

Good Life,
Its Aspects
and Means
of Attainment



The eighth means of
attaining the good life is
At-Tawakkul (putting trust
in Allah and reliance on Him)

وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ

And whoever relies upon Allah - then He is sufficient for him.

Surat At-Talaq (65:3)





Allah then says:

إِنَّ اللَّهَ بِأَلْمِ رِهٖ

Indeed, Allah will accomplish His purpose.

Surat At-Talaq (65:3)

قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا

Allah has already set for everything a [decreed] extent.

Surat At-Talaq (65:3)



Anas bin Malik narrated that the
Messenger of Allah (ﷺ) said:

“Whoever says - that is: when he leaves his house - ‘In the Name of Allah, I place my trust in Allah, there is no might or power except by Allah (Bismillāh, tawakkaltu `alallāh, **lā ḥawla wa lā quwwata illā billāh**)’ it will be said to him: ‘You have been sufficed and protected,’ and Shaitan will become distant from him.”

Hadeeth by At-Tirmidhi (3426)



We put our trust in Allah and rely on Him:

1- to protect us from harm

2- to make easy the means of attaining what benefit us

3- to strengthen our hearts and keep us firm

عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ

Taught man that which he knew not.

Surat al Alaq (96:5)

The background of the image features a soft, light pink color palette. It is filled with several large, delicate pink flowers, likely cherry blossoms, which are slightly out of focus. Interspersed among the flowers are numerous circular bokeh light effects in shades of white and pale yellow, creating a dreamy and ethereal atmosphere. The overall composition is gentle and visually appealing.

At-Tawakkul indicates the strong belief in Allah's Names, Attributes, and Actions.

Whoever truly believes in Allah's Attributes ,
will rely on Him



إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ

إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ

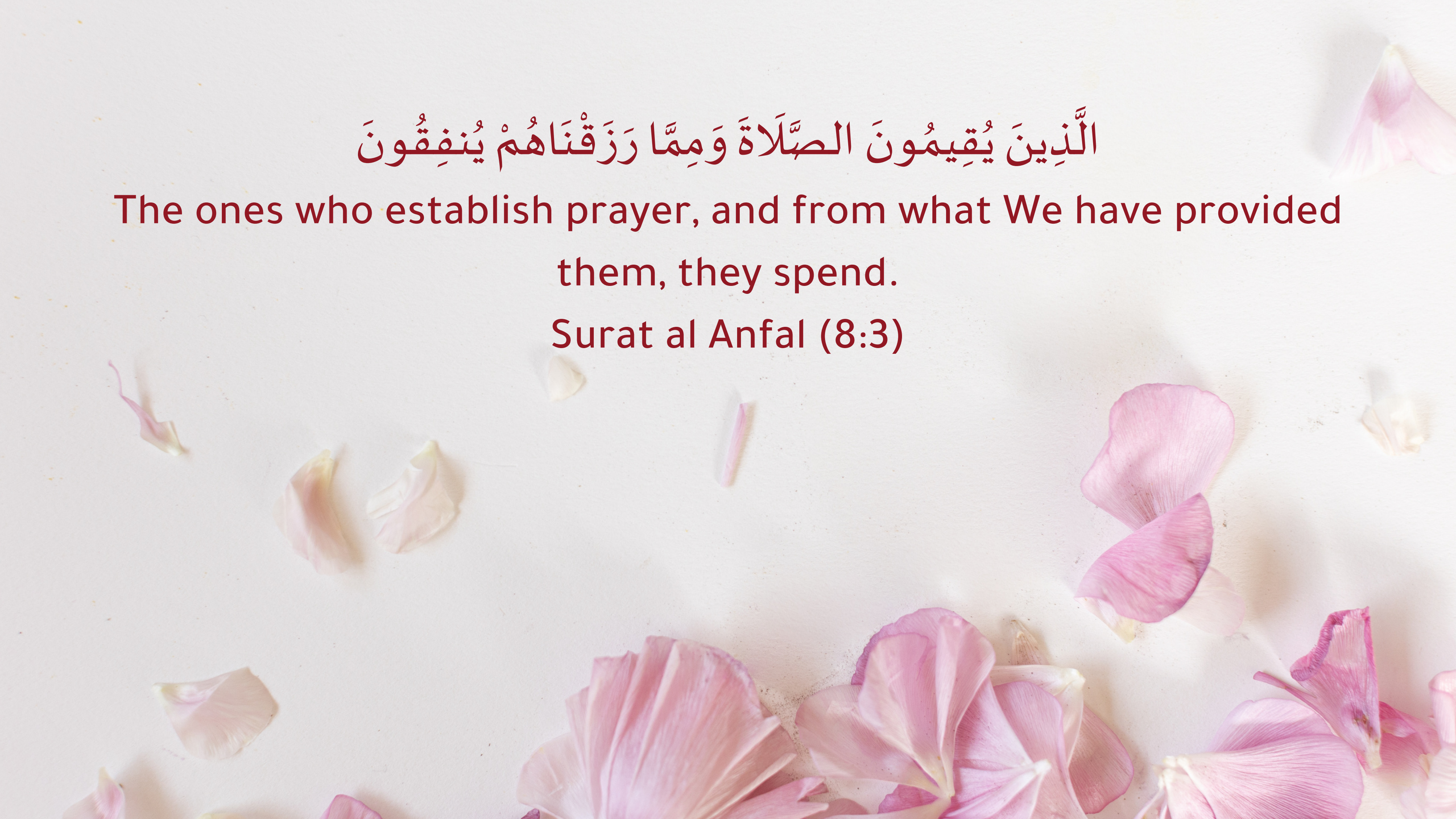
The believers are only those who, when Allah is mentioned, their hearts become fearful, and when His verses are recited to them, it increases them in faith; and upon their Lord they rely -

Surat al Anfal (8:2)

الَّذِينَ يُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ

The ones who establish prayer, and from what We have provided them, they spend.

Surat al Anfal (8:3)



أُولَئِكَ هُمُ الْمُؤْمِنُونَ حَقًّا لَهُمْ دَرَجَاتٌ عِنْدَ رَبِّهِمْ وَمَغْفِرَةٌ وَرِزْقٌ كَرِيمٌ

Those are the believers, truly. For them are degrees [of high position] with their Lord and forgiveness and noble provision.

Surat al Anfal (8:4)

وَعِنْدَهُ مَفَاتِحُ الْغَيْبِ لَا يَعْلَمُهَا إِلَّا هُوَ وَيَعْلَمُ مَا فِي الْبَرِّ وَالْبَحْرِ وَمَا
تَسْقُطُ مِنْ وَرَقَةٍ إِلَّا يَعْلَمُهَا وَلَا حَبَّةٌ فِي ظُلُمَاتِ الْأَرْضِ وَلَا رَطْبٌ وَلَا
يَابِسٌ إِلَّا فِي كِتَابٍ مُبِينٍ

And with Him are the keys of the unseen; none knows them
except Him. And He knows what is on the land and in the
sea. Not a leaf falls but that He knows it. And no grain is
there within the darkneses of the earth and no moist or
dry [thing] but that it is [written] in a clear record.

Surat al An'am (6:59)

مَا يَفْتَحِ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا وَمَا يُمْسِكُ فَلَا مُرْسِلَ
لَهُ مِنْ بَعْدِهِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

Whatever Allah grants to people of mercy - none can withhold it; and whatever He withholds - none can release it thereafter. And He is the Exalted in Might, the Wise.

Surat Fatir (35:3)

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

Say, "Never will we be struck except by what Allah has decreed for us; He is our protector." And upon Allah let the believers rely.

Surat at Tawbah (9:51)

A close-up photograph of several light pink roses in full bloom, set against a soft, out-of-focus white background. The petals are delicate and layered, with some showing slight yellowing at the edges. The lighting is bright and even, highlighting the texture of the flower petals.

How to attain AtTawakkul?

By combining two matters:

1- One should believe with certainty that

Allah is the best Wakeel

2- One should believe that Allah is Sufficient

for him as a Wakeel