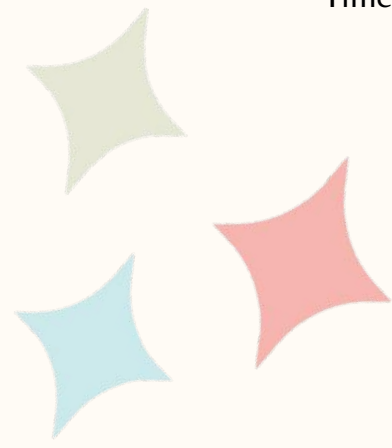
THE KEY OF GRATITUDE:

How It Unlocks All Doors of Goodness

with Aida Azlin + Ustazah Syariatul Sulaiman



Attitude of Gratitude



- In western culture today, gratitude has become a "big deal".
- Gratitude makes one feel better, as thinking about the goodness in things takes away negativity from our lives and make us more "Zen" (at peace).
- What if we don't have the things or people that we have today? Thinking about this may increase our consciousness to acknowledge what Allah SWT has blessed us with and to be thankful for them.
- If our kids are jumping around, we can ask, "What if they can't jump around or cannot talk anymore?" We would be upset and worried. Their movements and noises are blessings because, without them, something is wrong.
- If we imagine our blessings being taken away from us, we would be a lot more grateful.

"the grass is greener on the other side"

- Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "Look at those below you and do not look at those above you, for it is the best way not to belittle the favors of Allah." (Bukhari & Muslim)
- Don't stress yourself to want to achieve something that is not meant to be yours.
- To be grateful is to take whatever it is that Allah SWT has given us and to do something MORE with it.
- The Prophet used to offer night prayers till his feet became swollen. Somebody said to him, "Allah has forgiven you, your faults of the past and those to follow." On that, he said, "Shouldn't I be a thankful slave of Allah?" (Bukhari)

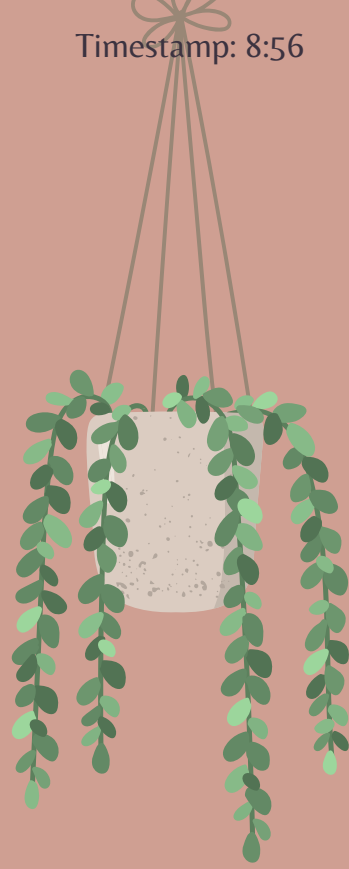
Our Gratitude Role Model



- Our Prophet SAW is our role model, hence we should emulate his attitude of gratitude. His gratitude is a show of loyalty to Allah SWT, his expressiveness of how needy he is to Allah SWT. Every time he is grateful, he increased even more in worship.
- When we go to our acts of worship for Allah with an energy of gratitude, it is different than when we go to Him 'because we have to'.
- When we go to Him with a sense of gratitude, we would feel grateful that we are blessed to be able to do that act of worship because Allah SWT has allowed us to do them.
- Being grateful is not just about being happy with something good that we receive; it also means acceptance of anything that comes our way even if it is not what we want. Perhaps Allah is elevating our ranks through these tests or, He is giving us the opportunity to make repentance, or for us to learn something from them.

With acceptance, comes gratitude

- Gratitude is to be able to accept that everything comes from Allah SWT and that He knows what's good for us even though it is painful.
- When people give us gifts, no matter how beautiful their intention is, they may be weird gifts. But every single thing that comes from Allah is a gift that never misses its mark.
- Gifts can come in the form of tests and challenges from Allah SWT.
- Imagine every second of our lives, every breath that we take is from the best Giver of all.

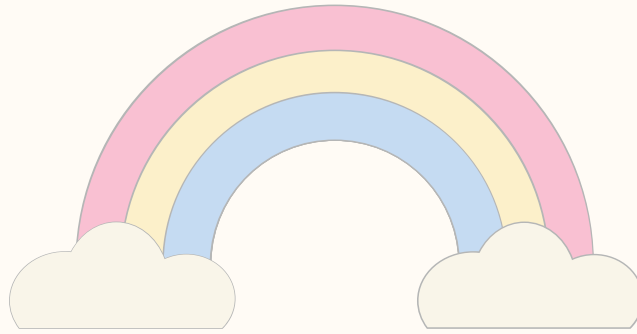




A negative domino effect

- It is a misconception that people who are grateful always feel happy. They can also feel sad or challenged or in pain. They just don't complain about it.
- People who are grateful understands what they can or cannot control.
- Our complains won't change our circumstances. When we complain to Allah about our difficulties, we are essentially making Du'a to Him. We are complaining to Allah who can do everything and make the impossible happen.
- When we complain, we are expressing our displeasure. It would lead to a domino effect of negativities and we would feel horrible.

Switching your Mindset

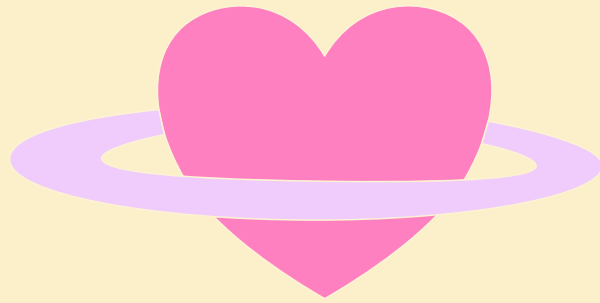


- Every time you want to complain, quickly think about something else to be grateful about. For example, you might miss the train but there might be something in the train that you are meant to avoid.
- It takes practise: if we have been complaining all our lives, we can start practising the switch - to replace our complaints with gratitude.
- Al-Nu'man ibn Bashir reported: The Messenger of Allah, peace and blessings be upon him, said: Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart. (Bukhari)



The Gratitude Practice

- When we complain, it is something that we feel in the heart. We are not happy. The ripple effect is not just to our heart and mind; it would affect everything in our body and would affect how we carry on with our day and how we treat others.
- To think positive or to be grateful requires our effort and practice. To be grateful is a choice.
- Grateful people are not without problems. They see difficulties as an honour, as a way for Allah to elevate their status.



Challenge yourself to only
say good words to / make
Dua for someone who
complains to you
this week.

Caring for the ungrateful

- If we are able to have a heart that is extremely grateful and always connected with Allah SWT, believing in His goodness, when we meet people who are the opposite, we would be grateful that we are not made as such and to see the opportunities to see goodness.
- Turn it into an opportunity to make du'a for them. They would be happy to hear others making du'a for them. Empathise and say good words to them.
- Allah is putting them in our lives for a reason - perhaps we need to learn something from their presence in our lives. Although we can't change what they think, we can be there for them, help them out or be their listening ears.





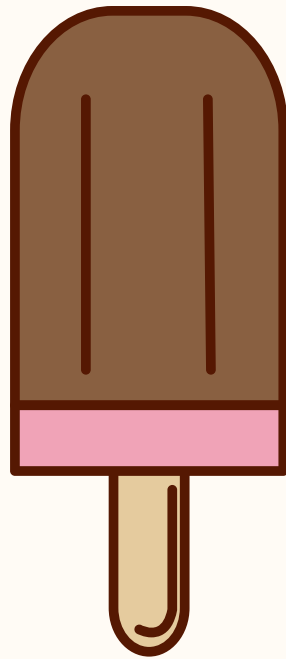
If our energy
is drained,
it's a sign to
refuel with
Allah again.

Act of service

- The person who is sick or depressed are already sick, but we are the ones who are well, stronger and the one with mental maturity and wellness. How are we going to serve them? How are we going to accept this from Allah SWT to make our lives better?
- Do the caring and giving to others, but only for His sake. They are tools for us to reach Allah SWT and this is a cause to be grateful for.
- Allah is giving us this task of caring for someone and through this, we can gain rewards. How are we going to react to this person? How are we going to control our emotions?
- Take it as a challenge from Allah SWT on how you can help other people while they are going through more difficult times than you.
- Allah is giving us the opportunity and testing us to see how we respond to those who are sick and those who NEED us.



Study Break



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Ticket out of difficulties

- Every time Allah SWT talks about sins in the Quran, He also talks about repentance in the same verse.
- It's different to view our challenges as an opportunity for us to repent instead of Allah punishing us.
- Repentance is very honourable. Repentance is the landmark of Prophet Adam's story.
- To be able to go back to Allah, to ask from Him means we still have faith in our heart. Everything that we experience in our lives, there are wisdom behind it. If we see the goodness in them, we might find them.
- Our difficulty may not be as big as others.
- If we want to get out of any difficulty, the ticket is gratitude.



Gratitude is more than thanking Allah

- No matter what happens in our day; when we stand on our prayer mat, we start with Alhamdulillahirrabbi Alamin. Allah is programming us to be grateful.
- After our Ruku, we say Sami Allahu Liman Hamidah (Allah listens to those who has express gratitude to Him)
- Rabbana wa lakal hamd (To Allah deserves all Praise)
- Gratitude is not just about thanking Allah; it is to praise Allah.
- When Prophets expressed gratitude to Allah SWT, they continued to ask for forgiveness and make Du'a to Allah. They want to continue feeling that closeness to Allah and depending on Allah SWT.



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 14:7)

- When we are grateful, Allah's blessings upon us will never stop. We will never stop feeling gratitude and we cannot stop giving and expressing gratitude. Once we stop and find things to be ungrateful about, it can spiral us out of control.
- Even if times are hard, find something to hold on to and thank and praise Allah.



Not a fluff concept



- Gratitude is not a fluff concept that we apply when our lives is all rosy and beautiful and pink. It's a concept that we have to cling on to whenever things are not going right.
- Our gratitude should not just stop at gratitude; it needs to be paired with glorifying Allah. That's how we upgrade our Alhamdulillah.
- The pink of our lives will be drained from us if we are not grateful every day - our face will be black. We have no colour on our faces.

The Highest Heaven

- If we think about the number of times we praise, glorify and thank Allah SWT in our Solah, there's huge benefits and reasons why Solah is prescribed to the Prophet SAW during his year of sadness.
- A lot of Hamd and asking from Allah SWT is in the Solah. It is prescribed five times a day and it was gifted to the Prophet and the Ummah when he had lost a big chunk of his heart. It was a time of severe emotional struggle for the Prophet SAW.
- Allah brought him SAW up to the Highest Heaven to reveal the commandment of Solah.
- We are given the opportunity to do an act of worship that was given to the Prophet in the Highest of Heavens.



- It's such a blessing (Nikmah) to perform Solah before we become sick or unable to perform prayers because of physical disability.
- We forget the speciality of Solah - the Prophet SAW was brought up to the Heavens and its commandment was sacredly revealed up there, instead of on Earth.
- The formula to succeed is in the Solah.
- One of the ways for us to program our mind to be grateful to Allah is to internalise what we read in our Solah.
- Allah teaches us exactly what to do - how to thank and glorify Him, through verses on gratitude. He loves us so much that He even teaches us how to be grateful.

What are
some of the
things that
you have
been **grateful**
for lately?



When we do
things to serve
other people,
Allah SWT will
give us more
