

# “It’s Not Fair” Suffering in Islam

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YM 14-16 Circle



**A friend says she doesn't believe in God because, "How can a caring, all-Powerful God allow so much suffering in the world? I can't believe in that kind of God"**

**What do you say?**

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1. This world isn't meant to be a paradise
2. It's a natural world, with all its beauty and imperfections
3. Expecting life to be perfect is a modern thing. There was a lot more suffering in the past and it didn't stop people believing
4. A lot of evil is actually manmade
5. The challenges in this world are a test for us to address

If you believe in God...

6. Any suffering here is compensated many times over
7. You can't appreciate good unless there is a contrast
8. Suffering brings people closer to God – humans remember God more when they really need something!



- The Prophet (saw) said: “How wonderful is the affair of the believer, for his affairs are all good, and that does not apply for anyone except the believer. If something good happens to him he gives thanks, and that is good for him; if something bad happens to him he bears it with patience, and that is good for him.”

(Sahih Muslim, 2999)



Anas b. Malik reported that Allah's Messenger (ﷺ) said that: “One amongst the denizens of Hell who had led a life of ease and plenty amongst the people of the world would be made to dip in Fire only once on the Day of Resurrection and then it would be said to him:

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‘O son of Adam, did you find any comfort, did you happen to get any material blessing?’ He would say: ‘By Allah, no, my Lord.’

And then that person from amongst the persons of the world be brought who had led the most miserable life (in the world) from amongst the inmates of Paradise. And he would be made to dip once in Paradise and it would be said to him ‘O son of Adam, did you face any hardship? Or had any distress fallen to your lot?’

And he would say: **‘By Allah, no, O my Lord, never did I face any hardship or experience any distress.’**” (Sahih Muslim 2807)



A Muslim friend really wanted to be a doctor but he didn't get the GCSE science grades that would have made it possible.

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He is very down and says,  
"I can't bring myself to pray to God when  
He's done this to me."

**What would you say to help him?**



# Benefits of belief in Qadr

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- Duas - hopefulness/optimism
- Belief in our personal destiny – “doors have to close for better doors to open”
- Coming to terms with adversity/set backs – it was God’s will
- Learning from past mistakes rather than regretting
- Humility - we are not the masters of our destiny, we do not have automatic right to eternal good health and life
- Even more gratitude when things do go well



# Our personal destiny

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- Allah is Al-Hadi, the Guide, Al-Muhaimin, The Guardian
- Allah has willed you to do great things
  - Are you going to take on the challenge?
- Everything happens for a reason, even setbacks
- But the eventual outcome is good
- A hardship now may lead to greater success tomorrow
- You may have wished to achieve one thing, but Allah intended something better, that you could really flourish in



# Our personal destiny

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- Allah is *Al-Hadi*, the Guide, *Al-Muhaimin*, The Guardian, *Al-Hakim* – the Most Wise
- Allah has willed great things for you!
  - Are we going to take on the challenge?
- Everything happens for a reason, even setbacks
- But the eventual outcome is good



# Our personal destiny

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- A hardship now may lead to greater success tomorrow
- You may have wished to achieve one thing, but Allah intended something better, that you could really flourish in.
- “Perhaps you dislike something which is good for you and like something which is bad for you. God knows and you do not know.” (Qur'an 2:216)



# Managing adversity

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Coming to terms with it - learning from past mistakes

- The Prophet ﷺ also said, “The believer is not stung twice from the same hole.” (Bukhari)



# Managing adversity

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## Coming to terms with it - not regretting

- The Prophet ﷺ said:
- “If something befalls you, then do not say, ‘If only I had done something else.’ Rather say, ‘Allah has decreed what he wills.’ Verily, the phrase ‘if only’ opens the way for the work of Satan.” (Muslim)

