

سورة الفرقان

The Criterion

Class 39

20 رجب 1440

27.3.19

The names of Allah الحَيّ, the Everliving, and القَيُّوم, the Sustainer, include all His other names within them, just like the name الله.

All the names and attributes denoting the Divinity of Allah are included in His

name الحَيّ. To complete it, the name القَيُّوم, the One who makes the lives of everyone upright. All the names and attributes which are for reform, and disposing the affairs of the creation, come under the name القَيُّوم. In other words, الحَيّ includes all أسماء ذاتية, personal attributes, and القَيُّوم includes all أسماء فعلية, related to His actions.

All the names and attributes of Allah are perfect, His anger and His love, His Face, Shin, Hands. He is always there, nothing disturbs Him. When you supplicate to Him with these names, you are asking by His perfect life for His mercy. He will bring to you all the goodness, from where you don't even know, and protect you from all harm. Allah knows what you need.

Confidence in yourself is failure. Have confidence only in Allah. He has full power, nothing affects Him. When your heart believes this, tawakkul will be the result. You will rely on Allah 100%. You have to work on training your heart to trust Allah. He is the one worthy of trust and reliance, He is the Truth.

You need to face the challenges of life, don't isolate yourself. Life is a process of nurturing, which ends with your death.

There are three very important points in this ayah, an armor which will protect you come what may. You will surely encounter things which you don't like, which may hurt you. You don't want to feel pain, so you will surround yourself with your armor, which consists of three actions, of the heart and tongue, and the end is ختامه مسك. You cannot stop the challenges of the people, so you

protect yourself by following these commands. Look at the life of the Messenger of Allah صلى الله عليه وسلم. The disbelievers did not stop their attacks, physical and spoken. You can't be an angel, and not feel anything, but you can protect yourself. Then regardless of what comes your way, you are safe.

You leave everything to Allah. Ya Rabb I cant handle it, so I make You my Trustee. I won't worry and stress, I hand over all my worries to You. This is not my work, I can't do it. You take care of all my matters. I will still work and take the means, this is all I can do. Anything else is too much for me. It eats up my energy. I will only do my job. I will make du'a, I will pray and fast, and do all the worship. But I will hang on to You. I leave all my stress and worries with You. You take care of them for me.

Everything will perish, so I can't depend on something temporary, which will expire, break down, die. I will rely on الحَيّ, the Ever living. His life doesn't have a starting point, nor an ending. It is perfect in all aspects. Nothing can affect His perfections.

Allah teaches us tawakkul. Believe in Allah, trust Him, be grateful to Him, whatever happens, and you won't feel any pain. Close your eyes and trust Him to lead you, and you will never be disappointed, you will rise to the clouds. Do you think I'd you hang on to Allah, He will let you fall? Those who rely on Allah will have no accounting on the Day of Judgement, they will go straight to Jannah. Ibrahim عليه السلام was going to be thrown into an inferno, he could see the roaring flames, but he refused any help from Jibreel, instead saying حسينا الله. رواد البخاري، رياض الصالحين، 1، حديث (76) - Allah is Sufficient for us, and He is the Best Disposer of affairs (Allah changed the characteristic of the fire, making it cool. This is Allah!

Remove all chains and ropes from your heart. Cut all other reliances. The fire will not burn you, it will be a cool



وَتَوَكَّلْ عَلَى الْحَيِّ الَّذِي لَا يَمُوتُ
وَسَبِّحْ بِحَمْدِهِ وَكْفَى بِهِ بِذُنُوبِ
عِبَادِهِ خَبِيرًا

And rely upon the Ever-Living who does not die, and exalt [Allah] with His praise.

And sufficient is He to be, with the sins of His servants, Acquainted

25:58

وكفى به بذنوب
عباده خبيراً

وسبح بحمده

وتوكل على الحي
الذي لا يموت

garden for you. Make tasbeeh and flow forward. It will expiate sins even if they are as many as the foam of the sea. It is an antidepressant, a treatment for stress and negative thoughts. The tasbeeh is so light on the tongue, and heavy on the scale. Allah has made the tasbeeh essential for salah and in the morning and evening supplications. Your daily programme already contains tasbeeh. This makes you so tranquil. Stress is just a word. Tasbeeh is vast. Your problem is nothing in front of the tasbeeh. The angels make tasbeeh and work so efficiently, they are so gentle and forbearing. They see the sins of the people, and still carry on with their jobs. The tasbeeh is anti grief. Attribute all perfection and praise to Allah. This is self treatment. You can't stop the actions of others, so you make tasbeeh, and be in peace and tranquility.

Everyone is a slave of Allah. You don't have jurisdiction over anyone. Whether they are blood relatives or in-laws, believers or disbelievers, they are all slaves of Allah. Deal with them with this identity. Your children are first and foremost slaves of Allah. Don't interfere between the Master and His slaves. Leave everything to Allah. Their sins are not your problem, so don't judge them. Advise them, and talk to them, but don't get emotionally involved, or your approach will be tainted with your desires.

Everyone is in the process of nurturing and change, and in this process, we make mistakes. Don't surrender to the actions of the people, and don't judge either. Allah knows all His slaves and He is Sufficient for us all. Don't ascribe purity to yourself. Don't advise out of revenge or anger. Be clear and truthful in your actions.

Allah is Able to punish or forgive. He is Aware of the hearts and the matters.