



الحياة الطيبة

THE GOOD LIFE

All praises are due to Allah. Anything good is from Allah and any mistakes are from ourselves and the shaitan. May Allah forgive us.



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Al Salam Islamic Center



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لا حول ولا قوة إلا بالله

الحياة الطيبة

THE GOOD LIFE

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RECAP

- The topic of a good life is something we all wish to attain, and true happiness is by knowing Allah (سبحانه وتعالى), believing in Him and being content with His decree.
- The means to attain a good life discussed so far are:
 1. Belief in Allah and performing good deeds

2. Taqwa (piety) to act upon the commands of Allah (سبحانه وتعالى) and abstain from what He has forbidden
 3. Prayer: it is the delight and comfort of our heart.
 4. Contentment
- We mentioned contentment is of two levels:
1. Obligatory: to be pleased with the actions of Allah (سبحانه وتعالى) such that there is no doubt the actions of Allah (سبحانه وتعالى) are based on justice, wisdom and mercy.
 2. Recommendable: as humans, we do not like calamities, sickness, loss or depravation. If we accept and submit to Allah (سبحانه وتعالى), then we will not have any hard feelings. We accept that sickness and that loss.

- Sa'ad bin Abi Waqas (may Allah be pleased with him) was one of the ten given glad tidings of paradise, and his supplications were known to be answered. In old age, he became blind and lost his vision. A youth approached him and asked him, "why do not ask Allah to remove the blindness from you?". He said, "I am content and pleased with what Allah has decreed for me." The Companions reached a level of trust and love for Allah (سبحانه وتعالى) such that wherever Allah (سبحانه وتعالى) places them, they are pleased and happy.

WHOEVER IS CONTENT, FOR HIM IS
CONTENTMENT

عن أنس بن مالك - رضي الله عنه - عن النبي - صلى الله عليه وسلم - أنه قال: "إِنْ عِظَمَ الْجَزَاءُ مَعَ عِظَمِ الْبَلَاءِ، وَإِنْ اللَّهُ -

تعالى- إذا أحب قوما ابتلاهم، فمن رَضِيَ فله الرِّضا، ومن
 "سَخِطَ فله السُّخْطُ".

Anas ibn Mālik (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "The greater the tribulation, the greater the reward. When Allah loves people, He tests them. So whoever is content, for him is pleasure; and whoever is discontent, for him is displeasure."¹

- If we fulfill the obligatory and recommendable levels of contentment, then we will be in a state higher than patience. We will be someone who is content (راضي). And an even higher level than contentment is gratitude.

¹ Sunan Ibn Majah 4031

THE GOOD LIFE

FOURTH MEAN TO ATTAIN A GOOD LIFE – CONTENTMENT

- Life is very short, regardless of how long we will live, the end of it is death, and this is a fact. So why do we spend this short life with depression, anxiety, worries, grief and discontentment? Why do we not accept the decree of Allah (سبحانه وتعالى) and what He has written for us? Subhan Allah.
- There are people who are wasting and losing their life with depression and discontentment, why? Because they do not have certain worldly matters and are unhappy with what Allah (سبحانه وتعالى) has written for them.

WORLD GATHERED FOR HIM

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرِّهِ مُعَافًى فِي جَسَدِهِ عِنْدَهُ قُوَّةٌ يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

"The Messenger of Allah (ﷺ) said: "Whoever among you wakes up in the morning secured in his dwelling, healthy in his body, having his food for the day, then it is as if the world has been gathered for him."²

- Whoever enters the morning and is secure in his house, is healthy, and has food for the day, then it is as if the whole world has been gathered for him.

² Jami` at-Tirmidhi 2346

IMPORTANCE OF CONTENTMENT IN OUR LIFE

JOINED WITH HAPPINESS

- Contentment is important in Islam and the religion because a sign of happiness is to be content with what Allah (سبحانه وتعالى) has given us. If we are content, we will enjoy our life, despite any deficiencies, sicknesses or shortcomings.
- If we are content, then we will appreciate what Allah (سبحانه وتعالى) has given us from blessings. The happy person is appreciative and enjoys his life even if he has many deficiencies in his life.

REMEDY FOR DISTRESS

- Contentment makes one happy and contentment is a remedy for mental sicknesses.

It is a remedy for distresses such as anxiety, depression and grief.

- Patience is bitter in taste, while contentment makes it sweet. Contentment makes us happy and mentally healthy.
- The discontented person will see things as deficient and nothing will please him no matter what he does. Such a person is considered harmful to himself and to others.
- For example, one can be happy with the least available sources of enjoyment, but people say, “how can I be happy if I do not have a job or husband?”. Keep in mind the sources of worldly enjoyment are various. It is not only in money, a job, husband, or children. We should not restrict our happiness and worldly

enjoyment with that specific matter in our mind.

○ There are many various means to attain happiness in this life. So whatever Allah (سبحانه وتعالى) made available for us, we should enjoy it and use. We should not say, “I will be happy when I get married, I will be happy when I get a job.” We may not get married, so will we remain in a state of unhappiness our whole life? Is this is a good life? This is not a good life.

○ Whatever Allah (سبحانه وتعالى) grants us from blessings, we should use it. If we are at home and we have our breakfast in front of us, then should enjoy eating it. But there is an extra enjoyment to see it that it is a blessing and favor from Allah (سبحانه وتعالى). This will make us enjoy our breakfast even more.

- By these little things that we have in our home, we can enjoy our life. It is not a matter of where we are eating or with whom. Whatever blessing Allah (سبحانه وتعالى) has given us then we should enjoy it. Whatever has been made available for us then we should enjoy it.

PEACE AND REST IN THE HEART

- Contentment gives us peace and rest in the heart. We will not be worried or anxious all the time.

DESCRIPTION OF A CONTENTED PERSON

SUBMITS AND ACCEPTS TO THE DECREE OF ALLAH

- The description of a contented person is one who submits and accepts to whatever Allah (سبحانه وتعالى) has written for him from provision.
- Allah (سبحانه وتعالى) knows and we do not know. He knows the amount of provision suitable for us, alhamdulillah. So we should not look for more than what He has written for us, rather we should be satisfied, accepting and submitting.
- The contented person does not complain much, nor is he displeased, discontented, or objecting to what Allah (سبحانه وتعالى) has written for him. Rather he is accepting.

KNOWS THERE IS WISDOM IN ALLAH'S DECREES

- The contented person knows there is wisdom in what Allah (سبحانه وتعالى) has decreed for him. We have to always tell ourselves all the time that Allah knows and we do not know. And it is important to remind our friends there is wisdom, even if we do not know it. And then later Allah (سبحانه وتعالى) may or may not reveal the wisdom behind it. But regardless, His actions are based on perfect mercy, justice and wisdom.

SHOWS GOOD MANNERS TOWARDS ALLAH

- The contented person shows good manners towards Allah (سبحانه وتعالى) and he avoids any attitude that contradicts contentment such as being displeased, unhappy, angry with Allah (سبحانه وتعالى) or His laws, astaghfar Allah.

GRATEFUL

- The main description of the contented person is being grateful. He appreciates all that Allah (سبحانه وتعالى) has given him.
- Contented people show appreciation for all that Allah (سبحانه وتعالى) has given them. We will be a blessed person when we remind others to be grateful as well. We do not want to be the person who sits with her friend and makes her ungrateful.
- There is a story of two neighbors, one neighbor was a housewife with children. She was happy and grateful, despite her limited financial situation. She had a neighbor who started to criticize her situation, to not have a job and just bury herself with her children. She told her to go

help her husband and make more money. This lady went from being grateful to ungrateful.

WILL NOT GIVE UP HIS RELIGION

- If the contented person is afflicted with any calamity, he will not leave his religion and go after unlawful worldly matters. When some people are discontented with their situation, they will seek unlawful means. They will be ready to give up their religion for worldly acquisition. The contented person will never give up his religion for the sake of the duniya.
- The contented person will not leave his religion in order to gain what he wants. He may fear for his life, but he will not go to unlawful medicine or unlawful earnings.
- The contented person will put effort and take the means to change his situation. If a person

is sick, then let him take the means for healing. If he is poor, then let him take the means to have a better job and salary. But we should not forget to be content with whatever Allah (سبحانه و تعالی) has written for us. We may go after a better job and we may not get it, so we should be satisfied and accept what Allah (سبحانه و تعالی) has written for us.

DESCRIPTION OF A DISCONTENTED PERSON

PESSIMISTIC

- The description of such a person is pessimistic. He does not expect any good. He has no hope for good in the future.
- He always expects bad things will happen in the future.

CONTINUOUS COMPLAINING

- He is continuously complaining, wherever he goes or sits, he complains. And unfortunately, this has spread where husband complain about the wives, and the wives complain about the husbands. The parents complain about the children, and the children complain about the parents. The managers complain about the employees, and the employees

complain about the managers. No one is satisfied anymore, subhan Allah.

- The (متسخط) discontented person is worse than the (جزوع) person, why? Because the (متسخط) is committing a major sin because they continuously object and criticize.

ONLY LOOKS AT DEFICIENCIES

- He always focuses on the negative points. His eyes only look at the deficiencies, and does not look at the good and perfect things. He always looks for mistakes, so he never benefits.
- He makes the lives of those around him difficult. We should pity such people because they do not enjoy their lives.

CONSTANTLY SPEAKING OF THEIR LOSSES

- They are constantly speaking of their losses, suffering, pain and problems.
- He claims that he never experienced any good in his life. He is (كفور) – ungrateful to Allah (سبحانه وتعالى), and this is considered minor disbelief which is a major sin. They do not know that they are earning major sins by this behavior. We ask Allah (سبحانه وتعالى) for the well-being. Ameen.

BAD EXPECTATIONS

- He always has bad expectations of the future.

DISCONTENT WITH ALLAH, ASTAGHFAR ALLAH

- He is discontent with Allah (سبحانه وتعالى) and does not see wisdom in Allah's preordaining.

LAMENTS HIS MISFORTUNE

- He laments his misfortune.

DISHEARTENING

- When such people are in a group, they will always dishearten the people or themselves. They will say, "it will not succeed, we will fail."
- One student who is not appreciative will affect the teacher and will affect the acquisition of the knowledge. And the opposite is true. One who is blessed can be a means to make the teacher vast chested and impart more knowledge to the students.
- If we think bad of Allah (سبحانه وتعالى), then He will deal with us in that way. If we believe we will fail, then we will fail as punishment from Him. It is important to use good and encouraging

words. We should not dishearten or discourage people from doing good.

- This person does not see good in what he does in the present or the future. To him, the whole world is wrong, astaghfar Allah.
- It is important to not deal with such people because such people by their pessimism and discontentment will have a bad effect on the place, group and work.

CONTINUOUS CRITICISM

- Signs of a discontent person is continuous criticism, for minor and major matters. He does not practice (التغافل) – to overlook mistakes. This is an important manner to practice because no one is perfect. We may see mistakes here

and there, but we should ignore it and continue with our life.

- The discontented person cannot practice overlooking mistakes. He will not be happy if he ignores it. He must pinpoint and he must complain.

DIFFICULT TO CONVINCE

- The discontented person is a hard person and difficult to convince, so it is important to not waste our precious time.
- Who has this mental sickness of discontentment? Perfectionists who set a high criteria for precision and correctness. They want everything to be perfect, in the right time and right place.
- We humans cannot be perfect, but these perfectionists become upset with those around

them because they are not punctual in their time and work. We should remember we are all humans and we are good in other things, so we accept others.

- If we are looking for perfection, then we will attain it in paradise and not in this life. We should tell ourselves this so that we do not become mentally sick. If we expect people to be perfect, then we are making our lives miserable.

REMEDY FOR DISCONTENT

KNOWLEDGE OF THE DESCRIPTION OF THE CONTENTED AND DISCONTENTED PERSON

- Knowledge of the description of the content and discontent person. If we have any of these characteristics mentioned then it is serious because it may grow.

OBSERVE OURSELVES IN SITUATIONS

- Observe ourselves in situations. Allah (سبحانه وتعالى) makes us go through situations in order we observe ourselves. Do we only criticize and see deficiencies?

TRAIN OURSELVES

- We should train ourselves:
 1. To not complain

2. To accept the decree of Allah (سبحانه وتعالى) and remind ourselves there is wisdom and good in it because Allah (سبحانه وتعالى) is The All-Wise and The All-Knower. He has apportioned provision that suits us.
3. To leave comparison and not compare ourselves to those who have and we do not. Comparison is tiring and it puts us in a bad mood. When we look to those less than us in provision, then we will appreciate what we have.
4. To look at the favors and blessings with which Allah (سبحانه وتعالى) favored us, and not others. We may be poor, but we have religious knowledge or are imparting this knowledge to others. We may be poor, but are

memorizing Qur'an. We may be poor, but are acquiring knowledge.

5. To increase in saying, “alhamdulillah” by statement and by state. It should show on us that we praise Allah (سبحانه وتعالى). When we are stricken with a calamity, we should say, (الحمد لله) (all praises are due to Allah in all conditions). We praise Allah (سبحانه وتعالى) for His actions and decrees. If a discontented person is told to say, “alhamdulillah”, they cannot say it. They do not see Allah's actions as praiseworthy, astaghfar Allah. They do not see their provision as being sufficient for them. Rather they see Allah (سبحانه وتعالى) is unjust to them and has wronged them, astaghfar Allah.

6. To make dua: we should invoke Allah (سبحانه) to grant us contentment after a decree.

SUPPLICATION TO BE CONTENT AFTER A DECREE

وَأَسْأَلُكَ الرِّضَا بَعْدَ الْقَضَاءِ

wa as'alukar-riḍā ba`dal-qadā'

I ask You for pleasure after Your Judgment³

- When any calamity befalls us, we praise Allah (سبحانه وتعالى):
1. For making it a means of expiations of sins and reward
 2. It could have been worse: we may have lost our job, but alhamdulillah we did not lose a loved one.
 3. To not make the calamity in our religion. To be a Muslim who believes in Allah (سبحانه وتعالى)

³ An-Nasa'i 3/54,

and to die on that belief is enough for us. If we are a billionaire and disbelieve, then it will not benefit us. Alhamdulillah Allah (سبحانه وتعالى) did not make our problem in our religion.

4. Allah (سبحانه وتعالى) loves those who praise Him.

5. Praise Allah (سبحانه وتعالى) for the existing favors we have. We may have lost something, but we have many other blessings in our life.

6. We will be compensated with something better.

SURAH AL BALAD 4

قَالَ سَمِعْتُ ابْنَ سَفِينَةَ، يُحَدِّثُ أَنَّهُ سَمِعَ أُمَّ سَلَمَةَ، زَوْجَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " مَا مِنْ عَبْدٍ تُصِيبُهُ مُصِيبَةٌ فَيَقُولُ إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاغِبُونَ اللَّهُمَّ أَجِرْنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا إِلَّا أَجَرَهُ اللَّهُ فِي مُصِيبَتِهِ وَأَخْلَفَ لَهُ خَيْرًا مِنْهَا ". قَالَتْ فَلَمَّا تُوفِّيَ

أَبُو سَلَمَةَ قُلْتُ كَمَا أَمَرَنِي رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
فَأَخْلَفَ اللَّهُ لِي خَيْرًا مِنْهُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ .

Umm Salama, the wife of the Messenger of Allah (ﷺ), reported Allah's Messenger (ﷺ) as

saying:

If any servant (of Allah) who suffers a calamity says: " We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it," ' Allah will give him reward for affliction, and would give him something better than it in exchange. She (Umm Salama) said: When Abu Salama died. I uttered (these very words) as I was commanded (to do) by the Messenger of Allah (ﷺ). So Allah gave me better in exchange than him. i. e. (I was taken as the wife of) the Messenger of Allah (ﷺ).⁴

- In conclusion, contentment does not mean to enjoy suffering, rather it is to enjoy life despite the existence of that suffering.

⁴ Sahih Muslim 918

- The problem is there, but we will enjoy our life even if we have a problem. This is the meaning of contentment.
- Feeling pain does not contradict contentment. We feel sad if we lose our loved ones or if we lose something in our life because we are human beings.
- Nevertheless, the contented person enjoys their life with high spirits.

MAY ALLAH MAKE US CONTENT AND MAY HE PROTECT US
FROM DISCONTENTMENT. AMEEN.

REFERENCES

1. تفسير الشيخ السعدي – TAFSEER SHEIKH AS SA'ADY



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