

A CURE FOR THE HEART

EPISODE 6: REMINDERS OF FAITH





A BENEFICIAL REMINDER

فَذَكِّرْ إِن نَّفَعَتِ الذِّكْرَىٰ

So 'always' remind 'with the Quran'—'even' if the reminder is beneficial 'only to some'.

(Surah Al-A'la 87:9)

- Surah Al-A'la is recited in our Witr prayer, and there's wisdom in why we recite it every night.
- As we strive to continue the legacy of Rasulullah ﷺ, we are bound to encounter obstacles along the way. This Ayah serves as a source of comfort and reassurance during such times.
- In our journey of coming back to Allah SWT, we may find ourselves surrounded by loved ones who have yet to embark on this journey. Despite our persistent efforts and frequent Duas, we often ponder what more we can and should do differently.



A DECADE OF TRANSFORMATION

- Kak Natasha relates this Ayah to her personal journey and shares the valuable lessons she has learned from it.
- In Kak Natasha's childhood, she was raised in a non-religious family. At the age of nine, she was unaware of the existence of the Quran, let alone its contents or the practice of reading it. Yet, even in that darkness, Allah SWT did not abandon her.
- When she was 10 years old, He SWT sent someone to teach Kak Natasha the Quran and taught her how to pray. Since then, it had been her fervent Dua for Allah to soften her parents' hearts and guide them.
- Ten years later, when she was 20, Allah SWT answered that Dua by sending a monumental trial that led her parents to seek repentance.



IN ALLAH'S TIME

- Upon reflection, several lessons may resonate with many people:

1) Allah's SWT Timing and our Preparedness

- Kak Natasha was 10 years old when she made that Dua. Often, when we try to help someone close to us, we fall into the trap of viewing them as the target to change or fix, believing it is upon us to make that change.
- But we must look at our own readiness. Allah SWT's wisdom is evident in the timing of the trial, it could not have come earlier, as Kak Natasha wouldn't have been ready to receive it or fulfil her role in it.
- Out of His Mercy, He SWT delayed the trial until Kak Natasha reached adulthood. **This highlights the importance of fortifying ourselves before attempting to assist others.**

We must not fall
into the trap of
assuming that
we are ready
and that they are
the ones who
need to be fixed.





OUR GREATEST ASSEST



2) Our Character's Credibility in Their Eyes

- When our actions consistently reflect integrity and wisdom, our credibility becomes our greatest asset in the eyes of others.
- Just as Rasulullah's ﷺ character earned him the title of *Al-Amin*, making it extremely difficult for people to discredit him and call him a liar.
- **It is essential to be recognised for our good character, reliability, and knowledge of the Quran, ensuring that others cannot easily dismiss or undermine us.**

THE COMMON GROUND

3) The Role of Intrinsic Goodness in Tawbah

It was narrated from Abu Hurairah that the Messenger of Allah (ﷺ) said:

“When the believer commits sin, a black spot appears on his heart. If he repents and gives up that sin and seeks forgiveness, his heart will be polished. But if (the sin) increases, (the black spot) increases. That is the Ran that Allah mentions in His Book: “Nay! But on their hearts is the Ran (covering of sins and evil deeds) which they used to earn.” (83:14)

(Sunan Ibn Majah).

- **People who eventually turn to Tawbah share a common trait:** an intrinsic goodness which was not stamped out. For instance, individuals who may not engage in regular prayers but still maintain a connection with Allah SWT through acts of worship like Zakat or fasting, or through gestures of kindness such as assisting parents or nurturing family bonds, ultimately earn Allah SWT's Mercy through this persistence in deeds.
- It is Allah's Mercy that guides them, for **even the smallest traces of goodness entitle them to His Mercy.** Therefore, we must nurture and build upon these remaining sparks of goodness to ensure that it doesn't get wiped out.
- **Focus on the good they have been doing and unearth that even more, and remind them that it is something significant,** highlighting that they are already aligning with the teachings of the Quran.
- Sometimes, Shaytan tries to convince people that they are hopeless and beyond repair. We should be agents of reminder, highlighting to them that their actions align with the Sunnah and the teachings of the Quran. This may pleasantly surprise them!



Be agents
of reminder
to the
goodness
of others!





THE RIPPLE EFFECT

- Kak Natasha recounted a personal experience. She had given extra copies of her first manuscript to a friend, who shared it with a work colleague.
- The recipient was a non-Muslim who had been actively scheming against him in the company (he gave it to his professional enemy!). Five years later, due to the friend's brave and kind gesture, the individual who had never received a book on Islam became curious and embarked on a journey of discovery, ultimately converting to Islam.
- When we share a book or forward a message, we often choose recipients we believe will be receptive. As discussed in the previous episode (Episode 5), **true dedication lies in doing what's difficult for the sake of Allah.** Sending material to those who may not be open to it is indeed a test.

We
should
not
prejudge
anyone.





SENT WITH A BISMILLAH

- While there's nothing wrong in sharing knowledge with those who readily embrace it, **it's a test of Iman to make the extra effort.** Those who may not initially welcome it could greatly benefit from the reminder. We don't need to spam them with messages, but offering occasional reminders may be beneficial.
- If Allah SWT has moved our hearts to share something—a Quranic Ayah or forward message—with someone who may not have been our natural choice, it's not a coincidence.
- That nudge in our hearts is Allah's way of guiding us. **So, say Bismillah and send it forth!** With Bismillah, any imperfections in our actions will be rectified and multiplied by Allah SWT, InshaAllah.



STAYING GROUNDED TOGETHER

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*So 'always' remind 'with the Quran'—'even' if the reminder is beneficial 'only to some'.
(Surah Al-A'la 87:9)*

- Returning to the Ayah, the emphasis lies on **continuously reminding one another**. One of the key intentions behind this series is not only to remind the listeners but also to remind each other and ourselves of this critical reminder.
- In moments of uncertainty or weakness, when we might stray from the right path, receiving a reminder from someone can serve as a conduit to stay on the right path.



May Allah
SWT always
remind us in a
gentle way so
that we wake
up from our
slumber and
stay on path.



HEART WORK

ACTION:

Take a moment to extend your gratitude to the person whose words or deeds have guided you closer to Allah SWT.

REFLECTION:

Is there someone in your life whom you may have been pre-judging and hesitating to send good reminders? Why do you think you feel this way?

CONTRIBUTION:

Be an agent of reminder today and send good words to someone whose actions remind you of an ayah in the Quran.