

31 May 2010 Messages of Hope (19)

(Tawakkul - Trust in Allah) → 4
(8 steps) to have Tawakkul:

[8 steps to have tawakkul]

Insha Allah, today we will continue to

Learn about Tawakkul i.e having trust in Allah.

At the beginning we must all agree that we all have fears. We are have problems e.g we have fears about the state of our health, we also have fears about the provision. And for those of us who haven't got married, we are worried about how to get good partners. For the married ones they are worried about how to raise their children and how to meet the needs of their families

Understanding the principle of (tawakkul) i.e putting trust in Allah, will make all of our fears totally disappear. Why? Because Allah is in control of everything and the end result of everything is with Allah.

It is the trust in Allah that can make us to forget about all these fears and also to have tranquility and mental peace as

Allah mentioned in Surat AL Talaq 65 - V(3)

It is the promise of The Most Merciful to the true believer, who put his trust in Him that He will suffice him i.e Allah will make him content with his decree.

Steps of trust in Allah (Tawakkul)

First step :-

Trust in Allah by knowing Him ... His names and Atrib
and that everything in the heavens and earth is His.

Second step :

Believe that what you ask Him for, you will receive.
that Allah has full power to grant it.

Third step :

Know that you should make full effort of your
own to obtain what you want, and then have
trust in Him. make du'a and effort i.e. your
body makes effort - with reliance to seek
what you want.

Fourth step :-

Your heart should make efforts to obtain what you want

How? Make your heart connected to Allah.

Don't allow your heart to be connected to the things
you're doing to be successful.

* Be connected to Allah . So why are you afraid ?

You do what you have to do, and you should
feel that Allah will take care of the thing
that you want taken care of.

Fifth step :-

Things that are not in your hands , or ability

put your affairs with Allah .

Sixth Step

- . The person should have a good opinion of Allah.
- . Have "trust" concerning this.
- . That Allah will make you successful in what is best for you.

→ , The Prophet (S.A.W) said :

"Allah said : I am as My servant thinks of Me"

Meaning if you have a good opinion of Allah
then Allah will make you successful.

But if you have a bad opinion of Allah
then you will never have trust in Him
and you will live a life of worry
and fear .

Seventh step :

That the person leaves his affairs totally to Allah.

and that he is content with what Allah decides
and with what Allah decides.

Before the results come down.

Eighth step :-

When the results occurs.

the person should be content with it,

and whatever Allah has decided.

These are the eight levels of Tawakkul. So, if you feel sad, distressed or anxious - if your mind is full of problems, exercise these 8 levels of Tawakkul and Allah will take away all your fear / pain and stress inshaAllah.

Always, remember the sayings which Prophet Mohamed (s.a.w) relates from his Lord (may He be glorified)

is that He said :-

" O My servants, all of you are hungry except for those I have Fed , so seek food of Me and I shall feed you."

" O My servants , all of you are naked except for those I have clothed , so seek clothing of Me and I shall clothe you."

~~N. Saby
Majl 2010~~
O My servants , were the first of you and the last of you , to rise up in one place and make a request of Me . And were I to give everyone what he requested , that would not decrease what I have , any more than a needle decreases the sea if put into it.