

Tawakkul:
Trust in Allah

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Discussion

- What does it mean to have trust in Allah (*tawakkul*)?
- How can you put your trust in Allah in times of worry or distress?
How can this benefit your mental health?

تَوَكَّلْ

tawakkul

trust and reliance on Allah

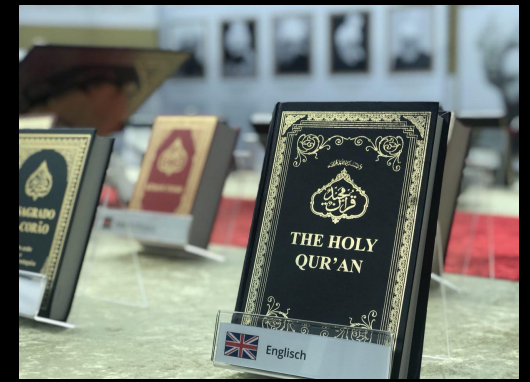


Having Trust in Allah

- *Tawakkul*, or trust and reliance in Allah, is an actual source of comfort we are taught to practice and develop
- It means to have the confidence and belief that Allah can and will take care of things
- Our belief and trust in Allah should be such that we believe He will bring about the best results for us



Trust in Allah in the Holy Qur'an



- The active participle form of the Arabic word *Tawakkul* is used in the Holy Qur'an 38 times

وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ۚ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ ۚ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ ۖ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا ﴿٣﴾

“And will provide for him from whence he expects not. And he who puts his trust in Allah—He is sufficient for him. Verily, Allah will accomplish His purpose. For everything has Allah appointed a measure” (Chapter 65, verse 4).

وَمَا لَنَا أَلَّا نَتَوَكَّلَ عَلَى اللَّهِ وَقَدْ هَدَانَا سُبُلَنَا ۚ وَلَنَصْبِرَنَّ عَلَى مَا آذَيْتُمُونَا ۚ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُتَوَكِّلُونَ ﴿١٣﴾

“And why should we not put our trust in Allah when He has showed us our ways? And we will, surely, bear with patience all the harm you do us. So in Allah let those who trust put their trust” (Chapter 14, verse 13).



Example of the Holy Prophet Muhammad (saw)

- Hazrat Ibn Abbas (ra) relates that the Holy Prophet (saw) used to supplicate: “Allah, to Thee I have submitted, in Thee do I believe and in Thee I put my trust, to Thee do I turn and from Thee do I seek judgment. Allah, I seek refuge with Thee through Thy honor, there being no one worthy of worship save Thee alone, that Thou safeguard me against going astray. Thou art the Ever-Living Who dies not, whereas men, high and low, will all die” (*Bokhari and Muslim*).
- Hazrat Ibn Abbas also relates that when Abraham was thrown into the fire his last words were: “Sufficient for me is Allah and an excellent Guardian is He.” So did the Holy Prophet when he was told: “People have mustered against you, so fear them”; this only added to the faith of the Muslims and he and the Muslims said: “Sufficient for us is Allah and an excellent Guardian is He” (*Bokhari*).



The Story of Sultan Abdul Hamid

- The story of Sultan Abdul Hamid was much admired by the Promised Messiah (as) who would often narrate it. Hazrat Khalifatul Masih II (ra) narrates that the incident the Promised Messiah (as) enjoyed was when the question of a war between Greece and Turkey arose. Sultan Abdul Hamid, the Turkish leader, desired to fight and confront the Greeks but his court advisers and ministers differed, raising objections and excuses against going into battle. They would say that though most preparations were in place for war, a crucial aspect was missing.
- Hazrat Khalifatul Masih II (ra) noted that his advisors most likely warned about all the European powers who were ready to assist Greece in the case of a war breaking out. The Promised Messiah (as) would say that when the advisers and ministers presented their views and enumerated the difficulties for such a war, Sultan Abdul Hamid responded by saying, “We should leave some room for God as well”.
- Hazrat Khalifatul Masih II (ra) noted that the Promised Messiah (as) would take great pleasure from this statement by Sultan Abdul Hamid. **Therefore it is necessary for a believer to leave room in his plans for Allah and trust Him.** He deliberated that in reality no human, a believer or not, can reach a stage of certainty where they can say that no weakness or flaw remains and everything will pan out perfectly. Such a declaration would be an act of stupidity.



Trust in Allah and Mental Health



- Professor Katherine Hawley PhD, a professor of philosophy at the University of St. Andrews, Scotland, noted that “when we trust, we make ourselves vulnerable, and although that can bring rich rewards in the right relationship, it can be disastrous when our trust is misplaced” (*psychologytoday.com*, 13 May 2016).
- With God, trust can never be “misplaced” in terms of accepting His will. By putting trust in Him, believers do not make themselves “vulnerable” but instead, they will be content in whatever God has destined for them.
- Having trust in Allah will lower anxiety and depression, and your heart and mind will be at ease



Preparation and Effort is Still Necessary

- The aim, for believers, is not to sit back, relax and say God will do everything. One must exert all God-given capabilities towards achieving the desired results and only then put the rest to God.
- The Holy Prophet Muhammad (saw) would prepare for battle to the fullest- taking weapons, horses, shields and at times, would wear two layers of armor. He would do this despite God's promise of protecting him.
- For this reason, it is important for us to put in the effort for a specific goal AND pray for it to Allah ta'ala. Pray that Allah does what is best for you.



Being Content and Grateful

- *Tawakkul* or trust in Allah is not easy. A degree of uncertainty and anguish lingers in any project or feat that we embark upon, despite the immense hard work. The difficulty of practicing trust also rises when the stakes are higher; however Muslims are taught to protrude the anxiety and after exerting all your efforts, leave the rest to God (*Al-Hakam, Trust in Allah: A lesson from a Turkish Sultan*)
- “God bestows worldly bounties on His Prophets and true believers. At times they face temporary hardships but with His grace, times change for the better. Righteous people have contentment of heart and they endure hardship positively and are grateful for whatever God gives them.”- *Hazrat Khalifatul Masih V (aba), Friday Sermon September 4, 2015*

