



ALI 275: The Stimulus of Hope

Session One

Read the whispered prayer of the hopeful and choose one sentence that stands out for you.

Reflect on what the sentence means.

Connect it to something else you know or have heard about it.

Apply it to your own life experience.

Agenda

- Definition of hope
- The Holy Quran on hope
- Hadith on hope
- Why do we lose hope?
- Strengthening hope in Allah

Definition of Hope

- A positive expectation
- Happiness at anticipating good
- Creates enthusiasm for life
- Motivates action
- shows the way

Holy Quran on Hope

قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ
لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ

Say: O my servants!

who have acted extravagantly

against their own souls

do not despair of the mercy of Allah

Sura Zumar, 39:53

قَالَ وَمَنْ يَقْنَطُ مِنْ رَحْمَةِ رَبِّهِ إِلَّا الضَّالُّونَ

He said: And who despairs of
the mercy of his Lord
except the ones gone astray?

Sura al-Hijr,15:56



So lose not heart, nor fall into despair
you shall have the upper hand if you are believers.
If a wound has afflicted you (at Uhud)
a wound like it has also afflicted
the (unbelieving) people.
Such days (of varying fortunes)
We give to mankind in turns
that Allah may know those that believe
and take martyrs (or witnesses) from among you
and Allah does not love the unjust.

Sura Aale Imran, 3:139-140

From the Holy Prophet (s)

I swear by Allah besides Whom there is no god, that no believer can ever attain the benefits of this world and the world to come except by his good opinion of Allah, his hope, having a good nature, and by abstaining from backbiting believers.

I swear by Allah besides Whom there is no god, that no repenting believer will be punished except for his suspicion about Allah, being in despair, having an ill nature, and backbiting believers.

I swear by Allah besides Whom there is no god, that no believing servant has a good opinion of Allah except that He will behave duly towards His believing servant. For Allah is generous and graceful. When His believing servant has a good opinion of Him, He does not fail to do according to it. So have a good opinion of Allah and wish from Him.

<http://www.al-islam.org/living-right-way-ayatullah-jawad-tehraani/having-good-opinion-god>



Place all your hopes in Allah
and do not hope in anyone other than Him
for whoever hopes in anyone other than Allah
will be disappointed.

Imam Ali (a)

Mizanul Hikmah, H#6953

Why do we lose hope?

- 1) We have not understood the greatness and mercy of God. We believe that He deals with us the way we deal with others.
- 2) We are reliant on our deeds and actions, not knowing that we can only rely on God's kindness to us, not on our deeds.
- 3) We do not have confidence in ourselves as the representative and manifestation of Allah.
- 4) Not understanding that a failure in one aspect is not failure in all of life.

Strengthen Hope in Allah

- 1) **By being grateful for all that God has blessed you with.** *and whoever is grateful, he is grateful only for his own soul, and whoever is ungrateful, then surely my Lord is Self-sufficient, Honored.*
- 2) **Remembering the love of Allah for the human being.** The story of the bird and its young ones.
- 3) **Knowing the position of the human being as a dignified creation of God;** *And surely We have honored the children of Adam. (17:70)*
- 4) **By analyzing what is taking away hope in your heart.**

From Rumi

Knock, And He'll open the door

Vanish, And He'll make you shine like the sun

Fall, And He'll raise you to the heavens

Become nothing

and He'll turn you into everything.