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Good Life,  
Its Aspects  
and Means  
of Attainment



A cluster of yellow orchids with red spots, arranged in a bouquet-like shape, positioned on the left side of the image. The flowers are vibrant yellow with numerous small, dark red spots scattered across their petals. The background is a light, textured surface.

Fourth means:  
الرضا  
Contentment





The Messenger of Allah (Salla-Allahu  
alayhi wa sallam) said:

“He has found the taste of faith  
(iman) who is content with Allah as  
his Lord, with Islam as his religion  
(code of life) and with Muhammad  
(ﷺ) as his Prophet.” [Muslim no. 34]



كُتِبَ عَلَيْكُمُ الْقِتَالُ وَهُوَ كُرْهُ لَكُمْ وَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَهُوَ خَيْرٌ لَّكُمْ وَعَسَى أَنْ  
تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَّكُمْ وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ ﴿٢١٦﴾

Fighting has been enjoined upon you while it is hateful to you. But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not. Surat Al Baqarah (2:216)



مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا بِإِذْنِ اللَّهِ وَمَنْ يُؤْمِنْ بِاللَّهِ يَهْدِ اللَّهُ قَلْبَهُ، وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿١١﴾

No disaster strikes except by permission of Allah . And whoever believes in Allah - He will guide his heart. And Allah is Knowing of all things. Surat At-Taghabun (64:11)





The slide features a light green background with several clusters of realistic green leaves. These leaves are positioned in the top-left, top-right, and bottom-left corners, framing the central text area. The leaves vary in size and orientation, with some showing detailed vein patterns.

## Two types of Containment

- One: Obligatory Content
- Second: Recommendable content

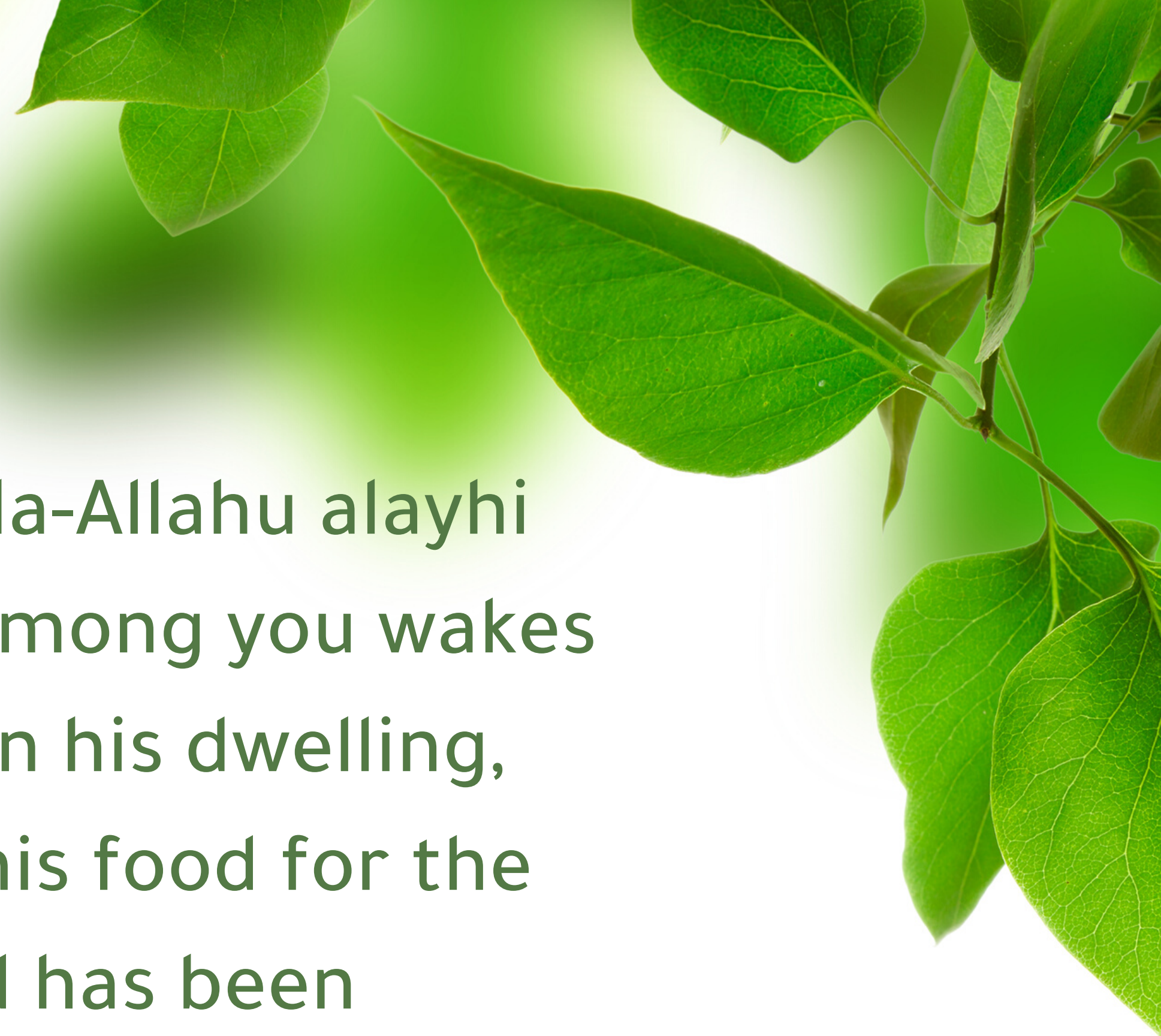


A photograph of several palm fronds and their shadows cast onto a white wall. The fronds are green and have a feathery texture. The shadows are dark and elongated, creating a pattern of light and dark on the wall. The text "Difference between Sabr and Rida" is overlaid in the lower half of the image.

## Difference between Sabr and Rida



The Messenger of Allah (salla-Allahu alayhi wa sallam) 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." [At-Tirmidhi no. 2346]





Allah's Messenger (ﷺ) said:

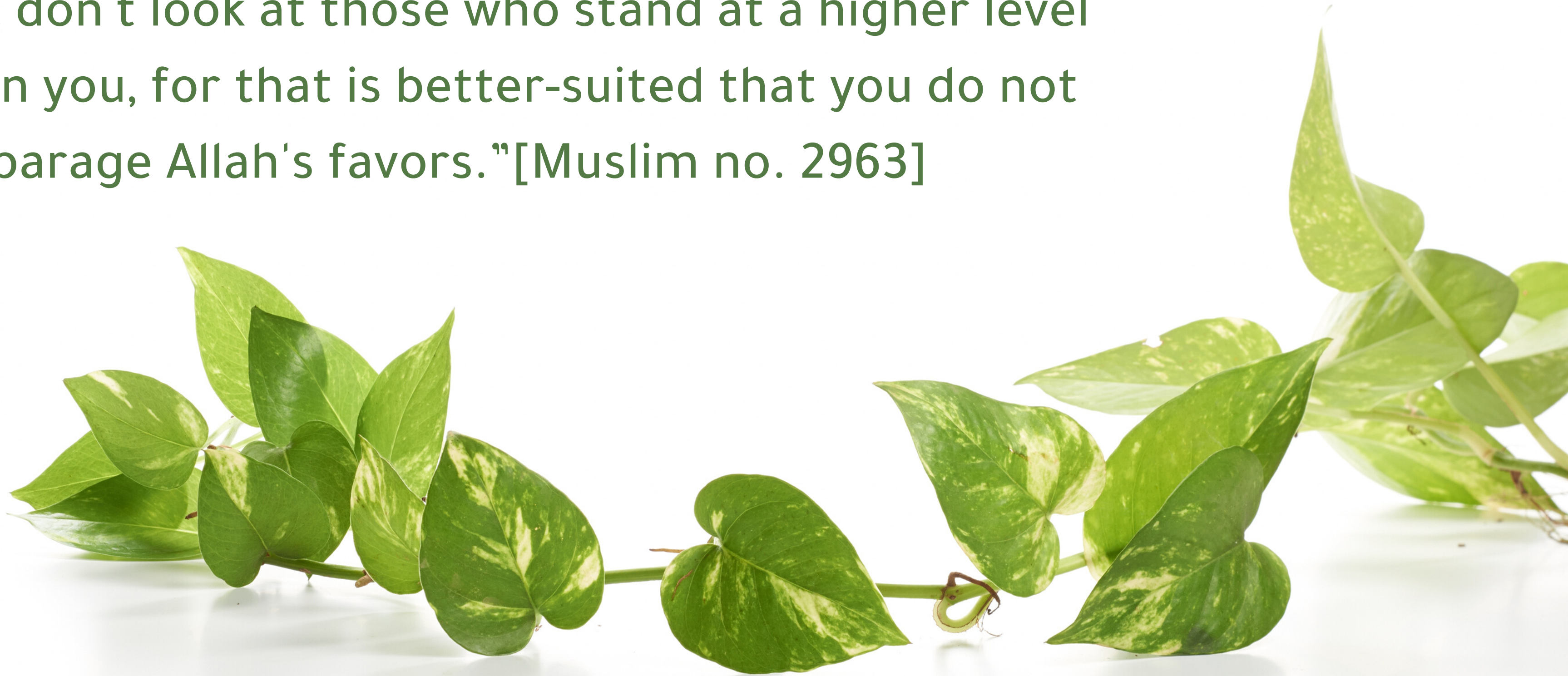
“He is successful who has accepted Islam, who has been provided with sufficient for his want and been made contented by Allah with what He has given him.” [Muslim no. 1054]





Allah's Messenger (ﷺ) said:

“Look at those who stand at a lower level than you but don't look at those who stand at a higher level than you, for that is better-suited that you do not disparage Allah's favors.”[Muslim no. 2963]







# Importance of Content in our life



Signs of Contented person





Signs of discontented person





# Remedy

