

**ALI 353: Human Suffering and
Coping Strategies in the Light
of the Qur'an – Session 2**

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What is Coping (1)

- Coping is the process by which people try to **manage** the perceived discrepancy between the **demand and resources** people appraise in the stressful situation
- The word **manage** indicates that coping efforts do not necessarily lead to a solution of the problem

What is Coping (2)

- Coping efforts can be aimed to at correcting and mastering the problem
- But they may also simply help the person to alter his perception of discrepancy, tolerate or accept the harm or threat or escape or avoid the situation

(Lazarus & Folkman; Moos & Schaefer, 1986)

What is Coping (3)

- **Coping process is not a single event because it involves continuous transactions with the environment.**
- **The process is best viewed as a dynamic series of appraisals and reappraisals that adjust to shift in person–environment relationships**
- **Coping can be emotional –focused or problem–focused**

Trial of God and Suffering

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَ
الثَّمَرَاتِ وَ بَشِّرِ الصَّابِرِينَ

**We shall test you through fear, hunger, loss of life,
give glad news to the people who have patience**

(Qur'an, 2:145)

Hardships and Faith in Returning to Allah (1)

الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

And in difficulty they say, “ We are the servants of
God and to Him we shall all return” (2:156)

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Suffering and Hardships are linked with:

- Good news
- Observing the patience
- saying **إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ**
- Believing in the Day of Judgment in real sense

Hardships and Good Deeds

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَهُوَ
الْعَزِيزُ الْغَفُورُ

It is He who has created death and life to put you to the test and see which of you is most virtuous in your deeds. He is All-Mighty and All-forgiving (Quran, 67:2)

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَهُوَ
الْعَزِيزُ الْغَفُورُ

- Purpose of Creation
- Quality of deeds are important not quantity
- The best deeds are progressive in nature
- إِنَّا أَخْلَصْنَاهُمْ بِخَالِصَةٍ ذِكْرَى الدَّارِ we purified them with the remembrance of the Day of Judgment (38:46)

Showing Impatience in Hardships

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا (19) إِذَا مَسَّهُ الشَّرُّ جَزُوعًا (20) وَ إِذَا
مَسَّهُ الْخَيْرُ مَنُوعًا (21)

**Indeed man has been created greedy. Very upset
when touched by evil. And very stingy person
when visited by good fortune**

(70:20–21)

إِذَا مَسَّهُ الشَّرُّ جَزُوعًا وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا

- **Relation between Greediness and restlessness**
- **Relation between impatience and Selfishness**
- **Importance of Inner peace to overcome difficulties**

Western Resources (1)

**Mind in Comfort and Ease ; The Vision of Enlightenment in
the Great Perfection**

(Dalai Lama)

Health Psychology; Bio–psychosocial Interaction

(Edward Sarafino)

Walking with God through Pain and suffering

(Keller)

God and Human Suffering

(Douglas John)

Western Resources (2)

The End of Suffering ; Fearless Living in Trouble Times
(Targ & Hurtak)

The End of Suffering and Discovery of Happiness
(B. Stan)

The End to Suffering : The Buddha in the World
(Mishra)

**The Book of Calamities ; Five Questions about
Suffering and its Meaning**
(Peter)