



سرور القلوب

HAPPINESS OF THE HEARTS

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لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

سرور القلوب

HAPPINESS OF THE HEARTS

01 DECEMBER 2021 | 26 RABI' AL THANI 1443 | CLASS #1

INTRODUCTION

SURAH TA HA 25 TO 28

25.

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي

[Musa (Moses)] said: "O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness).

26.

وَيَسِّرْ لِي أَمْرِي

"And ease my task for me;

27.

وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي

"And loose the knot (the defect) from my tongue, (i.e. remove the incorrectness from my speech)

28.

يَفْقَهُوا قَوْلِي

"That they understand my speech.

- Everyone wants ease, happiness, comfort and peace of mind. Everyone wants richness, contentment and satisfaction. Happiness is a need of all. No one wants to be sad, upset, or feel any type of tightness or difficulty.
- Where is the “king” and “generator” in our body? The heart. The heart is the king of the limbs. And this means if we want our mind to be happy, if we want our face to be happy, it all begins with happiness within, which is happiness of the heart.

MEANING OF “SUROOR”

- The word is happiness here is (سرور) “suroor” and not (سعادة) “sa’adah”. In Arabic there are different ways to express happiness.
- (سرور) – suroor – means relaxation of the heart, it is in its place. It is not rotating, jumping or broken. And why is it relaxed?
- Because something beneficial has happened to the heart, or it is expecting with no doubt that good things will happen or it is relieved from being saved from danger.
- Suroor are inner-feelings of being relaxed and content with what is good and away from evil.
- Someone who has suroor is positive and motivating. A person always expects to hear good news and hopes without a doubt that good things will happen.

- The word “suroor” is true happiness that comes from within and flows outwardly; it shows on the face and limbs.
- People want this feeling and they try different ways to attain it. Some say it is not possible because this life is full of trials, duties, problems and responsibilities.
- Suroor of the heart does not mean being away from people, or going to far-off places or leaving our job or traveling somewhere or needing to do things to relax. That is not suroor. Suroor is to be glowing while in the middle of any responsibility or challenge.
- Suroor is not a pause or vacation or break to gather ourselves, it is a feeling within to make us more energetic and to give us more feelings.

- Suuroor is not quietness or silence or to be in a corner without doing anything. Suuroor pushes us to move in our journey in life without pause or confusion.
- It seems amazing and we all want this, but how can we attain it? From the Qur'an and Sunnah.

SUROOR OF THE HEARTS

IN THE QUR'AN

- We will find derivatives of the word (سرور) twice in the Qur'an – once in Surah Al Insaan and the word (مسرورا) found in Surah Al Inshiqaaq.

SURAH AL INSAAN – CHAPTER OF THE HUMAN

- As humans, we are made of mud and can easily get affected and change. And notice

suhood is mentioned in Surah Al Insaan; it is something we all need and want.

- A human can easily forget and get influenced, yet it is the most honored creation. Allah (سبحانه و تعالی) brings to our attention the highest and most exalted goals. And this is the theme of Surah Al Insaan.
- The best will come out from us when we remember we have high and great goals. We will be sad when we have small goals, or when we connect our goals to the duniya or something temporary.
- When we have goals connected to something worldly, or connected to people or what we are doing, then then it will be a great deception for us.

- If we always want to glow with happiness, our goals need to be very high.

SURAH AL INSAAN 1 TO 22

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُنْ شَيْئًا مَّذْكُورًا

Has there [not] come upon man a period of time when he was not a thing [even] mentioned?

2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا

بَصِيرًا

Indeed, We created man from a sperm-drop mixture that We may try him; and We made him hearing and seeing.

3

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

Indeed, We guided him to the way, be he grateful or be he ungrateful.

4

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلَ وَأَغْلَالًا وَسَعِيرًا

Indeed, We have prepared for the disbelievers chains and shackles and a blaze.

5

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِنْ كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا

Indeed, the righteous will drink from a cup [of wine] whose mixture is of Kafur,

6

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا

A spring of which the [righteous] servants of Allah will drink; they will make it gush forth in force [and abundance].

7

يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا

They [are those who] fulfill [their] vows and fear a Day whose evil will be widespread.

8

وَيُطْعَمُونَ الطَّعَامَ عَلَى حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا

And they give food in spite of love for it to the needy, the orphan, and the captive,

9

إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكُورًا

[Saying], "We feed you only for the countenance of Allah. We wish not from you reward or gratitude.

10

إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا

Indeed, We fear from our Lord a Day austere and distressful."

11

فَوْقَاهُمْ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا

So Allah will protect them from the evil of that Day and give them radiance and happiness

12

وَجَزَاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا

And will reward them for what they patiently endured [with] a garden [in Paradise] and silk [garments].

13

مُتَّكِنِينَ فِيهَا عَلَى الْأَرَائِكِ لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا

[They will be] reclining therein on adorned couches. They will not see therein any [burning] sun or [freezing] cold.

14

وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا

And near above them are its shades, and its [fruit] to be picked will be lowered in compliance.

15

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِّنْ فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا

And there will be circulated among them vessels of silver and cups having been [created] clear [as glass],

16

قَوَارِيرٍ مِّنْ فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا

Clear glasses [made] from silver of which they
have determined the measure.

17

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا

And they will be given to drink a cup [of wine]
whose mixture is of ginger

18

عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا

[From] a fountain within Paradise named
Salsabeel.

19

وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَّنشُورًا

There will circulate among them young boys
made eternal. When you see them, you would
think them [as beautiful as] scattered pearls.

20

وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا

And when you look there [in Paradise], you will
see pleasure and great dominion.

21

عَالِيَهُمْ ثِيَابٌ سُنْدُسٍ خُضْرٌ وَإِسْتَبْرَقٌ وَحُلُّوا أَسَاوِرَ مِنْ فِضَّةٍ
وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا

Upon the inhabitants will be green garments of fine silk and brocade. And they will be adorned with bracelets of silver, and their Lord will give them a purifying drink.

22

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَشْكُورًا

[And it will be said], "Indeed, this is for you a reward, and your effort has been appreciated."

- If we always want to have happiness, we have to remember Allah (سبحانه وتعالى) is the One Who created us while we were nothing. And we can easily be split because we are created from something small and weak.

- In this life we go through trials and challenges, but we should not forget that Allah (سبحانه وتعالى) will not leave us; He will always guide us.
- Happiness is not to avoid or be disconnected from challenges or what happens in our life, but to be happy there is guidance from Allah (سبحانه وتعالى).

GRATEFUL FOR GUIDANCE FROM ALLAH

- When Allah (سبحانه وتعالى) guides us, He will guide us in whatever situation we go through. And if we want to be happy, we need to be grateful.
- We want to go through everything in life being grateful. It is important to always turn the “gratitude mode” on at all times because we are human, weak and can quickly get

influenced. But the guidance of Allah (سبحانه و تعالی) is there and this makes us grateful.

- So we have to remember that we are not only grateful for what we have or like. We need to be grateful that Allah (سبحانه و تعالی) guides us through our journey. And when we have this gratitude connected to His guidance then we will glow and shine with inner-happiness. We will shine with suroor.
- Our heart will shine and it will be like the heart of the Abrar. However, we will be disappointed or dimmed when we connect our gratitude with results, then we our gratitude will be “on” and “off”.
- We want to always be happy and that is connected to what is always there which is **THE GUIDANCE OF ALLAH**. Our happiness

is connected to the guidance of Allah (سبحانه و تعالی).

- Allah (سبحانه و تعالی) guides us, will always guide us and will never leave guiding us. No one knows what will guide us except Allah (سبحانه و تعالی) and this will make us among the Abarar.

THE ABRAR

- The Abrar are those with pure, glowing hearts, full of goodness because they appreciate the guidance from Allah (سبحانه و تعالی). They do not look at the blessings alone or people alone because that is temporary. We want to be connected to the guidance of Allah (سبحانه و تعالی) which will make our hearts pure.

- One of the Names of Allah is Al Barr – The Most Vast in Goodness – and He gives us much truthfully and not for any other purpose.
- The Abrar produce good deeds despite going through challenges. They still face these challenges with a smile, while spreading positivity. They illuminate the path for themselves and for others because their heart is pure and grateful, their hearts are full of suroor.
- And when we help others, we truthfully appreciate Allah (سبحانه وتعالى) guided us to help others and to say the best.

SLAVE OF ALLAH

- The Abrar are Slaves of Allah (سبحانه وتعالى); they do not surrender to being a slave of anything.

- What makes us sad and disappointed? When we are slave to money, slave to position and what does it mean to be a “slave of something”? It means all our feelings are towards that one thing. And we all want to be a Slave of Allah (سبحانه وتعالى) and these are the Abrar.
- We will be happy when we are connected to Allah (سبحانه وتعالى) with all our feelings, when we love the Prophet (ﷺ) because he is our role model and when we love others for the sake of Allah (سبحانه وتعالى). This will make us happy because no one can cut this pure love.
- When we hope to be content, provided, guided and protected, we only hope it from Allah (سبحانه وتعالى). And we will be happy

because no one can come in between. We will dream big with Allah (سبحانه وتعالى).

- Allah (سبحانه وتعالى) never disappoints us or puts us down. And we do not fear anyone except Him because we want our connection to remain.
- Thus as slave of Allah (سبحانه وتعالى) loves, hopes and fears Allah (سبحانه وتعالى) and this will make us a strong slave because no one can bring us down.
- The Abrar fulfill their covenants, they fulfill the prayer, fasting and zakat. They are always on the go; they are not lazy because laziness will not bring happiness. The Abrar are always in the line of obedience.
- However, there is something that keeps them humble and preserves their actions.

FEAR THE DAY OF JUDGEMENT

- Sometimes as we are in constant worship, we can feel proud, arrogant or feel secure. And if we feel secure then we will be disappointed. So in order to remain humble, the Abrar fear the Day of Judgement and its punishment. They keep the akhira in front of their eyes.
- When we perform good deeds, we should not feel we are safe, but we want to protect ourselves and deeds from any disappointment. And that is by fearing the Day of Judgement.
- Anyone who fears the torment then Allah (سبحانه و تعالی) will change that fear to security. And He will make us happy because a person is moving in the right direction.

- People think being relaxed is to not hear about the Day of Judgement, though not hearing about it will only bring disappointment.
- Fearing the Day of Judgement will not make us do things in order to gain appreciation from people.

DO GOOD FOR THE FACE OF ALLAH

- We will only feel down when we find ourselves doing good to others and are expecting a thank you from them. We think if receive a thank you from others then it will keep us going, though it is only temporary, followed by unfulfilled expectations and sorrow.
- Our happiness is from gratitude, fearing the Day of Judgement, and helping and feeding the people without wanting any recompense,

praise or reward. The moment we expect from the people then we will be unhappy; it will only be disappointment.

- We are human beings and can quickly get affected, so we want to do good seeking the Face of Allah (سبحانه وتعالى).
- Sometimes we want a reward or to hear some praise to make us happy, but we do not want this. If someone praises us, then it is good for them, but we do not expect it. We do not want to have expectations from our parents, spouse, children or anyone.
- We will move forward and will always be happy in our path as long as we are doing it for the Face of Allah (سبحانه وتعالى). And Allah (سبحانه وتعالى) Himself will bring the praise of the people without us wanting it.

- We feel happy when someone appreciates us and thanks us, but we want something greater and higher; we want it from Allah (سبحانه وتعالى).
- If we seek the Face of Allah (سبحانه وتعالى) in anything we do then surely He will protect us from any kind of disappointment. He will protect us from any evil and torment in this life and the next.

11

فَوَقَاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا

So Allah will protect them from the evil of that Day and give them radiance and happiness

- Allah (سبحانه وتعالى) will give them a glow in their face and happiness in their heart. They will always receive good news and will always be protected.

HOW DO WE ACT ON WHAT WE LEARNED?

- If we connect to Allah (سبحانه وتعالى), appreciate His guidance, fear the Day of Judgement, and seek His Face with no expectation from anyone then surely we will be happy and have a glow in our face.
- No one can cut the guidance and our relation with Allah (سبحانه وتعالى). This will make a person energetic and always on the go. Nothing can bring them down though they are human because all of their love, what they want and fear is for Allah (سبحانه وتعالى).
- Every human is worthy of happiness and that is with Allah (سبحانه وتعالى).

MAY ALLAH MAKE US ALL HAPPY AND GRANT US SUROOR
OF THE HEART. AMEEN

REFERENCES

1. تفسير الشيخ السعدي – TAFSEER SHEIKH AS SA'ADY
2. تفسير ابن كثير – TAFSEER IBN KATHIR
3. تفسير الشيخ بن عثيمين – TAFSEER SHEIKH BIN UTHAYMEEN



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HAPPINESS OF THE HEARTS

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سرور القلوب

HAPPINESS OF THE HEARTS

02 DECEMBER 2021 | 27 RABI' AL THANI 1443 | CLASS #2

INTRODUCTION

- Previously, we talked about the human and that we are weak, we go through trials, we have feelings and can get affected. But what will always keep us happy and keep going in this life?
- To remember our mission which is to be connected to Allah (سبحانه وتعالى) and to do everything for His Face. And along this way, we do not want anything to stop us or be delayed. What will keep us going? To be grateful.

- Gratitude brings about out good feelings, it makes our surrounding optimistic, and we do not feel useless or remain in silence.
- Gratitude is not temporary, but to be grateful for the guidance from Allah (سبحانه وتعالى).
- The Abrar are pure hearted and all that they do and say is pure because their heart is full of gratitude. They do good without expecting anything from anyone. They do not stop their work just because others do not praise them. They want everything from Allah (سبحانه وتعالى) and do everything for His Face.
- Who will appreciate our goodness, gratitude and doing our best? Allah Ash Shakir Ash Shakoor – The Appreciative, The All-Appreciative.

ASH SHAKIR ASH SHAKOOR (الشاکر الشکور) THE APPRECIATIVE, THE ALL-APPRECIATIVE

- When Allah Ash Shakir Ash Shakoor appreciates us, He will give us peace of mind and happiness.
- He will make our life easy and He will help us overcome our challenges. When He appreciates us, He will multiply our deeds and open more doors of goodness for us.
- And He will bring forth different decrees to make us more grateful. So our heart will be happy and motivated when we are grateful for His guidance.
- The believer's happiness is from knowing Allah (سبحانه وتعالى). The one who is truly happy always

feels they are in paradise. And what is paradise in this life?

- It is knowing Allah (سبحانه وتعالى), His beauty, His majesty and how He always guides and appreciates us. He never leaves us or disappoints us. There is always a path and recompense with Him.
- We all need guidance and we are grateful for guidance from Allah (سبحانه وتعالى). And what will give us that push to go forward? Appreciation from Allah Ash Shakir Ash Shakoor. And this is happiness of the heart.

SUROOR OF THE HEARTS

IN THE QUR'AN

- We will find derivatives of the word (سرور) twice in the Qur'an – once in Surah Al Insaan and the word (مسرورا) – happiness – is found in Surah Al Inshiqaq. Now we will have a look at Surah Al Inshiqaq.

SURAH AL INSHIQAQ – CHAPTER OF SPLITTING

- In Surah Al Inshiqaq, there is splitting between two types of happiness.
- There is (مسرورا) “happiness” that is real and another (مسرورا) “happiness” that is deception and temporary.

- Surah Al Inshiqaq talks about those who are truly happy and those who are in deception, but using the same word (مسرورا).
- The theme of Surah Al Inshiqaq is to reveal splitting of the deeds. Everyone is struggling, everyone is striving and working, but there is a split and difference. There is a difference between someone struggling for Allah (سبحانه) (وتعالى) and someone not. There is a fine line between these two types of happiness.

SURAH AL INSHIQAQ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

إِذَا السَّمَاءُ انشَقَّتْ

When the sky has split [open]

2

وَأَذِنَتْ لِرَبِّهَا وَحُقَّتْ

And has responded to its Lord and was
obligated [to do so]

3

وَإِذَا الْأَرْضُ مُدَّتْ

And when the earth has been extended

4

وَأَلْقَتْ مَا فِيهَا وَتَخَلَّتْ

And has cast out that within it and relinquished
[it]

5

وَأَذِنَتْ لِرَبِّهَا وَحُقَّتْ

And has responded to its Lord and was
obligated [to do so] -

6

يَا أَيُّهَا الْإِنْسَانُ إِنَّكَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَاقِيهِ

O mankind, indeed you are laboring toward
your Lord with [great] exertion and will meet it.

7

فَأَمَّا مَنْ أُوْتِيَ كِتَابَهُ بِيَمِينِهِ

Then as for he who is given his record in his right
hand,

8

فَسَوْفَ يُحَاسَبُ حِسَابًا يَسِيرًا

He will be judged with an easy account

9

وَيَنْقَلِبُ إِلَىٰ أَهْلِهِ مَسْرُورًا

And return to his people in happiness.

10

وَأَمَّا مَنْ أُوتِيَ كِتَابَهُ وَرَاءَ ظَهْرِهِ

But as for he who is given his record behind his
back,

11

فَسَوْفَ يَدْعُو ثُبُورًا

He will cry out for destruction

12

وَيَصْلَىٰ سَعِيرًا

And [enter to] burn in a Blaze.

13

إِنَّهُ كَانَ فِي أَهْلِهِ مَسْرُورًا

Indeed, he had [once] been among his people
in happiness;

14

إِنَّهُ ظَنَّ أَنْ لَنْ يَحُورَ

Indeed, he had thought he would never return
[to Allah].

15

بَلَىٰ إِنَّ رَبَّهُ كَانَ بِهِ بَصِيرًا

But yes! Indeed, his Lord was ever of him,
Seeing.

16

فَلَا أُقْسِمُ بِالشَّفَقِ

So I swear by the twilight glow

17

وَاللَّيْلِ وَمَا وَسَقَ

And [by] the night and what it envelops

18

وَالْقَمَرِ إِذَا اتَّسَقَ

And [by] the moon when it becomes full

19

لَتَرْكَبُنَّ طَبَقًا عَن طَبَقٍ

[That] you will surely experience state after state.

20

فَمَا لَهُمْ لَا يُؤْمِنُونَ

So what is [the matter] with them [that] they do not believe,

21

وَإِذَا قُرِئَ عَلَيْهِمُ الْقُرْآنُ لَا يَسْجُدُونَ ﴿٢١﴾

And when the Qur'an is recited to them, they do not prostrate [to Allah]?

22

بَلِ الَّذِينَ كَفَرُوا يُكَذِّبُونَ

But those who have disbelieved deny,

23

وَاللَّهُ أَعْلَمُ بِمَا يُوعُونَ

And Allah is most knowing of what they keep within themselves.

24

فَبَشِّرْهُم بِعَذَابٍ أَلِيمٍ

So give them tidings of a painful punishment,

25

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ لَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ

Except for those who believe and do righteous deeds. For them is a reward uninterrupted.

- Everyone in this life struggles, even the baby struggles to drink milk and the old person struggle. But there is a great split between two certain types of struggle.
- We want to struggle for good and not for bad, and that is a great difference. To struggle for Allah (سبحانه وتعالى) is very different to struggle to only be happy and have no sense of return to Allah (سبحانه وتعالى) because that will be difficult.

- The believers are struggling for Allah (سبحانه وتعالى), they perform good deeds, so Allah (سبحانه وتعالى) takes them to a higher level.
- Our struggle is not just to be happy, but to believe and perform righteous good deeds. And Allah (سبحانه وتعالى) will make us (مسرورا) – happy.
- Unlike someone who struggles in their life to make themselves happy by saying something or doing something or going somewhere. This happiness will be temporary.
- We all want continuous reward. Do we not want that every time we go to higher level and find more happiness?
- A believer's happiness is continuous. Their righteous good deeds are continuous, unlike the one who disbelieves who will only reach a

peak, and then gets bored and starts all over again.

- We find people going through different relationships, different work and doing different things to seek something different every time.
- But with Allah (سبحانه وتعالى), we go through different phases, but it is all continuous and connected.

TWO TYPES OF SUROOR IN SURAH AL INSHIQAQ

- This first (مسرورا) mentioned in the surah is true happiness that is within the person and is always increasing, but the other (مسرورا) is limited, disconnected and is always changing.
- We are all struggling to our Lord and only the believers understand that they are struggling

for more nurturing. Imagine someone struggling to make themselves happy or others happy, it will be deception.

6

يَا أَيُّهَا الْإِنْسَانُ إِنَّكَ كَادِحٌ إِلَىٰ رَبِّكَ كَدْحًا فَمُلَاقِيهِ

O mankind, indeed you are laboring toward your Lord with [great] exertion and will meet it.

- We are all struggling to be purified from our weakness and sins. And as we are struggling it means we adopt a new worship every time, whether it is patience or gratitude or whatever Allah (سبحانه وتعالى) opens for us.
- We will all meet Allah (سبحانه وتعالى) so we are struggling to meet Him. And when we know we are struggling for a great purpose then it makes it easy, unlike someone struggling, but feels tired and cannot find true happiness.

- Allah (سبحانه وتعالى) mentions two groups. For example, there is one who struggled to prepare for an exam and another who struggled to just play and avoid the exam. Then a day will come when the one who prepared for the exam will find a good result, and the one who did not prepare will despair and not find happiness.
- The one who is happy knows that every struggle is nurturing from Allah (سبحانه وتعالى) to take them to a higher level and not as punishment. A person will not pity themselves and think “why am I always going through difficulties?” A person will feel happy because they are on the path and are doing right.

7

فَأَمَّا مَنْ أُوْتِيَ كِتَابَهُ بِيَمِينِهِ

Then as for he who is given his record in his right
hand,

8

فَسَوْفَ يُحَاسَبُ حِسَابًا يَسِيرًا

He will be judged with an easy account

- Their Book of Records will be good and they will receive it with their right hand. Their recompense will be easy since they struggled for Allah (سبحانه وتعالى) in this life. And they will return back to their family happy.

9

وَيَنْقَلِبُ إِلَىٰ أَهْلِهِ مَسْرُورًا

And return to his people in happiness.

- They were happy in this life and they will return happy in the hereafter. We do not want our struggle to go to waste, but understand it is nurturing, and continue to believe and do

good deeds. Then we will always be in a garden and return to our family happy.

10

وَأَمَّا مَنْ أُوتِيَ كِتَابَهُ وَرَاءَ ظَهْرِهِ

But as for he who is given his record behind his back,

11

فَسَوْفَ يَدْعُو ثُبُورًا

He will cry out for destruction

- As for the other person who did not prepare and only focused on temporary happiness, and always complained when there is a problem, then their Book of Record will be bad. And they will receive it and place it behind their back out of shame.
- They will even call for destruction against themselves and will be miserable.

13

إِنَّهُ كَانَ فِي أَهْلِهِ مَسْرُورًا

Indeed, he had [once] been among his people in happiness;

- They were happy before with their family; they were happy thinking they are doing what they want and were not thinking about returning to Allah (سبحانه وتعالى). They were only thinking of their pleasures. They were happy in their life, but it was only temporary.

HOW DO WE ACT ON WHAT WE LEARNED?

- Happiness of the heart is to not be lazy, complain or think this life is perfect. Life is not perfect, but we do not want to ignore the

nurturing of Allah (سبحانه وتعالى). His nurturing will come either way and everyone is struggling.

- To make an effort and to accept the nurturing of Allah (سبحانه وتعالى) so He will take us to a higher level.
- A happy person is on the go and doing their best despite struggling. A happy person not only wants to be happy now, but happy in the hereafter.
- To believe and perform righteous good deeds will make us happy.
- Happiness of the heart is when we expect from Allah (سبحانه وتعالى) and struggle for Him. This will keep us motivated and it will make us go forward.

MAY ALLAH MAKE US ALL HAPPY AND GRANT US SUROOR
OF THE HEART. AMEEN

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2. تفسير ابن كثير – TAFSEER IBN KATHIR
3. تفسير الشيخ بن عثيمين – TAFSEER SHEIKH BIN UTHAYMEEN



RELATED RESOURCES

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