



# Balancing Hope with Fear

## Question for Reflection

Why should a believer fear God?

Isn't it better to love God and place hope in Him?

# Agenda

- Why different Munajaat
- Importance of different emotions
- Understanding Fear
- What should be feared
- Fear of God
- Whispered prayer of the Fearful, Paragraph 1

# Why different Munajaat

The whispered prayers of the Sahifa Sajjadiyya are to be recited when experiencing different emotions.

It does not mean that some people are more hopeful than fearful, and should recite the whispered prayer of the hopeful while the fearful ones should recite the whispered prayer of the fearful, etc.

Each of the whispered prayer is applicable for the same person at different times.

# Importance of different emotions

The human being has been created such that he experiences different emotions at different times. Happiness, sadness, hope, fear . . . all have a place and reason. It is important to feel appropriate emotions at the right times, and to be balanced and moderate in the intensity of the emotions.

Religion teaches us how to benefit from these emotions through feeling them at the right times to the right degree.

# Understanding Fear

Fear is often thought of as negative. We should not do things out of fear. Being positive and hopeful is recommended.

Islam tells us that fear and hope go together. Everything in this world is also done out of fear and hope.

Health – people look after their health due to fear of sickness and death, and hoping to live well.

Work – people work due to fear of hunger and poverty and hoping to lead a better lifestyle.

Education – knowledge is gained due to fear of remaining ignorant and hoping to become more aware.

The fear that is looked down upon in Islam is one that is extreme, not balanced by hope, and is continuous and paralyzing.

# Fear

## Positive

Motivates action

Creates caution

Brings tranquility

## Negative

loses hope

decreases confidence

increases nervousness  
and tension

# What should be feared?

Something that harms the human being.

Losing something that is desired.

Being deprived of something desirable.

An agent that is responsible for any of the above.

# Fear of God?

Human beings when they fear God they are actually fearing the result of their own actions, not God Himself.

## Analyzing Fear

- The one who fears
- The thing that is feared
- Cause of the fear
- The one who makes the cause take effect

## An Example

A student fears failing an exam.

The one who fears – student

Thing that is feared – failure

Cause of the fear – doing poorly in the exam

One who makes the cause take effect – teacher

Is it fear of the teacher or fear of failure?




# Whispered prayer of the Fearful

## Paragraph One

Fear is accompanied with positive hope, reminding God and the self of the good that is in the recitor. This is so that the emotion of fear does not become so intense that it creates despair. It keeps fear in control.

Communication after doing wrong includes an acknowledgement of the wrong that was done, and a seeking of mercy by remembering the good done in the past.



The prayer does not attribute wretchedness to God. But it says felicity and success with God comes from God. This etiquette of dua, to acknowledge humbly that all good can only come from tawfiq from God.