



Australian Federation
of Islamic Councils

The key to happiness and peace of mind

Our happiness and success are directly related to our level of obedience to Allah, Ta'ala. Our steadfastness in the faith, our adherence to the guidance of Allah throughout our lives, our efforts to remain focussed and moderate the impact on distractions all play a major role in maintaining our happiness. This is the way of the righteous and pious people whom Allah describes as:

﴿رَجَالٌ لَا تُلْهِهِمْ تِجَارَةٌ وَلَا بَيْعٌ عَن ذِكْرِ اللَّهِ وَإِقَامِ الصَّلَاةِ وَإِيتَاءِ الزَّكَاةِ يَخْفُونَ يَوْمًا تَتَقَلَّبُ فِيهِ الْقُلُوبُ وَالْأَبْصَارُ﴾
[النور: 37].

“Men whom neither commerce nor sale distracts them from the remembrance of Allah and performance of prayer and giving of zakah. They fear a Day in which the hearts and eyes will (fearfully) turn about.” (An-Noor: 37).

Those who want to maintain their happiness strive to manage their business and worldly engagements so that these do not stand between them and the remembrance of the greatness of Allah; a remembrance that makes them constantly conscious of Him and worship Him to the best of their abilities. This is how the true believer should be. They should spend their days in performing righteous deeds and seek the abode of the Hereafter with the blessings Allah, Ta'ala has bestowed on them. This is because they know that this life is only a means to achieve the everlasting life and perpetual bliss.

﴿أَعْلَمُوا أَنَّمَا الْحَيَاةُ الدُّنْيَا لَعِبٌ وَلَهُمْ زِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي الْأَمْوَالِ وَالْأَوْلَادِ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيجُ فَتَرَاهُ مُصْفَرًّا ثُمَّ يَكُونُ حُطَامًا وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ وَمَغْفِرَةٌ مِّنَ اللَّهِ وَرِضْوَانٌ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ﴾ [الحديد: 20].

Allah says: ***“Know that the life of this world is but amusement and diversion and adornment and boasting to one another and competition in increase of wealth and children – like the example of a rain whose (resulting) plant growth pleases the tillers; then it dries and you see it turned yellow; then it becomes (scattered) debris. And in the Hereafter is severe punishment and forgiveness from Allah and approval. And what is the worldly life except the enjoyment of delusion?” (Al-Hadeed: 20).***

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Our prophet, peace and blessings upon him, said:

عن أبي سعيد الخدري رضي الله عنه أن رسول الله ﷺ قال: ((إن الدنيا حلوة خضرة، وإن الله تعالى مستخلفكم فيها فينظر كيف تعملون، فاتقوا الدنيا، واتقوا النساء)) [رواه مسلم في صحيحه].

"The life of this world is sweet and green (i.e. beautiful and tempting) and Allah makes you succeed one another in it, so that He may observe what type of deeds you will do therein. Beware of this life and beware of (the temptation of) women." (Muslim).

Allah, Ta'ala, said:

﴿وَلَا تَغْرِبْكُمْ الْحَيَاةُ الدُّنْيَا، وَلَا يَغْرِبْكُمْ بِاللَّهِ الْغُرُورُ، إِنَّ الشَّيْطَانَ لَكُمْ عَدُوٌّ فَاتَّخِذُوهُ عَدُوًّا إِنَّمَا يَدْعُو حِزْبَهُ لِيَكُونُوا مِنْ أَصْحَابِ السَّعِيرِ﴾ [فاطر: 5-6].

"And let not the worldly life delude you and be not deceived about Allaah by the chief deceiver (Satan). Indeed Satan is an enemy to you; so take him as an enemy. He only invites his party to be among the companions of the Blaze." (Faafir: 5-6).

Do not be among those who have been overpowered by negligence and overwhelmed by Satan thereby making them forget the remembrance of Allah and the abode of the Hereafter. They are so deceived by false hopes that they do not think of anything other than the pleasure of this world regardless of the source from which that pleasure may come.

﴿يَعْلَمُونَ ظَاهِرًا مِّنَ الْحَيَاةِ الدُّنْيَا وَهُمْ عَنِ الْآخِرَةِ هُمْ غَافِلُونَ﴾ [الروم: 7].

"They know what is apparent of the worldly life, but they, of the Hereafter, are unaware". (Ar-Room: 7).

Allah, Ta'ala, assures the believers that remembering Him will bring rest and contentment to their hearts. He says:

﴿الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ﴾ [الرعد: 28].

"Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction." (Ar-Ra'ad: 28)

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And:

﴿وَالَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَآمَنُوا بِمَا نُزِّلَ عَلَىٰ مُحَمَّدٍ وَهُوَ الْحَقُّ مِن رَّبِّهِمْ﴾ كَفَّرَ عَنْهُمْ سَيِّئَاتِهِمْ وَأَصْلَحَ
بَاهُمْ ﴿[محمد:2].﴾

“But those who believe and work deeds of righteousness, and believe in the (Revelation) sent down to Muhammad - for it is the Truth from their Lord,- He will remove from them their ills and improve their condition.”

Dr Rateb Jneid
President

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