

Jumu'ah - 02.08.24



Jumu'ah Speech 1:25 - 1:55  
Ashton Central Mosque - OL6 9JA

**A Prophetic message of comfort, reassurance, hope, happiness, ease & relief.**

**After 25 years of marriage the Prophet ﷺ lost his beloved wife Khadijah رضي الله عنها, then his Uncle Abu Talib – this was known as the year of **HUZN - Sadness, Grief, Sorrow, Distress, Depression, Despair...****

**Despite such grief, he ﷺ walked **130KM** by foot to Taaif, where he was rejected, abused & pelted.**

**“Be patient, your patience is not but through Allah. Do not grieve over them & do not be in distress over what they conspire. Indeed Allah is with the mindful & the virtuous.” (16:127-128)**

**Today’s simple message to you all is **LAA TAHZAN - Never Grieve, Never Be Sad, Never Despair.****

**Allah عز وجل instructed the Prophet ﷺ to leave Makkah - but 40 youths from all the tribes of Makkah stood outside with swords, knives & ropes ready to kill him ﷺ & burn down Islaam.**

**“And the disbelievers planned, but Allah planned. And Allah is the best of planners.” (3:54)**

**“They want to extinguish the light of Allah with their mouths, but Allah will perfect His light, although the disbelievers dislike it. “(61:8)**

**When Allah عز وجل is **WITH YOU**, then no harm can ever befall you. The Prophet ﷺ exited his home & passed through these blood thirsty youths - hooligans – but they could not see him - **WHY - HOW?****

**“We have put before them & behind them a barrier & covered them, so they do not see.” (36:9)**

**The Prophet ﷺ picked up a pile of dust & placed it upon the head of each of them & walked away.**

Even if the entire world, its tyrants, powers, soldiers, hooligans, systems are against you? They will never overpower you – if Allah ﷻ is with you & you are with Him in every moment of your life.

The Prophet ﷺ was in the cave of Thawr for **3 Nights, 12KM from Makkah, 2500ft high**, the bounty hunters climbed the mountain & were right on top of them, they only had to look down!

Abu Bakr رضي الله عنه was afraid for the Prophet ﷺ - who said why do you grieve when Allah ﷻ is with us!

**“If you do not aid the Prophet – then Allah has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave said to his companion, "Do not grieve; indeed Allah is with us." And Allah sent down his tranquillity upon him and supported him with angels you did not see and made the word of those who disbelieved the lowest, while the word of Allah - that is the highest. And Allah is Exalted in Might and Wise.” (9:40)**

Being worried, grieved, sad, depressed is human nature – it’s natural – but to allow it to consume you and overcome you is forbidden. Most of the people in the world are worried, due the cost of living, unemployment, crime violence, poverty, health, wealth, corruption, family, inequality...

People are not happy – unhealthy lifestyles, want to be in control, seek approval, surrounded by negative people, we want material success, a life without Faith will lead you to **HUZN!**

But do you ever grieve, at the state of your Imaan, Heart, Actions, Children, Grave, Hereafter?

Allah ﷻ negates & prohibits **HUZN** for us throughout the Quran:

“So do not weaken and do not grieve, and you will be superior if you are [true] believers.” (3:139)

“whoever follows My guidance - there will be no fear concerning them, nor will they grieve.” (2:38)

“And let not their speech grieve you. Indeed, honour [due to power] belongs to Allah entirely. He is the Hearing, the Knowing.” (10:65)

“But he called her from below, "Do not grieve; your Lord has provided beneath you a stream.”

“Unquestionably, the friends of Allah there will be no fear concerning them, nor will they grieve”

“When you are afraid for him, cast him into the river and do not fear and do not grieve.” (28:7)

“So let not their speech grieve you. Indeed, We know what they conceal & what they declare.

“And they will say, "Praise to Allah , who has removed from us [all] sorrow. Indeed, our Lord is Forgiving and Appreciative” (35:34)

Muslims do not grieve over the past, or worry in the present or be anxious for the future. We say SubhaanAllah, Alhamdulillah & Allahu Akbar – We say **LAA TAHZAN INNALLAHA MANA**

The Prophet ﷺ sought refuge from **HUZN** - as it causes pain, deep wounds & suffering in the heart.

“O Allah I seek your refuge from worry & grief, from incapacity & laziness, from cowardice & miserliness, from heavy in debts & being overpowered by others.” (Bukhari)

**Allah ﷻ is always with you wherever you are, He knows what you whisper to yourself, He is closer to you than your jugular vein, He knows the deceit of your eyes & what you conceal in your hearts.**

**But are you always truly with Allah ﷻ? In your thoughts, actions, speech, life?**

**“Indeed I am with you; surely, if you establish the prayer and pay the charity, and believe in My Messengers and respect them, and lend an excellent loan to Allah, I will surely forgive your sins, and I will surely admit you into Gardens beneath which rivers flow” (5:12)**

**HUZN** comes from the Shaytaan who wants you to be anxious, worried, troubled, lost, depressed.

**“Surely scheming is the work of Satan that he may cause the faithful grief; but he cannot harm them unless God allows. So in God should the believers place their trust.” (58:10)**

**Shaytan makes you fear the loss of wealth, health, family, children, wife, fame, power... The majority of Haram we do is because we fear the loss of something, causing us grief...**

**Why worry when Allah ﷻ is promising us:**

**“It is He who apportions the means of livelihood among them in this world, and raises some in position over the others” (42:32)**

**“Allah extends provision for whom He wills and restricts [it]. And they rejoice in the worldly life, while the worldly life is not, compared to the Hereafter, except [brief] enjoyment.” (13:26)**

Why do you grieve when Allah ﷻ is **Al-Razzaaq**, when Allah ﷻ is **Al-Shaafi**, when Allah ﷻ is **Al-Ghafoor**, when Allah ﷻ is **Al-Ghaniy**, when Allah ﷻ is the **Protector**, when Allah ﷻ is **Qareeb**.

If you want Allah ﷻ to be with you, be from the **Muttaqeen & Saabireen** – in difficult & ease!

If you want to find your Lord, He is with them. Be conscious of Allah ﷻ in all your affairs – your speech, actions, steps, pauses. Have patience with your neighbours, the poor, downtrodden, oppressed, community – your wife – children...

إِنَّ اللَّهَ مَعَ الَّذِينَ اتَّقَوْا وَالَّذِينَ هُمْ مُحْسِنُونَ

Allah ﷻ is with the people of **Taqwa**, people of **Patience** & people of **Excellence**.

Remember Allah ﷻ abundantly & He will be with you.

وَأَنَا مَعَهُ إِذَا ذَكَرَنِي، فَإِنْ ذَكَرَنِي فِي نَفْسِهِ ذَكَرْتُهُ فِي نَفْسِي، وَإِنْ ذَكَرَنِي فِي مَلَأٍ ذَكَرْتُهُ فِي مَلَأٍ خَيْرٍ مِنْهُمْ،  
وَإِنْ تَقَرَّبَ إِلَيَّ بِشِبْرٍ تَقَرَّبْتُ إِلَيْهِ ذِرَاعًا، وَإِنْ تَقَرَّبَ إِلَيَّ ذِرَاعًا تَقَرَّبْتُ إِلَيْهِ بَاعًا، وَإِنْ أَتَانِي يَمْشِي أَتَيْتُهُ هَرْوَلَةً

"I am with him if He remembers Me. If he remembers Me in himself, I too, remember him in Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they; and if he comes one span nearer to Me, I go one cubit nearer to him; and if he comes one cubit nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running.' (Bukhari) – **LAA TAHZAN IN-NALLAAHA MA-ANA**