

تَوَكَّلْ

TAWAKKUL

*on strengthening your
trust in His Plans*



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Salam,

I've always been fascinated with the concept of Tawakkul and I must confess that I used to think that only the super-religious have this trait. But I have come to learn that having full reliance and trust in Allah SWT is like a muscle that we all have to regularly train. There is absolutely no aspect of our lives that is guaranteed with certainty - from studies to career, to marriage, to babies, to houses, to travel plans, you name it - and this is why having Tawakkul (full trust and contentment) in Allah SWT is important!

This PDF outlines some of the points we have discussed during one of our special 'In Focus' AA Plus Zoom Calls and it is of my sincerest hope that these notes will be of benefit in helping you re-affirm your faith in His Perfect Plans for you!

fda

But first!

Do you know that the
concept of Tawakkul is
highlighted in the verses on
divorce in the Quran?



Yes, I knew! No, I didn't!



Tawakkul in the Quran

يَا أَيُّهَا النَّبِيُّ إِذَا طَلَّقْتُمُ النِّسَاءَ فَطَلِّقُوهُنَّ لِعَدَّتِهِنَّ وَأَحْصُوا الْعِدَّةَ وَاتَّقُوا اللَّهَ رَبَّكُمْ لَا تُخْرِجُوهُنَّ مِنْ بُيُوتِهِنَّ وَلَا يَخْرُجْنَ إِلَّا أَنْ يَأْتِيَنَّ بِفَاحِشَةٍ مُبِينَةٍ وَتِلْكَ حُدُودُ اللَّهِ وَمَنْ يَتَعَدَّ حُدُودَ اللَّهِ فَقَدْ ظَلَمَ نَفْسَهُ لَا تَدْرِي لَعَلَّ اللَّهَ يُحْدِثُ بَعْدَ ذَلِكَ أَمْرًا

O Prophet! 'Instruct the believers:' When you 'intend to' divorce women, then divorce them with concern for their waiting period, and count it accurately. And fear Allah, your Lord. Do not force them out of their homes, nor should they leave—unless they commit a blatant misconduct. These are the limits set by Allah. And whoever transgresses Allah's limits has truly wronged his own soul. You never know, **perhaps Allah will bring about a change 'of heart' later.** (At-Talaq 65:1)

فَإِذَا بَلَغْنَ أَجَلَهُنَّ فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ فَارِقُوهُنَّ بِمَعْرُوفٍ وَأَشْهِدُوا ذَوَىٰ عَدْلٍ
مِّنكُمْ وَأَقِيمُوا الشَّهَادَةَ لِلَّهِ ذَٰلِكُمْ يُوعِظُ بِهِ مَن كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ
وَمَن يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا ﴿٢﴾

Then when they have 'almost' reached the end of their waiting period, either retain them honourably or separate from them honourably. And call two of your reliable men to witness 'either way'—and 'let the witnesses' bear true testimony for 'the sake of' Allah. This is enjoined on whoever has faith in Allah and the Last Day. And **whoever is mindful of Allah, He will make a way out for them,** (At-Talaq 65:2)

وَيَرْزُقُهُم مِّن حَيْثُ لَا يَحْتَسِبُ وَمَن يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَلِغُ أَمْرِهِ قَدْ جَعَلَ
اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا ﴿٣﴾

and provide for them from sources they could never imagine. And whoever puts their trust in Allah, then He 'alone' is sufficient for them. Certainly Allah achieves His Will. Allah has already set a destiny for everything. (At-Talaq 65:3)





وَالَّتِي يَبْسُنُ مِنَ الْمَحِيضِ مِنْ نِسَائِكُمْ إِنْ أَرْتَبْتُمْ فَعِدَّتُهُنَّ ثَلَاثَةُ أَشْهُرٍ وَالَّتِي لَمْ
يَحِضْ وَأُولَاتُ الْأَحْمَالِ أَجَلُهُنَّ أَنْ يَضَعْنَ حَمْلَهُنَّ وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مِنْ أَمْرِهِ يُسْرًا



As for your women past the age of menstruation, in case you do not know, their waiting period is three months, and those who have not menstruated as well. As for those who are pregnant, their waiting period ends with delivery. **And whoever is mindful of Allah, He will make their matters easy for them.**

(At-Talaq 65:4)

ذَلِكَ أَمْرُ اللَّهِ أَنْزَلَهُ إِلَيْكُمْ وَمَنْ يَتَّقِ اللَّهَ يَكْفِرْ عَنْهُ سَيِّئَاتِهِ وَيُعْظِمْ لَهُ أَجْرًا

This is the commandment of Allah, which He has revealed to you. **And whoever is mindful of Allah, He will absolve them of their sins and reward them immensely.** (At-Talaq 65:5)



أَسْكِنُوهُنَّ مِنْ حَيْثُ سَكَنْتُمْ مِنْ وَجْدِكُمْ وَلَا تُضَارُّوهُنَّ لِضَيْقِ مَا عَلَيْهِنَّ وَإِنْ كُنَّ أُولَاتٍ حَمَلٍ
فَأَنْفِقُوا عَلَيْهِنَّ حَتَّىٰ يَضَعْنَ حَمْلَهُنَّ فَإِنْ أَرْضَعْنَ لَكُمْ فَآتُوهُنَّ أُجُورَهُنَّ وَأَتَمُّوا بِئِنَّكُمْ
بِمَعْرُوفٍ وَإِنْ تَعَاَسَرْتُم فَاَسْرِعْ لَهُ أُخْرَىٰ ﴿٦﴾

Let them live where you live 'during their waiting period', according to your means. And do not harass them to make their stay unbearable. If they are pregnant, then maintain them until they deliver. And if they nurse your child, compensate them, and consult together courteously. But if you fail to reach an agreement, then another woman will nurse 'the child' for the father. (At-Talaq 65:6)

لِيُنْفِقَ ذُو سَعَةٍ مِّن سَعَتِهِ وَمَنْ قُدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ لَا يُكَلِّفُ اللَّهُ نَفْسًا
إِلَّا مَا آتَاهَا سَيِّجَعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا ﴿٧﴾

Let the man of wealth provide according to his means. As for the one with limited resources, let him provide according to whatever Allah has given him. **Allah does not require of any soul beyond what He has given it. After hardship, Allah will bring about ease.**
(At-Talaq 65:7)



How to talk about DIVORCE

- Society views divorce as something shameful and difficult. But contrary to what society say, **Allah SWT shows compassion and protects the honour of all parties throughout these verses on divorce.**
- We can see the attributes of *Ar-Rahman and Ar-Rahim* in a topic that is most-often hard to talk about. These are the attributes that we should have when approaching this topic.
- Whatever we are going through in our lives, Allah SWT promised that **He would make a way out for us, only if we are mindful of Him.**
- Divorce is known to be emotionally / financially / physically hard, but He promised that **He would make it easy** for those going through it.



Our
understanding
is LIMITED,
but His
Resources
are LIMITLESS.

Before we proceed...

What does
Tawakkul ✨ ✨
mean to
you?

Here are some answers from our Champs!

”PERSEVERANCE”

”TRUST IN ALLAH”

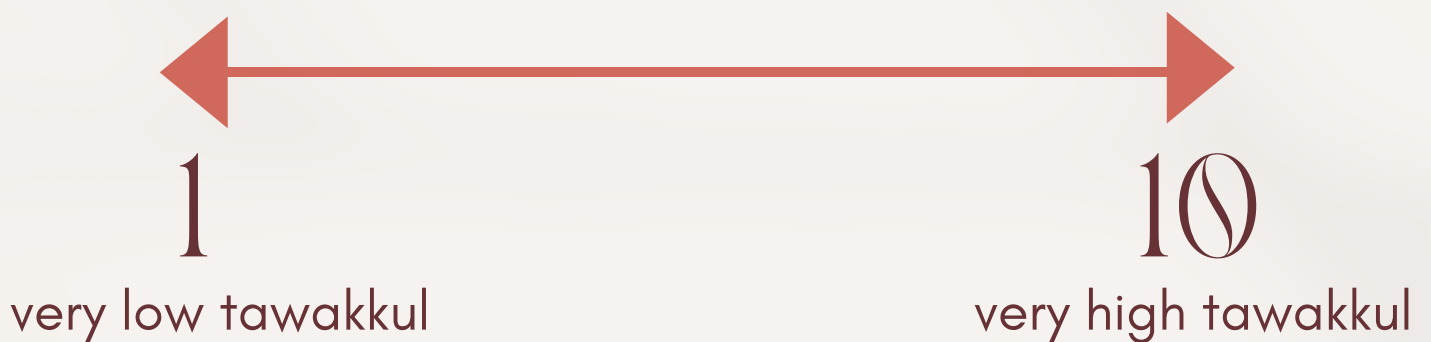
”LETTING GO”

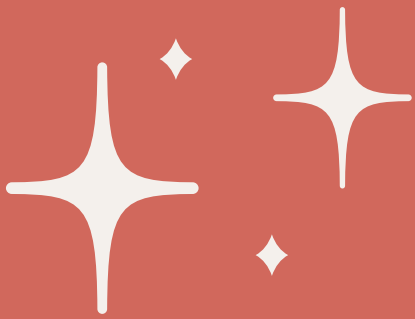
”RELIANCE IN ALLAH”

”SURRENDER”

”HAVING FAITH & LEAVE
IT TO ALLAH”

On a Scale of 1 to 10,
how would you rate
your Tawakkul?





In our human-ness,
we will always have
questions, worries
and doubts.

But in His Greatness,
He always has
answers and solutions.

And Tawakkul,
is trusting exactly that.



Tips from the
Quran + Sunnah
on building our
Tawakkul muscles

tip #one:

to begin everything with

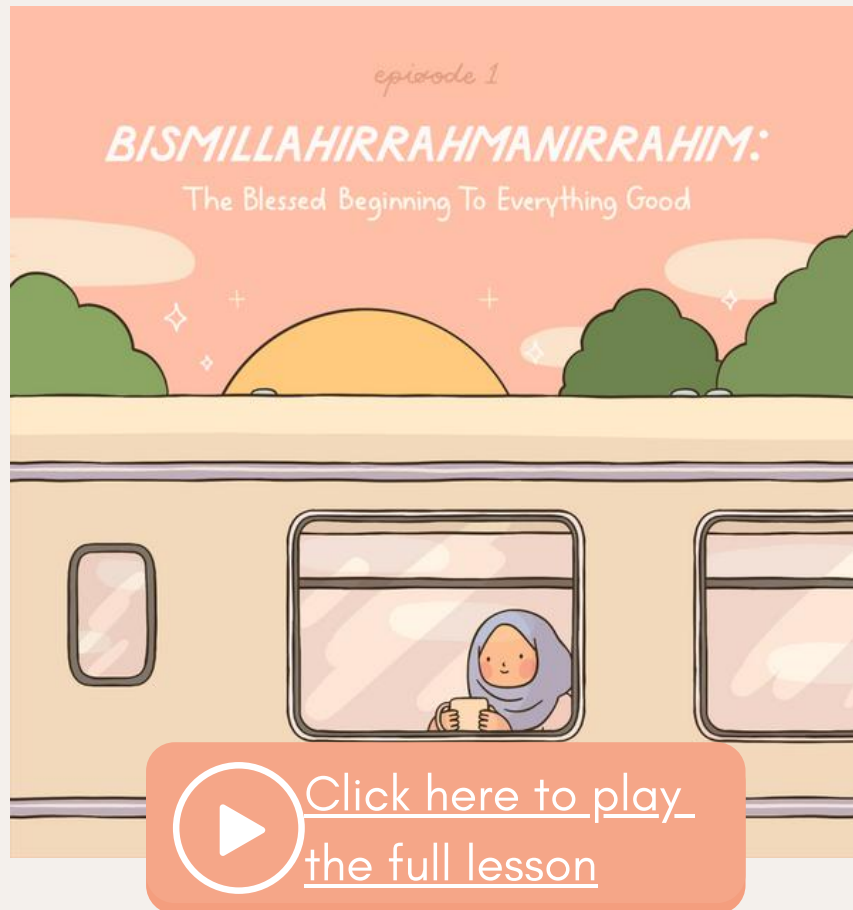
HIS NAME



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Merciful, the Most Compassionate

- If we begin an act with *Bismillahirrahmanirrahim*, then **we are beginning it with goodness.**
- Sometimes it gets overwhelming because we see the problems as very BIG but as believers, we know that Islam is very practical religion and Allah SWT always give us solutions that are practical. Reciting and believing firmly in Bismillah is a very simple, but practical first step in solving everything!
- Bismillah has to be at the **centre** of our core. We cannot proceed without the Basmala.



3 Takeaways from this lesson:

- **Everything has to begin with the Name of Allah.** "Allah" also being His Name that is most complete.
- The moment we say the letter ب in Bismillah, **we need to know that we are with Allah in close proximity,** that He is alongside us, and that He is closer to us than our jugular vein.
- Whether the process is long or short, **goodness starts as soon as you recite Bismillahirrahmannirrahim.**



Checking our Bismillah

- The "movie" of every believer is that, **the moment they start with *Bismillah*, they will have a happy ending.**
- We need to increase the quality of our Bismillah. It cannot remain the same throughout our lives. It needs to be backed by our age, knowledge, and experience.
- We should **find the ONE go-to word / dhikr that can calm us down when we are feeling overwhelmed.** It is our 'Safety Vest' that will prevent us from banging our head in a crash. For example, "*Allah*", "*Jannah*", the Salawat, etc.

Examples of when we should say our Bismillah:



In the everyday context:

In starting your day

In your commute

In your house chores

In your spendings

In your work

In your "shepherding" →

In your relationships

In your worship

Can you think of any other times in your daily life that you can recite Bismillah for?

tip #two:

Allah SWT wants you
TO WIN

Allah SWT is *Ar-Rahman, Ar-Rahim*. He is not a God that has vengeance for us and waits for us to fail. He gains nothing from doing this. Rather, **He wants us to excel in the tests that He gave us.**

Do you consider yourself
a winner? A champion?

If you showed up for Class today, **you're a winner.**

If you woke up for Fajr today, although a bit late,
you're a winner.

If you controlled your anger today, **you're a winner.**

If you stopped yourself from ordering McDonalds,
you're a winner.

**List down all the things that you've done today
that made you a winner.**



Because a believer
always "wins" ✨

(Rasulullah SAW said this, not me!)



*Read the Hadith in the next
page to know more!*

Strange are the ways of a believer
**for there is good in every affair
of his and this is not the case
with anyone else except in the
case of a believer** for if he has
an occasion to feel delight, he
thanks (God), thus there is a good
for him in it, and if he gets into
trouble and shows resignation
(and endures it patiently), there is
a good for him in it.

Muslim

Whenever you are going through something difficult, remind yourself of the following hadith:

إِنَّ رَحْمَتِي تَغْلِبُ غَضَبِي

"**My mercy** prevails over **My wrath**."

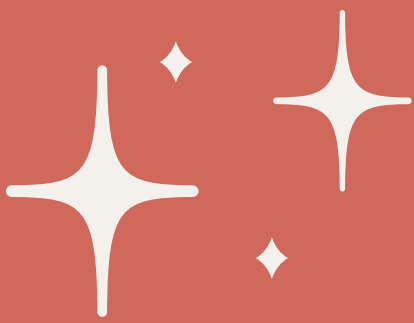
Hadith Qudsi

Allah SWT is the God that gives us rewards **just for intending**. How more merciful can He be?

Tawakkul is a muscle.

IT NEEDS ^{daily}
TRAINING.

Allah SWT gives us chances to practice our Tawakkul **daily**. How do we practise Tawakkul in our daily life?



Having Tawakkul
means having the
understanding &
calmness that we are
exactly where Allah
SWT wants us to be.

activity:

The Husnudzon List

What is
HUSNUDZON?



It is thinking good,
especially of Allah
SWT and His plans.



Your Husnudzon List

Get ready your pen + paper

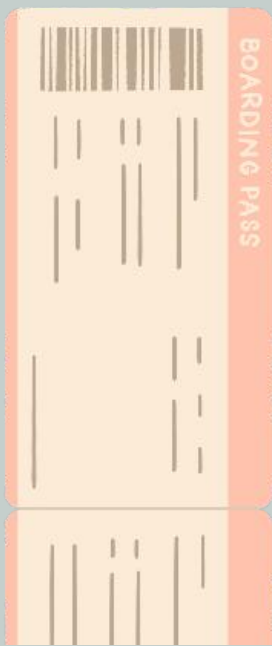
Choose from the scenarios in the next page that you have the most concern with. Write down your concerns and then counter it with a list of good → opinions (husnudzon) on why Allah SWT wants you to be exactly where you are in the various life scenarios:



Marriage



Studies /
Career



Travel



House

Here are some guided
prompts for you..



Marriage

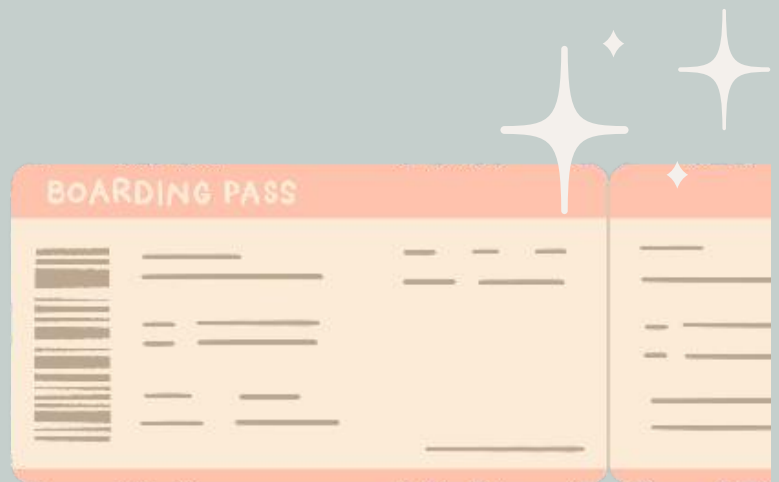


- *Allah wants me to serve my parents.*
- *Allah wants me to get to know about myself and increase me in knowledge, first!*
- *Allah is preparing my future husband.*
- *Allah wants me to get to know Him first.*
- *Allah wants to elevate me through increasing my patience*



Studies / Career

- *Allah knows that I can do it even if it is hard.*
- *Allah wants me to align my intentions first.*
- *Allah knows best where I can grow.*
- *Allah wants me to see and learn more from where I am now.*



Travel

- *Allah wants me here to help someone out.*
- *Allah wants me to save money for a better investment.*
- *Allah wants me here so that I won't be distracted.*
- *Allah wants me to spend more time with my family.*
- *Allah wants me to see His beauty where I am.*



House

- *Allah wants us close to our parents.*
- *Allah wants to give me a better home in Jannah.*
- *Allah wants me to practise gratitude with where I am now.*
- *Allah wants me to spend time with Ibadah instead of with house maintenance.*

Train yourself to have
a God-centred mindset.

tip #three:

Have confidence that

always

HIS HELP IS NEAR

and sometimes

UNEXPECTED

أَمْ حَسِبْتُمْ أَنْ تَدْخُلُوا الْجَنَّةَ وَلَمَّا يَأْتِكُمْ مَثَلُ الَّذِينَ
خَلَوْا مِنْ قَبْلِكُمْ مَسَّتْهُمُ الْبَأْسَاءُ وَالضَّرَّاءُ وَزُلْزِلُوا حَتَّى
يَقُولَ الرَّسُولُ وَالَّذِينَ ءَامَنُوا مَعَهُ مَتَى نَصْرُ اللَّهِ أَلاَ إِنَّا نَصْرُ
اللَّهِ قَرِيبٌ

Do you think you will be admitted into Paradise without being tested like those before you? They were afflicted with suffering and adversity and were so 'violently' shaken that 'even' the Messenger and the believers with him cried out, **"When will Allah's help come?"** **Indeed, Allah's help is 'always' near.**

Surah al-Baqarah 2:214

You are not alone if you sometimes wonder when is Allah's Help coming - past messengers + believers cried out the same too.

Life is made of up 4 phases,
and each has a response:

Phase:

Response:

Blessings
Tribulations
Obedience
Sinfulness

Gratitude
Patience
Humility
Repentance

*(Reference: 'What We Can All Learn From Islam & The Quran'
with Hamza Yusuf & Jordan Peterson)*

 إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You alone we worship and
You alone we ask for help.

When we are going through something difficult, is Allah SWT the first One we run to for help? Or do we rely on ourselves?

✦ ✦ ✦ We will be more
empowered if we ask
Allah SWT for Help.



In the everyday context:

**Nothing can be done without His Help,
including our worship.**

From getting out of bed for Fajr, to tackling that essay that is due, to giving your best with your children, to paying attention during this sharing session.

We are **always** in need of His Help.

And sometimes,
His Help come in the
most unexpected ways.


([Play 'The Story of al-Muski' Below!](#))

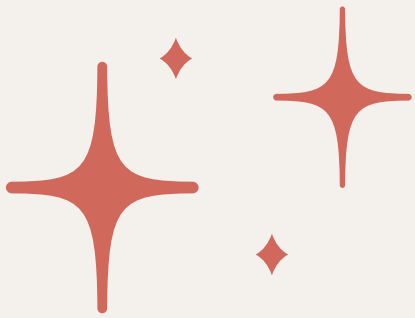




Islam is a religion
that pampers us.

When Allah SWT sends us
into a test, He also sends
ease, remedies, and
solutions with it as well.





We don't even have to
wait for the light at the
end of the tunnel.

Allah SWT is the Light
in the tunnel with us.

tip #four:

get to

WORK

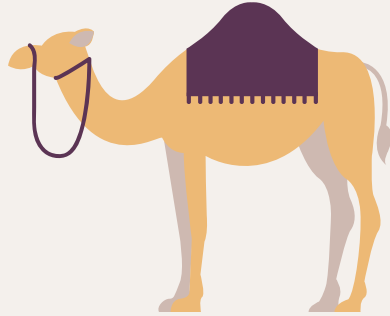
In Islam, there are many stories of pious people who 'get to work'. Can you guess who they are from the list below?

1) TIE YOUR CAMEL

2) SHAKE YOUR PALM TREE

3) BUILD YOUR ARK

4) RUN BETWEEN SAFA
AND MARWA



A Bedouin man was leaving his camel without tying it.

The Prophet (PBUH) asked him “Why don’t you tie down your camel?” The Bedouin answered, “I put my trust in Allah.” The Prophet then replied, **“Tie your camel first, and then put your trust in Allah.”**

Tirmidhi

What 'work' are we
doing today to
increase our
Tawakkul?

تَوَكَّلْ

What is the difference between Tawakkul and Tawaakul?

([Watch 'Tawakkul VS Tawaakul' here!](#))



Tawakkul is an
active trait.

Do your part,
and Allah will do
His EPIC part.

Done everything?

LET IT GO.

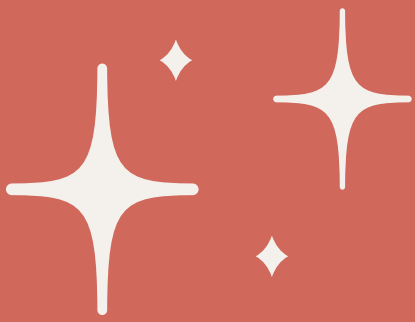
Be pleased,
and let it go.

Ridaa Bil Qadha
(Pleased with His Decree)



How do we let go?

- There's surrendering in waiting.
- Letting go may be difficult, but if we practice it in our day-to-day, it can be manageable when big things happen to us.
- if you struggle to let go, go back to Allah. You will feel **complete peacefulness** once you put your trust in Allah.



Waiting with optimism
is an act of worship.

Live your life, do your
best, and continue
serving.