

## Tawakkul & Anxiety

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ

فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ

وَقَالَ النَّبِيُّ ﷺ: لَوْ أَنَّكُمْ تَتَوَكَّلُونَ عَلَى اللَّهِ حَقَّ تَوَكُّلِهِ لَرَفَعْتُمْ كَمَا يُرْفَعُ الطَّيْرُ

تَعْدُو خِمَاصًا وَتَرُوحُ بِطَانًا

### Dear Believers!

The topic of today's khutbah will be protecting our hearts by putting our trust (tawakkul) in Allah the Exalted in the face of whisperings (waswasa) and anxieties.

In the life of this world, a person faces various thoughts, fears, and worries. Fears about the future—thoughts like **"What if this happens?"**, **"What if I fail?"**, **"What if I lose what I have?"**—can gradually constrict a person's heart. The inner-self, called nafs, and Shaitan also try to drive a person into despair, anxiety, fear, and pessimism by whispering to them.

Yet the believer knows that everything occurs by the decree of Allah the Exalted. The duty of the servant is to strive to the best of his ability, then leave the outcome to his Lord.

Indeed, the Almighty says in the Noble Qur'an: **"And whoever relies upon Allah – then He is sufficient for him."** (At-Talaq, 65:3)

### Respected Muslims!

Whispering (waswasa) can become a disease that occupies the heart, disturbs a person, and drives them toward hopelessness in relation to their Lord. Shaitan sometimes tries to exhaust a person through worship, sometimes through fear of the future, and sometimes through people's opinions.

When some of the noble companions came to Prophet Muhammad ﷺ and said, **"We experience thoughts within ourselves that we consider it a grave sin even to speak of,"** the Messenger of Allah ﷺ replied: **"That is a clear sign of faith."** (Muslim)

### Dear Believers!

A believer is not someone who heeds and surrenders to waswasa, but rather someone who seeks refuge in Allah the Exalted. For waswasa grows and constricts the heart the more one pays attention to it; whereas tawakkul grants peace to the heart.

Our Lord says: **"Indeed, by the remembrance of Allah hearts find tranquility."** (Ar-Ra'd, 13:28)

Therefore, instead of magnifying our worries and fears, we should turn to our Lord. We should not lose the peace of today by excessively thinking about the future. For the Owner of tomorrow is Allah the Exalted.

### Respected Brothers and Sisters!

Tawakkul does not mean abandoning effort. The believer takes hold of the means, strives to the best of his ability, then leaves the result to Allah the Exalted. When success comes, he does not become arrogant; when hardship comes, he does not fall into despair.

Indeed, Prophet Muhammad ﷺ said in a noble hadith: **"If you were to rely upon Allah with true reliance, He would provide for you just as He provides for the birds – they go out in the morning with empty stomachs and return in the evening full."** (Tirmidhi)

### Dear Muslims!

One of the greatest traps of the nafs and Shaitan is to cast the believer into despair. Yet for the believer, there is ease with every hardship. The believer knows that Allah the Exalted never abandons His servant.

So come, let us attach our hearts not to fear, anxiety, and waswasa, but to Allah the Exalted. Instead of magnifying our worries, let us increase our supplications (dua). Let us present our persistent anxieties not to people, but to our Lord. In every matter, let us trust in Allah and seek refuge in Him.

I conclude my khutbah with a noble verse: **"And when you have decided, then rely upon Allah. Indeed, Allah loves those who rely [upon Him]."** (Aal-e-Imran, 3:159)

