

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اطمئني

Rest Assured

المطمئنات: عند المصائب و الابتلاءات، قبلها و
أثناءها، تذكرها دائما و استحضرها في قلبك

Reassurances at times of calamities
and afflictions, before and during it.
Always remember them and feel them
in your heart.

التوبة - الآية 51

قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ
فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿٥١﴾

Surah At-Tawbah, Ayah 51

Say: "Nothing shall ever happen to us except what Allah has ordained for us.

He is our Maula (Lord, Helper and Protector)." And in Allah let the believers put their trust.

الحديد - الآية 22

مَا أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَلَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ
مِنْ قَبْلِ أَنْ نَبْرَأَهَا إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٢٢﴾

Surah Al-Hādīd, Ayah 22

No calamity befalls on the earth or in yourselves but is inscribed in the Book of Decrees (Al-Lauh Al-Mahfuz), before We bring it into existence. Verily, that is easy for Allah.

التغابن - الآية 11

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ وَمَنْ يُؤْمِنْ بِاللَّهِ يَهْدِ قَلْبَهُ

Surah At-Taghābun, Ayah 11

No calamity befalls, but with the Leave [i.e. decision and Qadar (Divine Preordainments)] of Allah, and whosoever believes in Allah, He guides his heart [to the true Faith with certainty, i.e. what has befallen him was already written for him by Allah from the Qadar (Divine Preordainments)]



الطلاق - الآية 3

وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ

Surah At-Ṭalāq, Ayah 3

And whosoever puts his trust in Allah, then He will suffice him.

البقرة - الآية 155-156

وَبَشِّرِ الصَّابِرِينَ ﴿١٥٥﴾

﴿١٥٦﴾ الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Surah Al-Baqarah, Ayah 155 - 156

Give glad tidings to As-Sabirin (the patient ones, etc.).

Who, when afflicted with calamity, say: "Truly! To Allah we belong and truly, to Him we shall return.

البقرة – الآية 286

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

Surah Al-Baqarah, Ayah 286

Allah burdens not a person
beyond his scope.

الشرح - الآية 5-6

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ٥
إِنَّ مَعَ الْعُسْرِ يُسْرًا ٦

Surah Ash-Sharh, Ayah 5-6

So verily, with the hardship, there is relief,

Verily, with the hardship, there is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs).




عن ابن عباس، رضي الله عنهما، قال: " كنت خلف النبي، صلى الله عليه وسلم، يوماً فقال: " يا غلام إني أعلمك كلمات: "احفظ الله يحفظك، احفظ الله تجده تجاهك، إذا سألت فاسأل الله، وإذا استعنت فاستعن بالله، واعلم: أن الأمة لو اجتمعت على أن ينفعوك بشيء، لم ينفعوك إلا بشيء قد كتبه الله لك، وإن اجتمعوا على أن يضروك بشيء، لم يضروك بشيء إلا بشيء قد كتبه الله عليك؛ رفعت الأقلام، وجفت الصحف "

(رواه الترمذي وقال حديث حسن صحيح)


One day, I was riding behind the Prophet (صلى الله عليه وسلم) when he said, "O boy! I will instruct you in some matters. Be watchful of Allah (Commandments of Allah), He will preserve you. Safeguard His Rights, He will be ever with you. If you beg, beg of Him Alone; and if you need assistance, supplicate to Allah Alone for help. And remember that if all the people gather to benefit you, they will not be able to benefit you except that which Allah had foreordained (for you); and if all of them gather to do harm to you, they will not be able to afflict you with anything other than that which Allah had predestined against you. The pens had been lifted and the ink had dried up".

[At- Tirmidhi]



ان تعلم انه
(لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ)

Know that (There is no change
and no strength except with
Allah).



أَنَّ مَا أَصَابَكَ لَمْ يُكُنْ لِيُخْطِئَكَ وَمَا
أَخْطَأَكَ لَمْ يُكُنْ لِيُصِيبَكَ

(سنن ابي داوود)

Know that what has come to you
could not miss you, and that what
has missed you could not come to
you.

**[Sunan Abi Dawud 4700,
Authenticated by Al Albani as Sahih]**



"عجبا لأمر المؤمن إن أمره كله له خير، وليس ذلك لأحد إلا للمؤمن : إن أصابته سراء شكر فكان خيراً له، وإن أصابته ضراء صبر فكان خيراً له"

(صحيح مسلم)

The Messenger of Allah (صلى الله عليه وسلم) said, "How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him".

[Sahih Muslim]



فكن متفائلا مستبشرا

Be optimistic and give glad tidings.

عافانا الله و اياكم جميعامن كل سوء و بلاء
May Allah grant wellbeing to us and
all of you from all evil and afflictions.

تم بحمد لله



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