

Suggested Activities (How to practice):

1. Read <https://myislam.net/static/trust.pdf>
2. Listen to https://youtu.be/C_XCaiwNO3M
3. Set by yourself and ask yourself "Do You trust Allah?"

Try to recall all the situations that you had to make choices. Did you trust Allah in your choice?

2. Try to Recall all the situations in your life that you did not understand at the beginning and see how they end up in your favor

- You were not able to provide depending on your parents, and Allah made you independent.
- You were lost and Allah guided you
- Allah made you Muslim without effort from your side

<https://MyIslam.net>

How to Trust Allah?

<https://ILoveAllah.net>

وَالضُّحَىٰ (1) وَاللَّيْلِ إِذَا سَجَىٰ (2) مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ (3) وَالْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ (4) وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ (5) أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ (6) وَوَجَدَكَ ضَالًّا فَهَدَىٰ (7) وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ (8) فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ (9) وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ (10) وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ (11)

(1) By the morning brightness

(2) And [by] the night when it covers with darkness,

(3) Your Lord has not taken leave of you, [O Muhammad], nor has He detested [you].

(4) And the Hereafter is better for you than the first [life].

(5) And your Lord is going to give you, and you will be satisfied.

(6) Did He not find you an orphan and give [you] refuge?

(7) And He found you lost and guided [you],

(8) And He found you poor and made [you] self-sufficient.

(9) So as for the orphan, do not oppress [him].

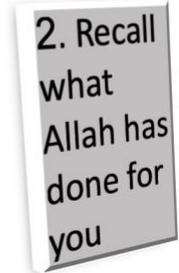
(10) And as for the petitioner, do not repel [him].

(11) But as for the favor of your Lord, report [it].

2. Recall what Allah has done for you

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ (1) وَوَضَعْنَا عَنكَ وِزْرَكَ (2) الَّذِي أَنْقَضَ ظَهْرَكَ (3) وَرَفَعْنَا لَكَ ذِكْرَكَ (4) فَإِنَّ مَعَ الْعُسْرِ يُسْرًا (5) إِنَّ مَعَ الْعُسْرِ يُسْرًا (6) فَإِذَا فَرَغْتَ فَانصَبْ (7) وَإِلَىٰ رَبِّكَ فَارْغَبْ (8)

- (1) Did We not expand for you, [O Muhammad], your breast?
- (2) And We removed from you your burden
- (3) Which had weighed upon your back
- (4) And raised high for you your repute.
- (5) For indeed, with hardship [will be] ease.
- (6) Indeed, with hardship [will be] ease.
- (7) So when you have finished [your duties], then stand up [for worship].
- (8) And to your Lord direct [your] longing.



3. Say the Zikr at

<https://myislam.net/static/ProtectionFromDevil.pdf>

every morning and Evening. Try to focus on its meaning, which should lead to you trusting Allah because "There is no god but Allah, alone, without any partner. The Kingdom and praise belong to Him and He has power over everything" Think of that. Who else would you trust?

And trust that you are protected from Shaytan, Devil, and Satan. One Evil enemy been eliminated

Narrated by Bukhari and Muslims on the agreed upon hadith from Abu Hurayra that the Messenger of Allah, may Allah bless him and grant him peace, said, "Whoever says:

There is no god but Allah, alone, without any partner. The Kingdom and praise belong to Him and He has power over everything'

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

(La ilaha illa'llah, wahdahu la sharika lah, lahu'l mulku wa lahu'l hamd, wa huwa ala kulli shay'in qadir)

one hundred times a day,

It is the same for him as:

- 1. freeing ten slaves = \$100k in charity
- 2. One hundred good actions are written for him and
- 3. one hundred wrong actions are erased from him, and
- 4. it is a protection from Shaytan (Devil, Satan, Evil) for that day until the night.
- 5. No-one does anything more excellent than what he does except someone who does more than that."

3. In All your actions remember:

” ومن يتق الله يجعل له مخرجا وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ”

“And unto everyone who is conscious of God, He [always] grants a way out [of unhappiness], and provides for him in a manner beyond all expectation”

and take the path that pleases Allah and trust him, even if you do not see the way through.

4. Look at your current hardship and trust the this is the best for you, even if you do not see it, now

5. If you have to select between options, always ask Allah for Guidance Estikharah (Consultation) as explained at <https://myislam.net/static/Guidance.pdf> And Trust the result

Messenger of Allah (ﷺ) used to teach us the Istikharah (seeking guidance from Allah) in all matters as he would teach us a Surah of the Qur'an. He used to say: "When one of you contemplates entering upon an enterprise, let him perform two Rak'ah of optional prayer other than Fard prayers and then supplicate:

"Allahumma inni astakhiruka bi 'ilmika, wa astaqriruka bi qudratika, wa as-'aluka min fadlikal-'azim. Fainnaka taqdiru wa la aqdiru, wa ta'lamu wa la a'lamu, wa Anta 'allamul-ghuyub. Allahumma in kunta ta'lamu anna hadhal-'amra (and name what you want to do) khairun li fi dini wa ma'ashi wa 'aqibati amri, (or he said) 'ajili amri ajilihi, faqdurhu li wa yassirhu li, thumma barik li fihi. Wa in kunta ta'lamu anna hadhal-'amra (and name what you want to do) sharrun li fi dini wa ma'ashi wa 'aqibati amri, (or he said) wa 'ajili amri wa ajilihi, fasrifhu 'anni, wasrifni 'anhu, waqdur liyal- khaira haithu kana, thumma ardini bihi."

(O Allah, I consult You through Your Knowledge, and I seek strength through Your Power, and ask of Your Great Bounty; for You are Capable whereas I am not and, You know and I do not, and You are the Knower of hidden things. O Allah, if You know that this matter (and name it) is good for me in respect of my Deen, my livelihood and the consequences of my affairs, (or he said), the sooner or the later of my affairs then ordain it for me, make it easy for me, and bless it for me. But if You know this matter (and name it) to be bad for my Deen, my livelihood or the consequences of my affairs, (or he said) the sooner or the later of my affairs then turn it away from me, and turn me away from it, and grant me power to do good whatever it may be, and cause me to be contented with it). And let the supplicant specify the object."

اللهم اني استخيرك بعلمك، واستتقدر بقدرتك، وأسألك من فضلك العظيم؛ فإنك تقدر ولا أقدر وتعلم ولا أعلم، وأنت علام الغيوب. اللهم إن كنت تعلم أن هذا الأمر خير لي في ديني ومعاشي وعاقبة أمري" أو قال: "عاجل أمري وأجله، فاقدره لي ويسره لي، ثم بارك لي فيه، وإن كنت تعلم أن هذا الأمر شر لي في ديني ومعاشي وعاقبة أمري" أو قال: "عاجل أمري وأجله، فاصرفه عني، واصرفني عنه، واقدر لي الخير حيث كان، ثم أرضني به"

6. Trust Allah with your Duaa that Allah will always give you the best for you and that your duaa will be accepted

The prophet (PBUH) “There is not a man who calls upon Allah with a supplication, except that he is answered.

Either it shall be granted to him in the world, or reserved for him in the Hereafter, or, his sins shall be expiated for it

according to the extent that he supplicated - as long as he does not supplicate for some sin, or for the severing of the ties of kinship, and he does not become hasty." They said: "O Messenger of Allah, and how would he be hasty?" He (ﷺ) said: "He says: 'I called upon my Lord, but He did not answer me.'"

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How to Practice:

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• عند الدعاء

- QURAN SURAH AL BAQARAH 186 IN ENGLISH TRANSLATION
- (2:186) And when My servants ask you, [O Muhammad], concerning Me – indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

The Prophet (pbuh) said:
"Ask Allah with confidence that he will answer your supplications"

• حسن الظن بإجابة الدعاء، يكون بقوة اليقين بأن الله تعالى يجيب الداعي؛ حيث قال عز وجل:

• **وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ** البقرة / 186.

فعن أبي هريرة رضي الله عنه ، قال: قال رسول الله صلى الله عليه وسلم: «**ادعوا الله وأنتم موقنون بالإجابة**» رواه الترمذي. فإذا دعوت الله -أيها المؤمن- فعظم الرغبة فيما عنده، وأحسن الظن به.

• وإني لأدعو الله حتى كأنني --- أرى بجميل الظن ما الله صانعُه