

Rest Assured!

Do you know how many have died so far?

Mass graves to bury the accumulated bodies!

Predictions of a global economic collapse due to the stopping of work and business activities!

Can the virus mutate and spread through the air? Will this be the end of humanity?

Questions, news and reports... illness, death and fear...

But wait!

“Secret conversations are only inspired by Satan to disturb the believers. But he cannot harm them whatsoever unless Allah wills. So let the believers put their trust in Allah.” [Quran 58:10]

Haven't you said that you believe in destiny? And you believe that what has come to you could not have missed you, while what has missed you could not have come to you? Then why do you contradict yourself?

It is important to seek out and follow accurate medical advice, and to be aware of regulations that we need to follow. But posting news on social media networks often depends on “excitement” in order to attract the attention of people so they reply and share the news. This kind of news, based on fear and worry, makes you hold onto your phone constantly, even if it means ruining your peace of mind.

While in the Qur'an you can read:

“Those who believe and whose hearts find comfort in the remembrance of Allah. Surely hearts find comfort in the remembrance of Allah” [Quran 13:28]

Which state of mind do you prefer??

When you receive a phone notification telling you that the world is going to Hell,
Remember...

“The enjoyment of this world is so little, whereas the Hereafter is far better for those mindful of Allah. You will not be wronged even by as much as the fibre of a date seed.” [Quran 4:77]

Statistics show that the most trending searches on Google are related to Coronavirus.

People are looking for comfort, but only in terms of the material world and medication... But this is not enough; this will not bring reassurance and comfort to their hearts...

“Surely hearts find comfort in the remembrance of Allah.” [Quran 13:28]

If you are a true believer, comfort your heart by remembering Allah. Know that there is no vaccine, doctor or ventilator that could change the Heavenly Decree for you or for those whom you love... As a Muslim, you must take all appropriate measures to be safe, but trust that any benefit or harm is in the Hands of Allah only.

For a believer, there is good in everything... as stated by Prophet Muhammad, peace be upon him:

"How wonderful is the case of a believer; there is good for him in everything, and this applies only to a believer. If he is prosperous, he expresses gratitude to Allah, and that is good for him; if adversity befalls him, he endures it patiently, and that is better for him." [Narrated by Muslim]

Be among those whose hearts tremble at the remembrance of Allah, not at the mention of illness or the loss of a job...

When Almighty Allah is glorified in your heart, His creatures become smaller in your heart... The virus is one of these creatures, so rest assured and do not panic...

When you see people living miserable lives, remember that this is due to their turning away from the remembrance of Allah... Do not join in that misery by disobeying Allah; instead, obey His commands to avoid misery.

Indeed, humans were created with anxiety... And is there any more compelling reason to be anxious than a global pandemic taking hundreds of thousands of lives?!

“Indeed, humankind was created anxious ...distressed when touched with evil, and stingy when touched with good—“ [Quran 70:19-21]

Yet Allah continues, making an exception

“Except for those who pray, consistently performing their prayers; and who give the rightful share of their wealth to the beggar and the poor; and who believe in the Day of Judgment; and who fear their Lord’s punishment indeed, no one should feel safe from their Lord’s punishment—and those who guard their chastity except with their wives or those their right hands possess, for then they are free from blame, but whoever seeks beyond that are the transgressors. The faithful are] also those who are true to their trusts and covenants, who give honest testimony, and who carefully maintain their prayers. These will be in gardens, held in honour.” [Quran 70:22-35]

Those people are excluded from the rest of humanity, so be one of them!