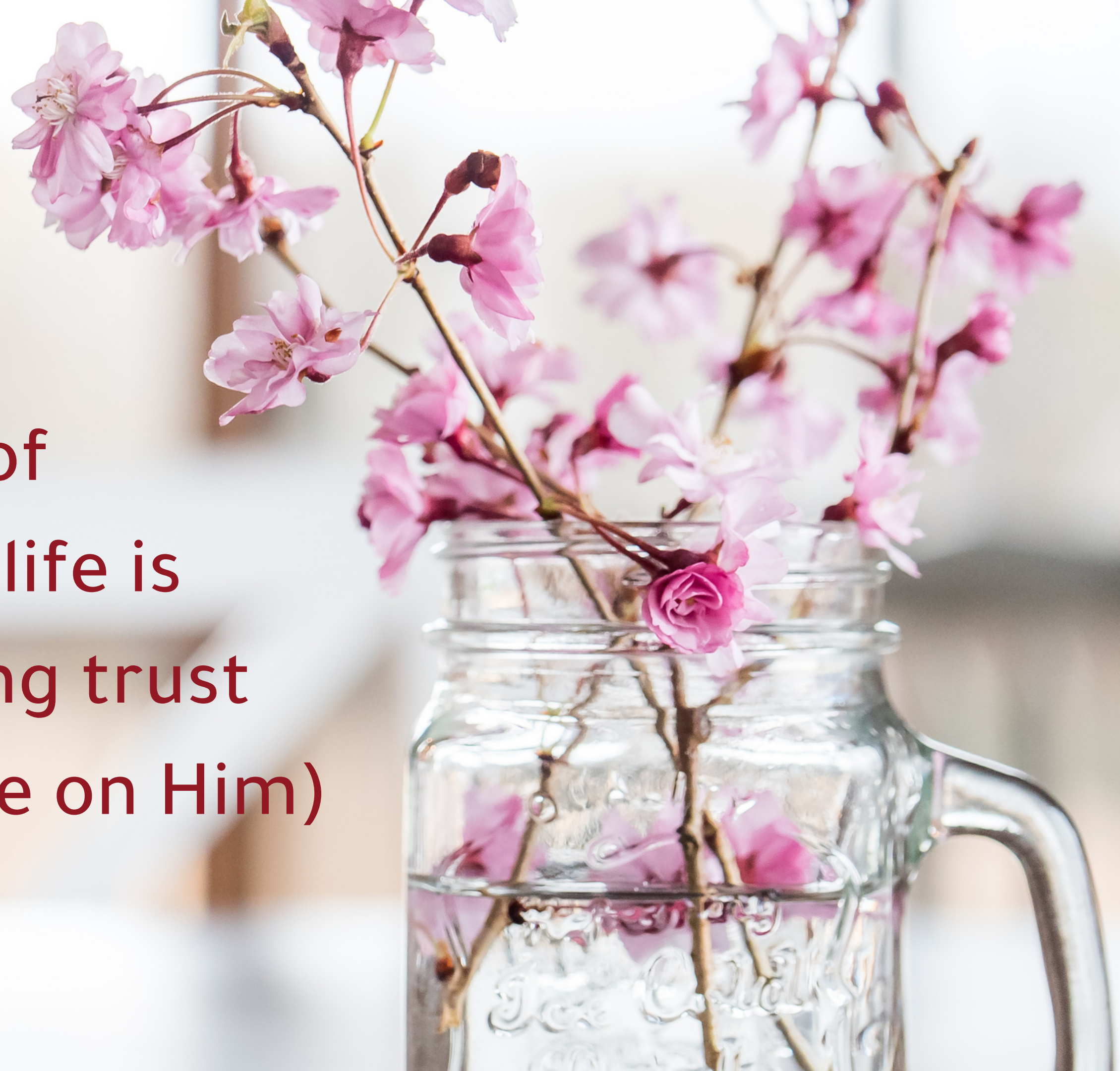





Good Life,  
Its Aspects  
and Means  
of Attainment

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)

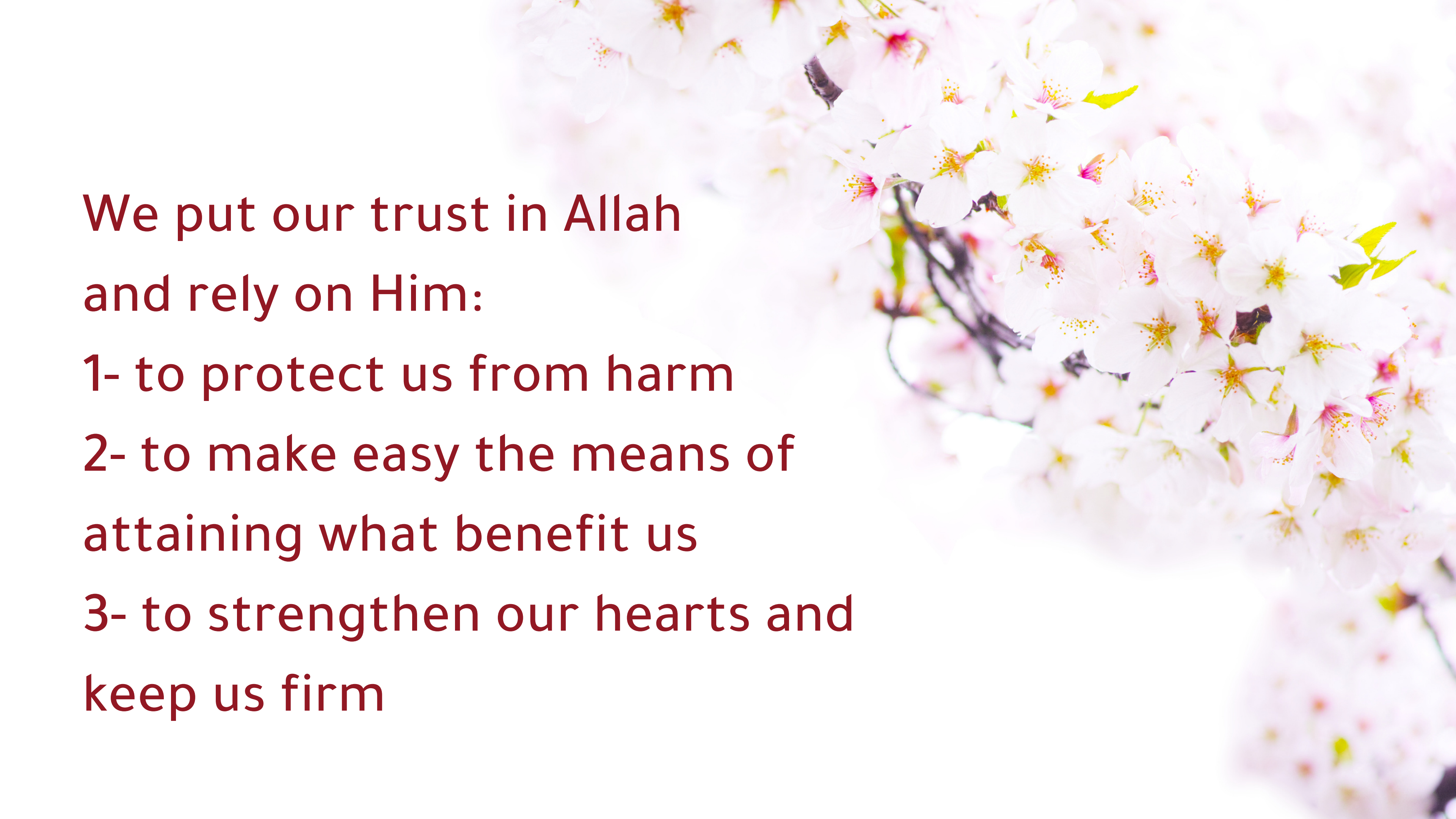


Allah then says:

إِنَّ اللَّهَ بِأَمْرِهِ ج

Indeed, Allah will accomplish His purpose.

Surat At-Talaq (65:3)

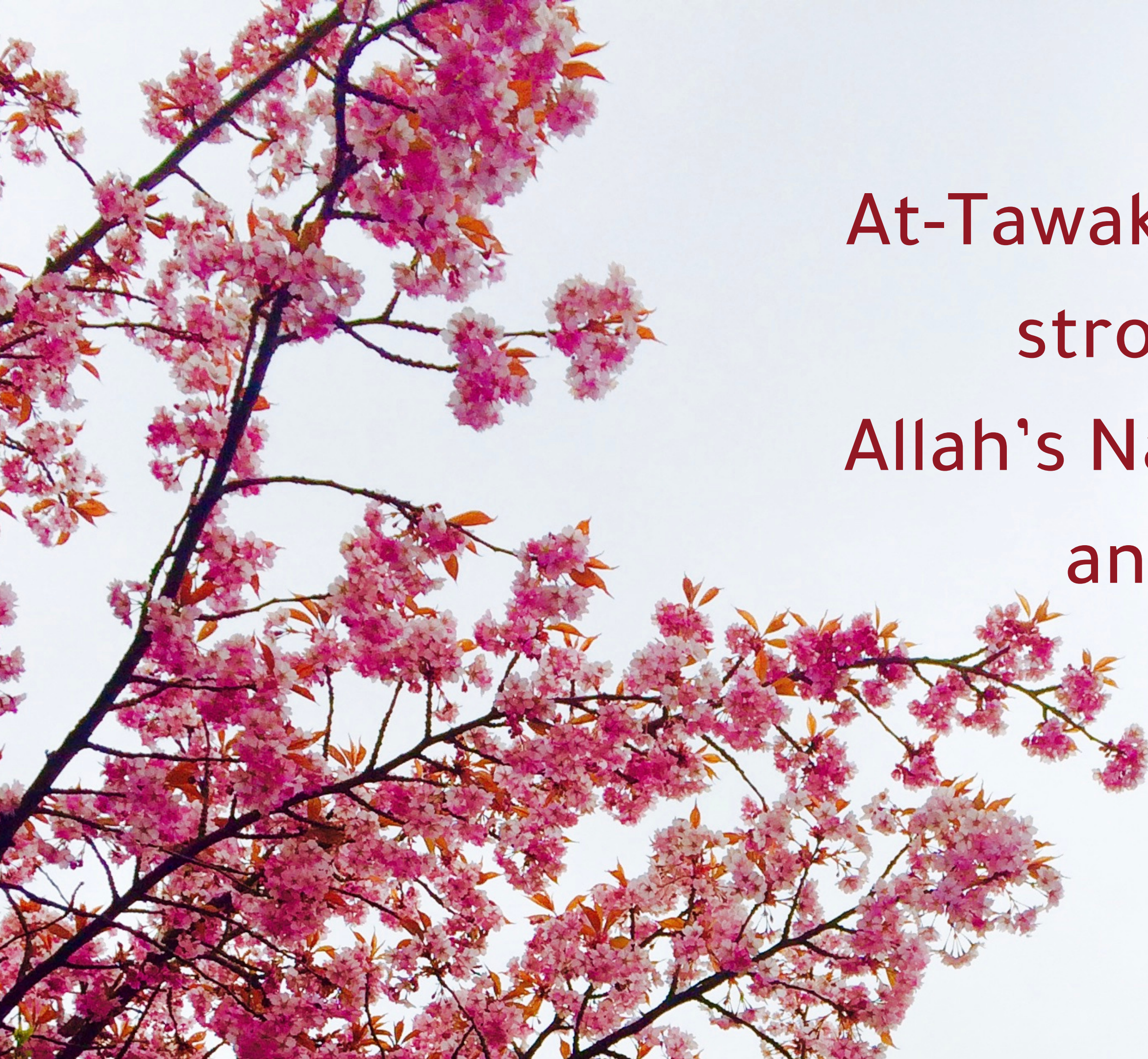


**We put our trust in Allah  
and rely on Him:**

**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**



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

The image features several branches of pink cherry blossoms scattered across a white, horizontally-planked wooden surface. The blossoms are in various stages of bloom, with some fully open and others as buds. Petals are scattered around the branches, creating a soft, delicate atmosphere. The text is centered in the middle of the image, written in a dark red, serif font.


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

A close-up photograph of a branch of cherry blossoms. The flowers are in various stages of bloom, showing light pink petals and darker pink centers. The background is a soft, out-of-focus white, making the blossoms stand out. The text is overlaid on the left side of the image.

**Why do we need  
Tawakkul?**

**1- Allah commands with Tawakkul**





وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

and upon Allah the believers should rely.

Surat Al Imran (3:122)



وَتَوَكَّلْ عَلَى اللَّهِ ۚ وَكَفَىٰ بِاللَّهِ وَكِيلًا

and rely upon Allah . And sufficient is Allah  
as Disposer of affairs.

Surat an Nisaa (4:81)

**2- to fulfill the Uboodiyah (servitude ) to Allah**



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)



**3- to reform our states and  
remove our anxieties and afflictions**

## Impact of lack of Tawakkul

1- Committing Shirk

2- people seek fulfillment of their needs and wishes by committing sins and evil deeds

3- Shedding blood, neglecting trusts, cheating, grudge, etc.

4- one sells his religion for the sake of Worldly gain

5- pleasing people and making Allah angry

6- Appearance of anxiety, fear, impatience, etc.



وَإِن يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ وَإِن يُرِدْكَ بِخَيْرٍ فَلَا

رَادٌّ لِفَضْلِهِ يُصِيبُ بِهِ مَن يَشَاءُ مِنْ عِبَادِهِ وَهُوَ الْغَفُورُ الرَّحِيمُ

And if Allah should touch you with adversity, there is no remover of it except Him; and if He intends for you good, then there is no repeller of His bounty. He causes it to reach whom He wills of His servants. And He is the

Forgiving, the Merciful

Surat Yunus 10:107

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 مُمْسِكٍ 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)



How to attain AtTawakkul?

By combining two matters:

1- One should believe with certainty that Allah is the best Wakeel (Trustee)

2- One should believe that Allah is Sufficient for him as a Wakeel (the best who manages the affairs)

**Nobody can be given a blessing better and greater than patience."**

**Hadeeth al Bukhari (1469)**

**Ninth means of attaining good life  
is expansion of chest**



The life of the believer is full of obligations and duties, and expanded breast turns the difficulty or hardship into enjoyment. It turns the tiresome into joy and accordingly results in having good life







قَالَ رَبِّ اشْرَحْ لِي صَدْرِي

[Moses] said, "My Lord, expand for me  
my breast [with assurance]

Surat Ta-Ha (20:25)

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ

Did We not expand for you, [O  
Muhammad], your breast?

Surat ash-Sharh (94:1)





فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

For indeed, with hardship [will be] ease.

Surat ash Sharh (94: 5)



إِنَّ مَعَ الْعُسْرِ يُسْرًا

Indeed, with hardship [will be] ease..

Surat ash Sharh (94: 6)

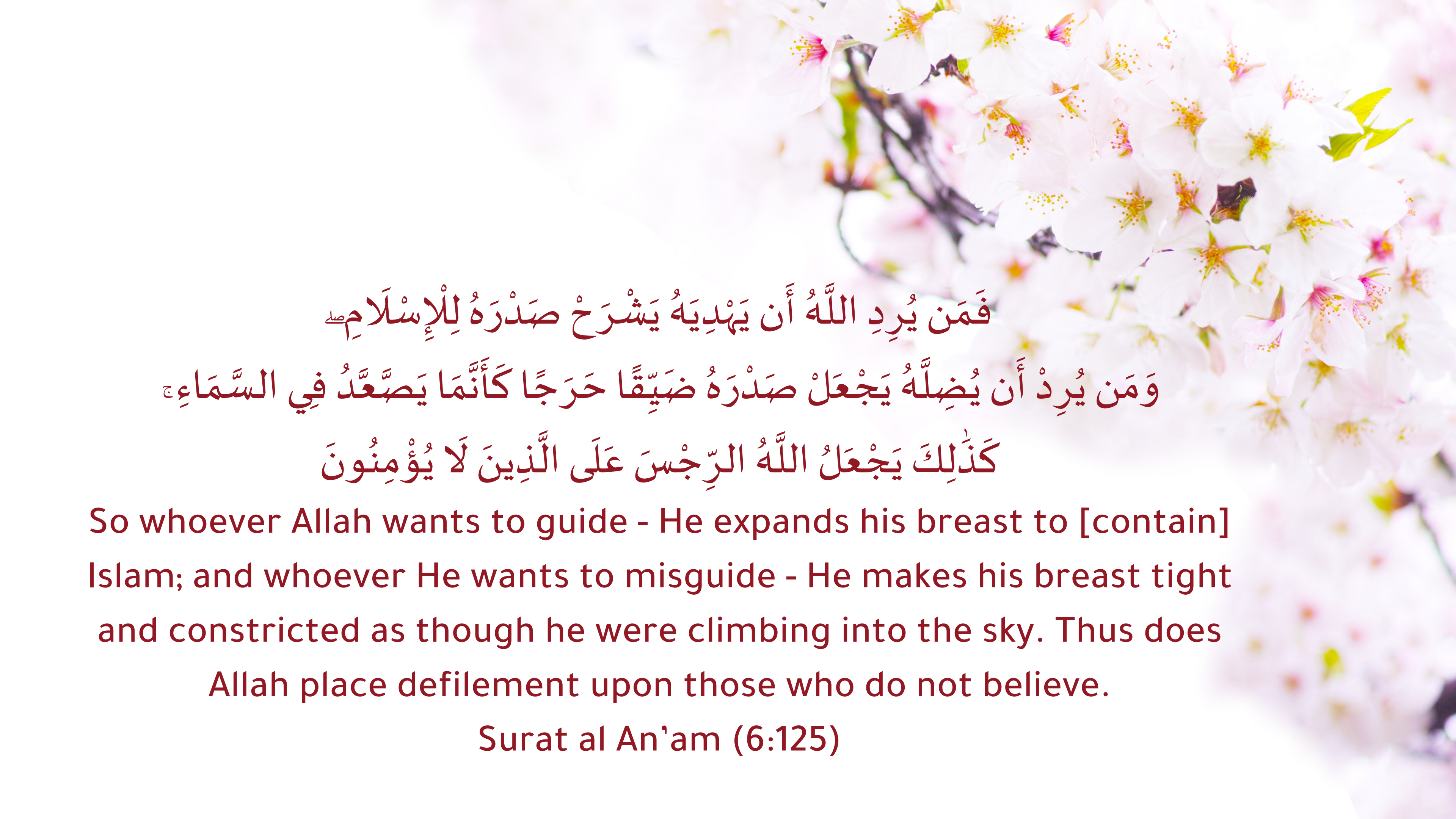
قَالَ رَبِّ اشْرَحْ لِي صَدْرِي

[Moses] said, "My Lord, expand for me  
my breast [with assurance]

وَيَسِّرْ لِي أَمْرِي

And ease for me my task

Surat Ta Ha (20:25-26)



فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ يَشْرَحْ صَدْرَهُ لِلْإِسْلَامِ ۖ  
وَمَنْ يُرِدْ أَنْ يُضِلَّهُ يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا كَأَنَّمَا يَصَّعَّدُ فِي السَّمَاءِ ۗ  
كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

So whoever Allah wants to guide - He expands his breast to [contain] Islam; and whoever He wants to misguide - He makes his breast tight and constricted as though he were climbing into the sky. Thus does Allah place defilement upon those who do not believe.

Surat al An'am (6:125)

The image features several branches of pink cherry blossoms scattered across a white, horizontally-planked wooden surface. The blossoms are in various stages of bloom, with some fully open and others as buds. Petals are scattered around the branches, creating a soft, romantic atmosphere. The text is centered in the middle of the image.

**What are the things make the chest constricted?**

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ

وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرِّجَالِ

"O Allah! I seek refuge with you (Allah) from (worries) care and grief, from incapacity and laziness, from miserliness and cowardice, from being heavily in debt and from being overpowered by other men."

Hadeeth al Bukhari (6363)

