

# NO FEAR ON THEM NOR WILL THEY BE SAD

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Class 1

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# No Fear On Them Nor Will They Be Sad

## Introduction

Life is all about entry and exit. Allah inspired the Prophet (صلى الله عليه وسلم), to made a supplication to enter and to exit truthfully.

### Chapter (17) sūrat l-isrā (The Night Journey)

وَقُلْ رَبِّ ادْخُلْنِيْ مُدْخَلَ صِدْقٍ وَّاَخْرِجْنِيْ مُخْرَجَ صِدْقٍ وَّاَجْعَلْ لِّيْ مِنْ لَّدُنْكَ سُلْطٰنًا  
نَّصِيْرًا

**Sahih International:** And say, "My Lord, cause me to enter a sound entrance and to exit a sound exit and grant me from Yourself a supporting authority."

Truthful entry and exit means:

1. Desire to change for good
2. Purity and sincerity from heart

We can use the above supplication for any matter in our life e.g. start and end of the day, entering or exiting a place etc. etc.

## No Fear On Them Nor Will They Be Sad

The happy life is not about the circumstances outside but we need to solve the problem within us. We cannot change anyone else except ourselves. There are two main emotions and if they are controlled and everything will be controlled i.e. Fear and Sadness. The two emotions (fear and sadness) control our actions, emotions and utterances.

## FEAR

Fear has to do with the future. There are fears that we need and there are fears that we need to overcome. Any fear of the Duniya e.g. sickness, failure etc. we need to believe that Allah will make us to overcome these fears.

The other types of fear is what we need e.g. fear of death, fear of the grave, fear of Hell

## GRIEF

A person is sad due to his past.

Both emotions i.e. fear and grief are driven by the Shaitaan. Both fear and grief brings a person down and he is not able to do his day to day tasks. With fear and grief we do not progress. We need to control these two feelings and tell ourselves that this feeling is from the Shaitaan. When these two emotions are in control, then everything around you will change.

The moment we feel sad or grief we need to tell ourselves that there is no sad nor grief.

## SURAH AZ ZUKHRUF AYAH 67-70

43:67

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الْأَخِلَاءُ يَوْمَئِذٍ بَعْضُهُمْ لِبَعْضٍ عَدُوٌّ إِلَّا الْمُتَّقِينَ ﴿٦٧﴾

SAHIH INTERNATIONAL

Close friends, that Day, will be enemies to each other, except for the righteous

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43:68

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يَنْعَبَادُ لَا خَوْفٌ عَلَيْكُمْ الْيَوْمَ وَلَا أَنتُمْ تَحْزَنُونَ ﴿٦٨﴾

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[To whom Allah will say], "O My servants, no fear will there be concerning you this Day, nor will you grieve,

43:69

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[You] who believed in Our verses and were Muslims.

43:70

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Enter Paradise, you and your kinds, delighted."

Our goal is the beautiful life of paradise. When we only think about the Duniya and its adornments then it brings fear and grief. We need to control these feelings in order to go forward from happiness to more happiness to more happiness till we meet Allah in Paradise. We need to revive ourselves by thinking about Paradise as it keeps us excited and motivated. Even when we complain about the Duniya we are magnifying it and attaching ourselves to it.

We need to use the Duniya in order to reach Allah. Allah said in the above verses that there is no fear or grief for the one who believes in Allah and who is very cautious in their life. They are not following their desires. When you follow your desires then for sure there will be sadness and fear.

When Allah created Adam he also created his spouse. A good companion is very important because if you have a good relationship with your companion then it does not matter even if you do not have something of the Duniya

Loneliness is a big problem these days because these days people know so many people on the social media but they are still lonely as they don't have any real friendships.

Believing in Allah, Having Taqwa, submitting to Allah, not following your desires and having good friends will solve all your problems. You will enter paradise with your spouses, friends and companions.

If we want to overcome any problem in life we need to go back to the Quran so we have no sadness and fear.

## SURAH AL BAQARAH AYAH 35-38

The first place in the Quran where it is mentioned that they will not have any fear not will they be sad is in Surah Baqarah..

2:35

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وَقُلْنَا يَتَادُمُ اسْكُنْ أَنْتَ وَزَوْجُكَ الْجَنَّةَ وَكُلَا مِنْهَا رَغَدًا حَيْثُ شِئْتُمَا وَلَا تَقْرَبَا هَذِهِ الشَّجَرَةَ فَتَكُونَا مِنَ الظَّالِمِينَ ﴿٣٥﴾

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And We said, "O Adam, dwell, you and your wife, in Paradise and eat therefrom in [ease and] abundance from wherever you will. But do not approach this tree, lest you be among the wrongdoers."

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2:36

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فَأَزَلَّهُمَا الشَّيْطَانُ عَنْهَا فَأَخْرَجَهُمَا مِمَّا كَانَا فِيهِ ۖ وَقُلْنَا اهْبِطُوا بَعْضُكُمْ لِبَعْضٍ عَدُوٌّ وَلَكُمْ فِي الْأَرْضِ مُسْتَقَرٌّ وَمَتَعٌ إِلَىٰ حِينٍ ﴿٣٦﴾

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But Satan caused them to slip out of it and removed them from that [condition] in which they had been. And We said, "Go down, [all of you], as enemies to one another, and you will have upon the earth a place of settlement and provision for a time."

We feel lost and confused when we go through transitions in our life whether it is changing homes, jobs, marriage or divorce. Our father Adam faced the biggest transition when he moved from Paradise to the earth. In Paradise he had every facilities and on the earth there was nothing.

When we take the blessings of Allah for granted then it is taken away. When we complain we do not appreciate what we have. We take things and people for granted thinking they must do this for me. We need to appreciate what Allah gave us i.e. our homes, our families, our job and also our boss.

Our father Adam and his wife were enjoying their life in Paradise and they did not have any restriction except for the tree. Allah made it very clear to him about it. Shaitaan attracted him to what was forbidden. The Shaitaan will always come to us to tell us what we don't have is better than what you have. This is a trap to make us ungrateful. When we compare ourselves to others it makes us sad and ungrateful.


Shaitaan came to our father and told him that his tree will make you better i.e. immortal. We must never come close to something that is forbidden. Adam was weak and the moment he ate from the tree, he became exposed. He went from feeling very honored to feeling very humiliated. He had feelings of guilt and Allah inspired him to repent and Allah accepted his repentance. Allah gave him the remedy to not be lost which is to follow his guidance.

2:37

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فَلَقِيَ ءَادَمُ مِنْ رَبِّهِ كَلِمَاتٍ فَتَابَ عَلَيْهِ إِنَّهُ هُوَ التَّوَّابُ الرَّحِيمُ

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Then Adam received from his Lord [some] words, and He accepted his repentance. Indeed, it is He who is the Accepting of repentance, the Merciful.

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2:38

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قُلْنَا اهْبِطُوا مِنْهَا جَمِيعًا فَإِمَّا يَأْتِيَنَّكُمْ مِنِّي هُدًى فَمَنْ تَبِعَ هُدَايَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ



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We said, "Go down from it, all of you. And when guidance comes to you from Me, whoever follows My guidance - there will be no fear concerning them, nor will they grieve.

## Allah – Al Hadi ( The Guide )

- When we are lost we should not go asking people what to do. Rather we need to go to Allah Al Hadi. No one can take us out of the fear and sadness.
- Allah guided Adam to start his life from scratch on the earth. For sure, Allah will also guide us through the transition in our life. Allah will customize the means for us. Allah will show us the guidance that is tailor made for us. When we are lost and confused due to the changes in our life we need to believe that the changes are to upgrade us and to make us a better person.
- I need to seek the guidance of Allah and follow the guidance.
- When we do not ask Allah for guidance then it results in fear and sadness.

## HOW CAN WE CHANGE OURSELVES?

- Always ask Allah for guidance
- Be grateful for all you have.