

Trials, hardship and the patience that carries us

Revelation does not ask us to deny pain. It teaches us how to meet a trial without letting pain sever our relationship with Allah.

CENTREPIECE Surah al-Baqarah 2:155-157, Sahih al-Bukhari 5641-5642

FIRST KHUTBAH

1. The Quran names the losses plainly

Allah says people will be tested with fear, hunger and loss of wealth, life and crops (al-Baqarah 2:155-157). Patience is not pretending those losses do not hurt. It is refusing to let the hurt pull us away from what is true.

Source: Quran 2:155-157

2. Pain is not wasted with Allah

The Prophet (peace be upon him) taught that fatigue, illness, sadness, harm and distress can erase sins, even the prick of a thorn (Bukhari 5641-5642). We should not tell a suffering person why a specific trial happened, but we can assure them that Allah does not lose what they endure.

Source: Bukhari 5641-5642

3. Patience includes seeking help

Sabr can look like prayer, medical care, counselling, legal protection, accepting a meal or telling a trusted person that you are not coping. Taking the means Allah provides is not a failure of reliance. It is part of carrying the trust of life.

SECOND KHUTBAH

Speak gently here. Some listeners are carrying grief, illness, debt or danger that no one around them can see. Give them permission to seek help while holding firmly to prayer and hope.

Suggested closing: O Allah, give strength to everyone under trial, relief to everyone in distress and companionship to everyone who feels alone. Do not let hardship take us away from You.

ONE ACTION FOR THIS WEEK

Contact one trustworthy person about a burden you have been carrying alone, or contact someone whose hardship may have made them quiet.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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