

Ramadan *Immersion*

HEALING AFTER LOSS

Finding Peace, Hope, and Strength

Reframing Our Perspective

- Loss is inevitable in this dunya and part of the believer's journey, and the pain that results from it is real and acknowledged
- Healing begins when our perspective on loss changes
- Healing is not about removing grief. It is about seeing loss through the lens Allah gives us

The Prophetic Method: Changing the Lens

- The Prophet ﷺ taught us that our emotional lens is incomplete. What truly matters is Allah's perspective.
- Example: We find the breath of a fasting person unpleasant, but Allah says it is beloved and sweeter than musk.
- Loss may appear painful through our lens, but through revelation, it may be an honor, elevation, or mercy

Example 1: Mount Uhud

- Uhud was the site of great loss and pain, yet the Prophet ﷺ reframed the relationship with the location of the loss.

هَذَا جَبَلٌ يُحِبُّنَا وَنُحِبُّهُ

This is a mountain that loves us and is loved by us

- The Prophet ﷺ did not erase the pain. He attached love, meaning, and honor to what caused grief

Example 2: Reframing Death & the Grave

- We think of the grave as dirt, separation, and finality, but the Prophet ﷺ reframed it as rest for the believer.

مَا مِنْ بَيْتٍ خَيْرٌ لِلْمُؤْمِنِ مِنْ لَحْدٍ قَدْ اسْتَرَّاحَ مِنْ هُمُومِ الدُّنْيَا

There is no better place for a believer than the grave, where he is relieved from the worries of the world.

Example 3: Losing Those Closest to You

- The greatest loss is losing those most beloved to you
- The Prophet ﷺ repeatedly sacrificed closeness for a higher purpose
- Ja'far was deeply loved by the Prophet ﷺ
 - He died as a martyr at the Battle of Mu'tah
 - Allah revealed that his arms became wings in Jannah
- Loss in dunya may actually be gain in akhirah
- The Prophet ﷺ said:

الموت غنيمة

Death is a spoil of war.

Healing After Loss Requires Yaqīn

- Healing is proportional to one's yaqīn (conviction in Allah)
 - Weak yaqīn → prolonged pain
 - Strong yaqīn → stability, even through loss
- As believers, we must have trust in what Allah promised
- Hardship is guaranteed and should not come as a shock to us

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ

And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient (2:155)

Strengthening Yaqīn

- Luqmān: “Action is not possible without conviction.”
- Ḥasan al-Baṣrī: “Weak yaqīn is relying more on what you possess than what Allah possesses.”
- Khālid ibn Ma’dān: “Study yaqīn the way you study Qur’an.”

Why Yaqīn Determines Healing

- Some people have many around them and still cannot heal
- Others have no one, yet they find peace
- The difference is yaqīn, not circumstances
- Example: Umm Harithah (RA)
 - She said: If my son is suffering, I will cry endlessly. If he is honored, I will be patient.
 - The Prophet ﷺ told her her son had multiple Jannahs, and her grief turned immediately into peace
- Without yaqīn, death is frightening. With yaqīn, death becomes comforting.

Comfort Through Knowing The Journey ^{مفتا}

- Just as parents find comfort knowing their child is safe and cared for, believers find comfort knowing how their loved ones are being received by Allah.

The Moment Life Ends for the Believer

- The Prophet ﷺ described the soul's departure:
 - Angels descend with radiant faces, carrying shrouds and fragrance from Jannah.
 - The Angel of Death sits by the believer's head and says:

يَا أَيَّتُهَا النَّفْسُ الطَّيِّبَةُ، اخْرُجِي إِلَى مَغْفِرَةٍ مِّنَ اللَّهِ وَرِضْوَانٍ

O pure soul, come out toward the forgiveness of Allâh and His pleasure

- The soul exits gently, like water flowing from a jug
- Death for the believer is not violent or frightening. It is peaceful and dignified

The Soul's Honor After Leaving the Body

- Angels immediately take the soul and wrap it in the shroud and fragrance of Jannah
- As the soul ascends, Angels ask: “Whose is this pure soul?”
- He is called by the best names he was known by in the dunya
- Allah says to the angels:

أَكْتُبُوا كِتَابَ عَبْدِي فِي عَلِيِّينَ

Record the record of My servant in 'Illiyyīn

Comfort in the Grave

- The soul is returned to the body
- The believer is questioned by the angels and answers clearly:
 - My Lord is Allah
 - My religion is Islam
 - My Prophet is Muhammad ﷺ
- A caller announces: “My servant has spoken the truth.”
- The grave becomes expanded as far as sight can reach, filled with scent and comfort from Jannah, and a door to Jannah is opened
- A figure appears saying: “I am your good deeds.”

Reassurance from the Angels & the Righteous

- Angels reassure the believers and remain with the soul
- Allah says in Surah Fuṣṣilat:

نَحْنُ أَوْلِيَاؤُكُمْ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ

We were your allies in worldly life and [are so] in the Hereafter.

- Death for the believer is meeting beloved ones
 - Bilāl RA rejoiced at death — reunion with the Prophet ﷺ
 - Uthmān RA passed away fasting, invited in a dream to break his fast with the Prophet ﷺ

Pain Is Temporary, Reward Is Not

- We endure difficulty more easily when we know that a greater reward awaits
 - Example: struggling with a diet, not for one treat in the end, but for the larger end result
- Would you choose: A drop of pleasure in this world? Or an ocean of pleasure in the next?

Be a Source of Comfort When You Leave ^{مفتا}

- Your ending matters to those who love you
- A good ending does not remove grief, but it softens it greatly
- Examples of comforting endings:
 - Passing while reciting the kalimah
 - Passing in sujūd
 - Passing as a shaheed
- Be a comfort to other while you live, and when you leave

What Will You Leave Behind?

- Hasan al-Baṣrī visited his fire-worshipping neighbor on his deathbed and encouraged him to accept Islam. When the man regained consciousness, he said the kalimah and then passed away.
- Three Takeaways
 - Who is close enough to guide you at death?
 - Be a source of guidance for others
 - Be remembered for at least one good quality