

# A CURE FOR THE HEART

EPISODE 4: EMPOWERMENT  
THROUGH THE MERCY OF ALLAH



# BE EMPOWERED

قُلْ يٰعِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا  
 مِن رَّحْمَةِ اللَّهِ ۚ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا ۗ  
 إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

*Say, "O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful."  
 (Surah Az-Zumar 39:53)*

- This Ayah stands among the most famous verses of the Quran, and scholars say that **it is the most optimistic verse of the Quran**. Kak Natasha recalled watching a video where **this Ayah was also referred to as empowering**.
- Kak Natasha then contemplated the profound concept of Islam being empowering and what that meant. Kak Natasha identified twelve aspects highlighting why Islam is empowering (MashaAllah!), and the rest of the episode focuses on four key aspects of this empowerment.



# THE FOUR ASPECTS OF EMPOWERMENT

## 1. We are not defined by our past

- Our past, no matter its severity or negativity, does not define us. **The past does not matter; what truly counts is our present actions.**
- The moment when we choose to Tawbah, the door to Allah's Mercy and the door to Jannah are still open for us.
- Unlike Dunya's unforgiving ways, if we committed a crime and have been imprisoned, it stays in our record.
- Especially, in our digital age, where social media immortalises our "colourful" history, people often judge us based on our past rather than acknowledging the person we've become. But Allah SWT is not like that! <3





# ALLAH VS. DUNYA STANDARDS



## 2. We are forced to adhere to an absolute standard

- For instance, to gain entry into McKenzie, a certain level of analytical and problem-solving skills must be met. However, there's no consideration for one's circumstances—whether they were a refugee who never attended an Ivy League school.
- In contrast, **Allah SWT Judges us based on what He SWT has bestowed upon us.** We are held accountable only for what we have been given, and what we have not been given will not be questioned. Thus, those who lived for eight years are not evaluated the same as those who lived for eighty years, just as someone blessed with wealth is not judged on the same scale as someone less fortunate.



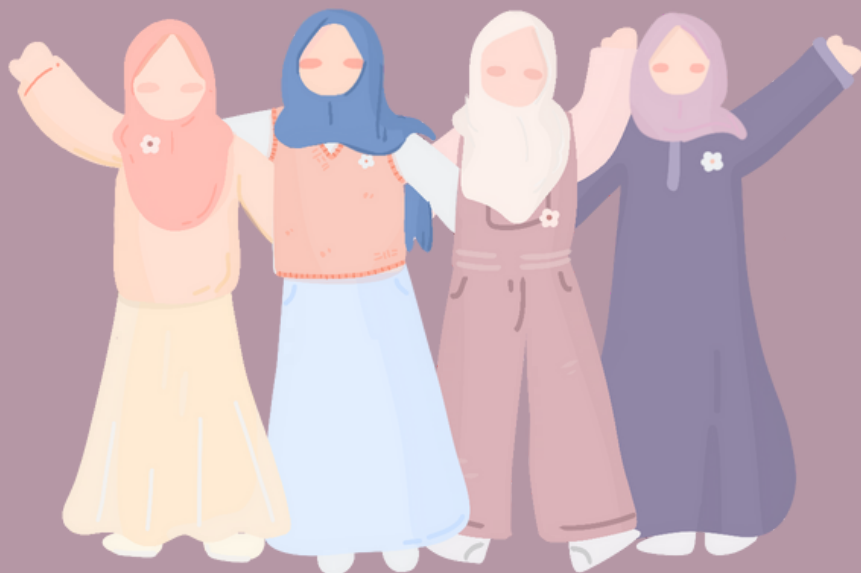
- We are not obliged to give the same amount of charity as someone wealthy. We're not required to emulate a specific individual; rather, we're urged to utilise the talents, abilities, and situations Allah SWT has placed us in, not others.
- **We should not compare ourselves to others.** Especially in this era where everyone showcases their actions on social media, not many understand and live with this mindset, which could lead to thoughts such as *"I'm not as good as so and so."*
- Coming out of Ramadan, comparisons often extend to spirituality too - *"She accomplished so much in her worship, while I only managed this much."* **Our worship should never be compared because each person's circumstances and responsibilities are unique.**
- A mother of four, two, or even one young child should not be compared to a Singleton. We all worship in different ways.



Ultimately, it's about the quality of worship, our connectedness, and our sincerity in performing them.



We're not  
competing  
with anybody;  
we're just  
doing our best  
for Allah.







# YOUR EFFORT MATTERS



## 3. Allah rewards effort, not outcome.

- Even if two outcomes are the same, but the efforts were not the same, Allah SWT takes that into account.
- Consider this scenario: a man living near Masjidil Haram, requires only 100 steps to reach the mosque, in contrast with another who stays farther away, necessitating a one-kilometre walk.
- While the latter might feel disheartened by the additional hardship endured to attain the same goal - to pray Dhur at the mosque. **Allah SWT takes into account his efforts, and every step taken is rewarded as a good deed.**



# BLESSED DEEDS

Abu Huraira reported:

The Prophet ﷺ said, "The prayer offered in congregation is twenty five times more superior (in reward) to the prayer offered alone in one's house or in a business center, because if one performs ablution and does it perfectly, and then proceeds to the mosque with the sole intention of praying, then for each step which he takes towards the mosque, Allah upgrades him a degree in reward and (forgives) crosses out one sin till he enters the mosque. When he enters the mosque he is considered in prayer as long as he is waiting for the prayer and the angels keep on asking for Allah's forgiveness for him and they keep on saying: 'O Allah! Be Merciful to him, O Allah! Forgive him, as long as he keeps on sitting at his praying place and does not pass wind.

(Sahih al-Bukhari 477)



# NO ONE CAN HARM YOU

## 4. There's almost no way for anyone to harm us

- When someone cheats us of our money, slanders us, or engages in backbiting against us, **it only serves to help us accumulate more rewards.** Thus, no one can truly harm us. What a liberating realisation that is! SubhanAllah.
- **The only harm** someone can inflict upon us is if they lead us astray from the path of Allah SWT. That, indeed, poses a serious threat to us.

### Point of reflection:

It's profoundly liberating and empowering to recognise that no one can harm us; instead, their actions result in us gaining free rewards in return!



# ARE WE UNJUST?

- Aida recounted a recent incident when she had to renew her residency in Morocco where she encountered an intimidating officer who instilled fear in her.



Abu Huraira reported:

***The Prophet ﷺ, said, "Whoever is kind, affable, and easy-going, Allah will forbid him from entering Hellfire."***

(Sahih Al-Albani)



- The officer is in a position where he could do people injustice; thus, he must exercise great caution in every decision he makes. Similarly, in our interactions with others, we must reflect on whether we're being "Zalim" to others. :(

Point of Reflection:

In what way  
should Islam be  
empowering  
you?



# INSTILLING HOPE THROUGH ALLAH

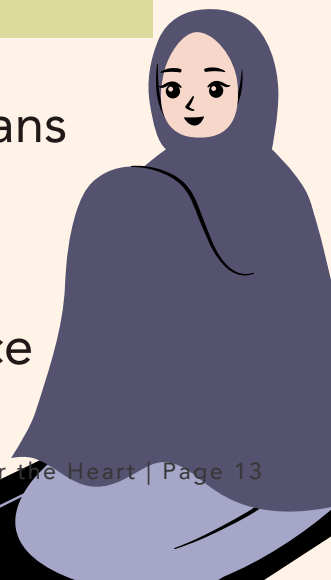
## Why aren't people feeling more empowered and are instead feeling down?

- When we lack understanding of how Allah SWT works, hopelessness can seep in - one of the biggest paths Shaytan pulls us down. Hopelessness then leads to misery, negativity, and ingratitude. However, hope can only be attained when we comprehend that Allah has His own timing and plans.

وَيَمْكُرُونَ وَيَمْكُرُ اللَّهُ وَاللَّهُ خَيْرُ الْمَكْرِينَ

*They planned, but Allah also planned. And Allah is the best of planners. (Surah Ali 'Imran 8:30)*

- We should always remember that Allah Plans the best of plans. Being placed in circumstances where we must apply this mindset serves as a test if we truly embrace this understanding.





While we may  
have grasped  
the theory  
100%, how is  
our practical?



# HEART WORK

## ACTION:

List ways in which the relationship with Allah SWT and Islam is empowering, especially for women.

## REFLECTION:

Knowing that we are not in competition with anyone, how will you help yourself to feel empowered whenever you face a setback or an insecurity?

## CONTRIBUTION:

Share any of the four aspects of empowerment shared by Kak Natasha with someone who you know needs to be empowered today.