

3rd Lecture

Human Suffering and Coping Strategies in the Light of the Qur'an

Dr. Syed Nasir Zaidi

ما أَصَابَ مِنْ مُصِيبَةٍ فِي الْأَرْضِ وَ لَا فِي أَنْفُسِكُمْ إِلَّا فِي كِتَابٍ
مِنْ قَبْلِ أَنْ نَبْرَأَهَا إِنَّ ذَلِكَ عَلَى اللَّهِ يَسِيرٌ

**No Calamity befalls the earth or your own
selves but it is predestined in a Book before We
bring it into being. Indeed it is easy for Allah
(Qur'an, 57:22)**

يَمْحُوا اللَّهُ مَا يَشَاءُ وَ يُثْبِتُ وَ عِنْدَهُ أُمُّ الْكِتَابِ

**God erases what He wishes and affirms, and
with Him is the source of the Scripture
(Qur'an, 57:23)**

وَ مَا أَصَابَكُمْ مِنْ مُصِيبَةٍ فِيمَا كَسَبَتْ أَيْدِيكُمْ وَ يَعْفُوا عَنْ كَثِيرٍ

**Whatever hardship befalls you is the result of your
own deeds. God pardons many of your sins
(Qur'an, 42:30)**

ظَهَرَ الْفَسَادُ فِي الْبَرِّ وَالْبَحْرِ بِمَا كَسَبَتْ أَيْدِي النَّاسِ لِيُذِيقَهُمْ
بَعْضَ الَّذِي عَمِلُوا لَعَلَّهُمْ يَرْجِعُونَ

**Evil has spread over the land and the sea because of
human deeds and through these God will cause
some people to suffer so that perhaps they will
return to Him
(Qur'an, 30:41)**

Facts about Fortune, Fate and Destiny (1)

- ❖ **Every incident that occurs in the world is Divinely planned and pre-written in the Lawh Mahfuz**
- ❖ **Every incident that occurs in the world is also changeable**
- ❖ **There are two types of Tablets ; Changeable (Lawh Mahfuz) and Unchangeable (Lawh Mahv wa Sabat)**
- ❖ **Changeable is conditional and unchangeable is final**

Facts about Fortune, Fate and Destiny (2)

- ❖ Before the occurrence of any incident, there is no way to know whether it is changeable or unchangeable
- ❖ After the occurrence of particular incident we come to know that it was part of Divine plane and our final destiny
- ❖ Our responsibility is to put our full effort to get rid of any potential affliction and calamity
- ❖ There is no relation between unchangeable Divine plan and compulsion (*Jabr*)

لِكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا آتَاكُمْ وَاللَّهُ لَا
يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ

So that you may neither grieve on what has
escaped you, nor over-exult on what He has
given to you. And Allah does not love any self-
admirer, over proud

(Qur'an, 57:23)

Lawh-e-Mahfuz and Human Suffering

- ❖ After the occurrence of an incident we should believe that this had to occur and had been written for us in the Lawh Mahfuz.
- ❖ Therefore we are commanded not to over-grieve on the good things we have missed, nor to over-excited on the comfort or wealth we enjoyed in this life.