

## **Contentment (Ar-Rida)**

### **BS Foad, M.D 2010**

We will discuss the following concepts:

- 1-What does Rida (To be content and happy) mean?
- 2-To be content in obeying Allah & His messenger, and to obey the orders of Allah
- 3-How can we get this feeling of contentment in our hearts?
- 4-What are the things that brings closer to Allah's pleasure?
- 5-Allah's messengers sought to please Allah
- 6-Allah's reward for His servants whom He loves

### **The meaning of Rida or to be content and happy**

Rida refers to our hearts becoming satisfied, content and happy and at peace. This inner feeling of contentment can only happen when we understand our obligations in obeying Allah's orders, and in being patient and persevering in the face of tests and trials. Unless we accept our difficulty as a test and trial from God, we will question its wisdom and reject faith, and will be upset and impatient.

Prophet Muhammad (PBUH) told us:

(The person who accepts and is content and happy with Allah as his Lord, and with Islam as his religion, and with Muhammad (PBUH) as his messenger, will taste and experience the effect and meaning of true faith)

Ahmad, Muslim & Termedhi

Accepting Allah as our Lord means accepting His will and decree, and obeying His orders. It means turning to Allah seeking His forgiveness, blessing, mercy and guidance. Accepting Islam as our religion means doing what Islam imposes on its followers: rituals of worship, noble character and morals, and belief in being accountable. Accepting Muhammad (PBUH) as our messenger and prophet means following his orders and example.

The opposite of Rida is to be restless and fearful, having no confidence or trust in anything and therefore prone to depression and giving up quickly.

### **Being content in obeying the orders of Allah**

Whatever we do we should be motivated by the goal of pleasing Allah and getting closer to Him, and turning to Him seeking His guidance and mercy. The Qur'an confirms this concept:

**And there is the type of man who gives his life to earn the pleasure of Allah; and Allah is full of kindness to (His) devotees.**

**Al-Baqara 2: 207**

And:

In most of their secret talks there is no good; but if one exhorts to a deed of charity or justice or conciliation between men, (secrecy is permissible): to him who does this, seeking the good pleasure of Allah, We shall soon give a reward of the highest (value).

An-Nesa'a 4: 114

We learn from these verses:

\*The good that we do, whether it is charity, or helping others, or resolving disputes Between people should be done seeking the pleasure of Allah, not for personal gain.

\*We sacrifice our comfort and we strive with our souls and possessions in doing good because we want to get closer to Allah and gain His pleasure

\*If our intention and our good work is for the sake of Allah, then it will be accepted and we will be rewarded, and Allah will be kind and tolerant with us and He will appreciate our service.

On the other hand, if we do good to impress other people or to get ahead, and not to please Allah then our deeds indicate lack of faith, and may not be accepted:

To you they swear by Allah, in order to please you: but it is more fitting that they should please Allah and His Messenger, if they are Believers.

At-Tawba 9: 62

When our faith is based on proper understanding and deep commitment and our deeds are intended to seek Allah's pleasure, then it is on solid ground, compared to those who have no proper faith and will fall apart in the face of trials and his deeds will not be accepted:

Which then is best? He that layeth his foundation on piety to Allah and His Good Pleasure? Or he that layeth his foundation on an undermined sand cliff ready to crumble to pieces? And it doth crumble to pieces with him, into the fire of Hell. And Allah guideth not people that do wrong.

At-Tawba 9: 109

Obedying the orders of Allah's messenger is cited in the Qur'an as evidence of true faith and as evidence for loving Allah and seeking His pleasure:

But no, by thy Lord, they can have no (real) Faith, until they make thee judge in all disputes between them, and find in their souls no resistance against thy decisions, but accept them with the fullest conviction.

An-Nesa'a 4: 65

And:

Say: "If ye do love Allah, follow me: Allah will love you and forgive you your sins; for Allah is Oft-Forgiving, Most Merciful."

Al-Imran 3: 31

Islam is the religion that Allah has chosen for His servants. Therefore, we must be happy and content in following the dictates of our religion:

This day have I perfected your religion for you, completed My favour upon you, and have chosen for you Islam as your religion

Al-Maeda 5: 3

### **What are the things that will make us happy and content and at peace?**

- 1-Being patient and persevering in the face of difficulty and adversity
- 2-Prayers and glorifying the praises of Allah often
- 3-Doing good and getting closer to Allah till Allah loves us
- 4-Following the Qur'an and its guidelines
- 5-Understanding that the pleasures in this life are temporary, and what Allah Has in store for His righteous servants is much better and ever-lasting
- 6-Being good and kind to our parents and getting their Du'a on our behalf

### **Being patient and persevering during adversity, seeking help in prayers and doing good**

Therefore be patient with what they say, and celebrate (constantly) the praises of thy Lord, before the rising of the sun, and before its setting; yea, celebrate them for part of the hours of the night, and at the sides of the day: that thou mayest have (spiritual) joy.

Ta Ha 20: 130

Nor strain thine eyes in longing for the things We have given for enjoyment to parties of them, the splendour of the life of this world, through which We test them: but the provision of thy Lord is better and more enduring.

Ta Ha 20: 131

Enjoin prayer on thy people, and be constant therein. We ask thee not to provide sustenance: We provide it for thee. But the (fruit of) the Hereafter is for righteousness.

Ta Ha 20: 132

### **Getting close to Allah by doing good**

Prophet Muhammad (PBUH) told us in a Hadeeth Qudsi (referring to Allah):  
(.. and my servant will not come closer to me with something better than what I made obligatory on him. My servant keeps offering optional service to Me, till I love him. When I love him, I become his hearing that he hears with, and his eye sight that he sees with, and his hand that he uses, and his leg that he uses in walking) Bokhari

**Following the guidelines of the Qur'an Will shape our character and behavior, and gives a sense of our obligations and goals in life.** When we shoulder our responsibility and obey God's orders we feel happy and content and we feel secure in the knowledge that God is helping us and guiding us:

And those who strive in Our (Cause), We will certainly guide them to Our Paths: for verily Allah is with those who do right.

Al-Ankabut 29: 69

And

"Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction.

Ar-R'ad 13: 28

"For those who believe and work righteousness, is (every) blessedness, and a beautiful place of (final) return."

Ar-Ra'd 13: 29

**Understanding that the pleasures in this life are temporary, and what Allah has in store for His righteous servants is better and ever-lasting**

Whatever pleasures we enjoy in this life are temporary. They do not last and their effect will diminish with time. But the happiness and peace of mind and contentment that we achieve when we obey Allah and live our lives as He told us to do cannot be equaled with any temporary pleasure

The (material) things which ye are given are but the conveniences of this life and the glitter thereof; but that which is with Allah is better and more enduring: will ye not then be wise?

Al-Qasas 28: 60

And:

What is with you must vanish: what is with Allah will endure. And We will certainly bestow, on those who patiently persevere, their reward according to the best of their actions.

An-Nahl 16: 96

## **Being good to our parents and getting the benefit of their Du'a on our behalf**

Prophet Muhammad (PBUH) said:

Allah is happy and is good to us when our parents are happy with us; and Allah is cross and unhappy with us when our parents are unhappy with us)  
Termedhi

## **Allah's Messengers goal was to seek the pleasure of Allah**

The Du'a of all of God's Prophets & Messengers is to do good that is acceptable to Allah and to seek His pleasure:

So he smiled, amused at its speech; and he said: "O my Lord! so order me that I may be grateful for Thy favours, which Thou hast bestowed on me and on my parents, and that I may work the righteousness that will please Thee: and admit me, by Thy Grace, to the ranks of Thy righteous Servants."

An-Naml 27: 19

And:

"O my Lord! Thou hast indeed bestowed on me some power, and taught me something of the interpretation of dreams and events, O Thou creator of the heavens and the earth! Thou art my Protector in this world and in the Hereafter. Take Thou my soul (at death) as one submitting to Thy Will (as a Muslim), and unite me with the righteous."

Yusuf 12: 101

And:

We have enjoined on man kindness to his parents: in pain did his mother bear him, and in pain did she give him birth. The carrying of the (child) to his weaning is (a period of) thirty months. At length, when he reaches the age of full strength and attains forty years, he says: "O my Lord! grant me that I may be grateful for Thy favour which Thou hast bestowed upon me, and upon both my parents, and that I may work righteousness such as Thou mayest approve; and be gracious to me in my issue. Truly have I turned to Thee and truly do I bow (to Thee) in Islam."

Al-Ahqaf 46: 15

And:

He replied: "Behold, they are close on my footsteps I hastened to Thee, O my Lord, to please Thee."

Ta Ha 20: 84

### **Allah's reward for His servants whom He loves**

1-Their faith will be increased

2They will enter Allah's paradise

3-They will gain His pleasure

4-Allah will accept our deeds and accepts intercession on our behalf

5-Allah will grant His forgiveness

For such He has written Faith in their hearts, and strengthened them with a spirit from Himself. And He will admit them to Gardens beneath which Rivers flow, to dwell therein (forever). Allah will be well pleased with them, and they with Him. They are the Party of Allah. Truly it is the Party of Allah that will achieve Felicity.

Al-Mujadalah 58: 22

And:

The vanguard (of Islam), the first of those who forsook (their homes) and of those who gave them aid, and (also) those who follow them in (all) good deeds, well-pleased is Allah with them, as are they with Him: for them Hath He prepared Gardens under which rivers flow, to dwell therein forever: that is the supreme Felicity.

At-Tawba 9: 100

And:

Their Lord doth give them glad tidings of a Mercy from Himself, of His good pleasure, and of Gardens for them, wherein are delights that endure:

At-Tawba 9: 21

And:

He knows what is before them, and what is behind them, and they offer no intercession except for those who are acceptable, and they stand in awe and reverence of His (glory).

Al-Anbia'a 21: 28

And:

And they returned with Grace and Bounty from Allah; no harm ever touched them: for they followed the good pleasure of Allah: and Allah is the Lord of bounties unbounded.

Al-Imran 3: 174

Prophet Muhammad (PBUH) said:

(Whoever loves to meet Allah, Allah loves to meet him; and whoever dislikes meeting Allah, Allah dislikes meeting him). His wife Aesha said: But we all hate to die! He said: (That is not what is meant. When a believing person dies he is given the glad news of Allah's pleasure and His rewards; then there is nothing more beloved to that person than to die for he wants and loves to meet Allah, and Allah loves to meet him. In contrast, when a person who has rejected faith dies he is given the bad news of Allah's punishment and the suffering he is about to endure, then he hates to die , and hates to meet Allah, therefore Allah hates to meet him)

Bokhari & Muslim.

We are rewarded in this life as well as in the Hereafter. Prophet Muhammad (PBUH) said:

Every Muslim who suffers from adversity or calamity and says: "We belong to Allah, and to Him we shall return", O Allah give me a reward for my suffering, and replace what I lost with something better"; then Allah will give him something better than what he lost or suffered)

Muslim.

The Qur'an states:

Whoever works righteousness, man or woman, and has Faith, verily, to him will We give a new Life, a life that is good and pure, and We will bestow on such their reward according to the best of their actions.

An-Nahl 16: 97

**Ar-Rida (Contentment and Happiness) BS Foad, M.D 2011**

To be content and happy means that our hearts are satisfied and that we are at peace. This can only occur when we understand our obligations in obeying Allah's orders, and in accepting Allah's will and in being patient and persevering in the face of difficulty, tests and trials. Prophet Muhammad (PBUH) said: (The person who is happy and content and accepts Allah as his Lord, and Islam as his religion, and Muhammad (PBUH) as his messenger, will experience and taste the meaning of true faith) Ahmad, Muslim & Termedhi.

**Being content in obeying the orders of Allah**

*"There is the type of person who gives his life to earn the pleasure of Allah; and Allah is full of kindness to His devotees" Al-Baqara 2: 207*

*"In most of their secret talks there is no good; but if one exhorts to a deed of charity or justice or*

*conciliation between people (secrecy is permissible) to him who does this, seeking the pleasure of Allah, We shall soon give him the greatest reward" An-Nesa'a 4: 114*

The good that we do should be for the goal of seeking Allah's pleasure and to help others, not for personal reasons, otherwise our effort will not be accepted

**Obeying the orders of Prophet Muhammad (PBUH) is evidence of true faith and evidence of loving Allah and seeking His pleasure:** *"Say: "If you do love Allah follow me: Allah will love you and forgive you your sins, for Allah is often-forgiving, most-merciful" Al-Imran 3: 31*

We must be happy in following the dictates of Islam, the religion that Allah has chosen for mankind  
*"This day have I perfected your religion for you, completed My favors upon you and have chosen for You Islam as your religion" Al-Maeda 5: 3*

**What are the things that make us happy, content and at peace?**

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**3-Understanding that the pleasures of this life are temporary,** and what Allah has in store for His righteous servants is much better and ever lasting

*"Therefore be patient with what they say, and celebrate the praises of your Lord before the rising of the sun, and before its setting, yes, celebrate them part of the night and during the day, that you may have joy and contentment. Do not long for the things We have given for enjoyment to parties of them, the spendor of this worldly life, through which We test them. But the provision of your Lord is better and more enduring. Enjoin prayer on your people and be constant therein. We ask you not to provide sustenance, We provide it for you. The fruit of the Hereafter is for the righteous" Ta Ha 20: 130-132*

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**The goal of Allah's messengers was to seek the pleasure of Allah**

*"O my Lord grant me that I may be grateful for Your favor which You have bestowed upon me and upon my parents, and that I may work righteousness such as You may accept, and improve my offspring. Truly I turn to You and truly I bow in Islam" Al-Ahqaf 46: 15*

**Allah's reward for His servants whom He loves**

1-Their faith will be increased 2-They will enter His paradise 3-They will gain His pleasure

4-He will accept their deeds and will allow intercession on their behalf

5-He will grant them forgiveness of their sins

**We are rewarded for our effort in this life as well as in the Hereafter**

*"Whoever works righteousness, man or woman, and has faith, indeed to him We will give a new life, a life that is good and pure, and We will bestow on such their reward according to the best of their deeds"An-Nahl 16: 97*