UMM ABBAD ACADEMY

LEARNINGTHE TOOLS OF GRATITUDE



A Guide to living a life of Shukr & Qana'ah

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Ahlan Wasahlan

Beloved Sister

Signing up for a course that allows you to learn the skills of gratitude and satisfaction is a huge step. May Allah accept your desire to grow and build the tools of Imaan that allow you to have a deep relationship with your Rabb.

Gratitude is often misunderstood and we do not understand it's value and deep connection to achieving barakah in our lives. Allah has intertwined a life of fruitfulness and an increase in every aspect of our lives when tied with gratitude,



We often praise Allah in an attempt at showing our gratitude but we then follow it with complaints that allow those moments of shukr to melt away.

Our focus in this course is to understand the tenants of gratitude and to refocus our every step and every decision to one of gratitude and satisfaction

Umm Abbad

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LEARNING OUTCOMES

1. TO FOCUS ON THE ABSOLUTE POWER OF ALLAH

2. TO FIND YOUR OWN HIDDEN VIRTUES THAT ARE A BLESSING FROM ALLAH

3. TO RECOGNISE THE VICE THAT GROWS WITHIN US WHEN WE CANNOT ACCEPT THAT EACH PERSON IS BLESSED BY ALLAH IN DIFFERENT WAYS

4. THE TEST WITHIN THE FAVOUR THAT ALLAH HAS GRANTED YOU AND HOW IT IMPACTS THE WAY THAT YOU WORSHIP ALLAH

5. TO LEARN HOW TO COMPLETE THE GRATITUDE FOR THAT GIFT



Reframe your understanding of a ni'mah

Allah Ta'ala says:

"That is the grace of Allah, He grants it to whomever He wishes"



نحن قسمنا بينهم معيشتهم في الحياة الدنيا ورفعنا بعضهم فوق بعض درجات ليتخذ بعضهم بعضا سخريا

Is it they who allocate the mercy of your Lord? We have allocated among them their livelihood in the worldly life, and have raised some of them over others in ranks, so that some of them may put some others to work. And the mercy of your Lord is much better than what they accumulate.



هُوَ الَّذِي جَعَلَكُمْ خَلَائِفَ الْأَرْضِ وَرَفَعَ بَعْضَكُمْ فَوْقَ بَعْضٍ دَرَجَاتٍ لِّيَبْلُوَكُمْ فِي مَا آتَاكُمْ ۗ إِنَّ رَبَّكَ سَرِيعُ الْعِقَابِ وَإِنَّهُ لَغَفُورٌ رَّحِيمٌ

It is He who made you the vicegerents of the earth and raised some of you in ranks over others, so that He may test you in what He has given you. Surely, your Lord is swift in punishing, and surely He is

وما بكم من نعمة فمن الله

THERE ARE NO FAVOURS THAT YOU HAVE EXCEPT THAT IT IS FROM ALLAH.

focusing your words

it is often a tiny statement that unravels a lifetime of gratitude .

وان تعدوا نعمة الله لا تحصوها

And even if you were to count the favours of Allah you would never be able to enumerate them all.



At the very outset, our mind has to focus on the favours that Allah Ta'ala has blessed us with. The many favours that have been designed specifically for you.
We all have a narrative that we repeat to ourselves about the things that have happened to us or the achievements that we wish we bad accomplished. This narrative focuses you only on what could have been - on how 'differently' your life could have been etc.

واسبغ عليكم نعمه ظاهرة وباطنة

Have you not seen that Allah has
subjugated for you what is in the heavens and what is on the earth, and has perfected His blessings on you, both outward and inward? But among people, some debate about Allah with no knowledge, no guidance and no book to enlighten

Gratitude habits



Step One:
Recognise your favours

FAVOURS CONNECTED TO THE AAKHIRA

1. The Ni'mah of Islam
2. The Ni'mah of having a Prophet sent to us
3. The Ni'mah of the consciousness of Allah
4. The Ni'mah of Khushoo in Salah
5. Protection from sin
6. The ability to be kind to our parents
7. The Ni'mah to attain Islamic knowledge

Step Two:
Every Ni'mah is tied to the greatness of Allah

- Allah gives so you can see his power
- He divides as he pleases to highlight his absolute qudrah
- He gives favours to bring you closer to him in that manner and others in a Different Manner

Don't look at the favours of others .

FOCUS ON YOUR FAVORS

- Accept the favours you have NOT been given
- Focus on the favours you HAVE been given
- Determine how you will use these favours to thank Allah Ta'ala





GRATITUDE WITH YOUR TOUNGUE

شكر الله على نعمه باللّسان: فعن أنس بن مالك رضي الله عنه قال: قال رسول الله صلّى الله عليه وسلّم: (ما أنعم الله على عبد نعمة فقال الحمد لله، إلا كان الذي أعطاه أفضل مما أخذ)

Anas (ra) reports that Rasulullah (saw) has said: Allah Ta'la does not less a servant with a favour then he says Alhamdulillah except that which he has given him is better than that which was taken.

GRATITUDE WITH YOUR ACTS OF WORSHIP

(كانِ النبيُّ صلَّى اللهُ عليه وسلَّم يصلِّي حتى تَرِمَ، أو تنتَفِخَ، قدَماه، فيُقالُ له، فيقولُ: (أفلا أكونُ عبدًا شَكورًا

Nabi(s) used to perform Salah until his feet would swell and be marked. The sahabah questioned Him regarding this great amount of worship and he replied: Should I not be a grateful slave?





GRATITUDE BY SPEAKING ABOUT THE FAVOURS OF

(التَّحدُّثُ بنعمةِ اللهِ شُكرٌ، وتركُها كُفرٌ، ومَن لا يشكرُ القَليلَ لا يَشكرُ الكثيرَ، ومَن لا يشكرُ النَّاسَ لا يشكرُ اللهَ، والجماعةُ برَكةٌ، والفُرقةُ عذابٌ)

Speaking about the Favours of Allah is Shukr and not speaking about it is ingratitude and whoever does not express gratitude for the little things will not express gratitude for the big things and he who does not thank people does not thank Allah. And gatherings are a means of blessings whilst separation is a punishment

MAKING THE NI'MAH OF ALLAH APPARENT ON YOU

عن زهير بن أبي علقمة رضي الله عنه قال أن عليه السلام قال: (إذا آتاكَ اللهُ مالًا فليُرَ عليكَ، فإنَّ اللهَ يحبُّ أنْ يَرَى أثرَه على عبدِه حَسَنًا ، ولا يحبُّ البؤسَ ولا التباؤسَ))

Nabie صلى الله عليه وسلم has said : When Allah Ta'ala grants someone wealth , then it should be seen on him ,for most certainly Allah loves to see the blessings that He is given on him in a good manner , and Allah does not love one who is always disparing and in a sad condition.





YOU WILL BEQUESTIONED REGARDING YOUR FAVOURS)

{ثُمَّ لَتُسْأَلُنَّ يَوْمَئِذٍ عَنِ النَّعِيمِ} [التكاثر: 8]،

Then without a doubt you will be questioned regarding your favours.

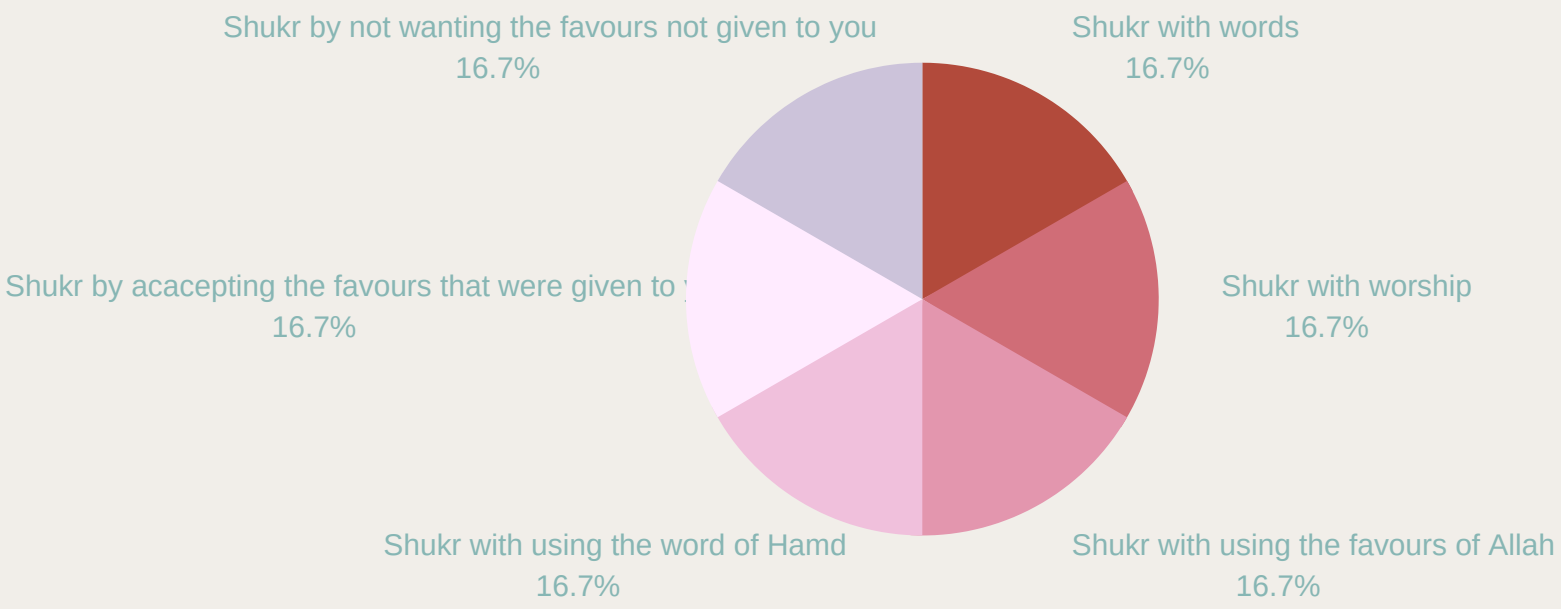
YOU WILL BE QUESTIONED ON YOUR FAVOURS.

- Some Mufassireen regard the favours of Allah as safety and health
- Some Mufassireen regard it as your body and your health
- Some Mufassireen have accepted it to be the aafiya that encompasses us
- Some Mufassireen have accepted it to mean the Rizq given to us by Allah



Shukr should be all encompassing

COMPLAINING IS ALWAYS SPECIFIC WHILST SHUKR IS LEFTIN A GENERAL SENSE - YET SHUKR SHOULD BE BROKEN DOWN INTO EVERY ASPECT OF YOUR LIFE



Is Gratitude journaling for you?

ولعلكم تشكرون

Gratitude journaling has become famous throughout the world an it has been attached to many positive aspects within our lives - it allows us to be present , to reflect, to introspect and most importantly to understand our challenges and tests within the framework of gratitude.

As a Muslim gratitude should be an intrinsic part of life , it can never be a secondary choice or done without intent.



DATE

MOOD

DAILY GRATITUDE JOURNAL

CREATTING YOUR CORE PRINCIPLES OF GRATITUDE

WORDS THAT HAVE AFFECTED MY STATE OF GRATITUDE

ACTIONS THAT HAVE NEGATIVELY IMPACTED MY GRATITUDE



Living between the two Hamds

ALHAMDULILLAH ALA KULLI HAAL

ALL PRAISE BE TO ALLAH IN EVERY CONDITION

VS

ALHAMDULILLAHILAZI BI NI'MATIHI TATIMMUS SAALIHAAT

ALL PRAISE BE TO ALLAH WHO THROUGH HIS FAVOUR ALL GOOD IS PERFECTED AND COMPLETED

اللهم ما اصبح بي من نعمة او باحد من خلقك فمنك وحدك لا شريك لك فلك الحمد ولك الشكر