

Reaching Inner Peace: Being Content

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
﴿ وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا
وَمُسْتَوْدَعَهَا كُلٌّ فِي كِتَابٍ مُبِينٍ ﴾
سورة هود - الآية ٦

عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو بْنِ الْعَاصِ قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ:
« قَدْ أَفْلَحَ مَنْ أَسْلَمَ، وَرَزِقَ كِفَافًا، وَقَنَّعَهُ اللَّهُ بِمَا آتَاهُ »
رواه مسلم، كتاب الزكاة، حديث 1054

Dear Brothers and Sisters!

Allah (swt) has given us countless blessings. To name only a few our physical health, the ability to breathe and the food we have. Being aware of and content with these blessings leads us to inner peace. A person can achieve happiness in both this world and the hereafter only by being content with the blessings Allah has granted. In the Qur'an, Allah (swt) mentions: "**The provision of every living being on earth is only upon Allah. He knows its dwelling place and its final resting place. All this is recorded in a clear book.**"¹ This verse emphasises that the sustenance of every living being is determined by Him.

Dear Jama'ah!

A person's duty is to seek their sustenance through lawful means and be content with Allah's decree. Those who are not satisfied with the blessings Allah (swt) has given and constantly desire more will never find contentment in this world. They become consumed with ambition to gain more but can never achieve true peace. On the other hand, a person who practices contentment is satisfied with what they have and understands that true wealth lies in the contentment of the heart. Indeed, being pleased with Allah's decree brings great peace to the soul. Contentment frees a person from the endless pursuit of more and increases the value of what they already have.

As our Prophet (saw) stated: "**Whoever is a Muslim, is provided with sufficient sustenance, and is content with what Allah has given them, has undoubtedly attained salvation.**"² This clearly reveals the secret to inner peace.

Indeed, being content is like a shield that protects a person from greed. Excessive attachment to worldly possessions exhausts a person, disrupts their peace and can even lead to ungratefulness toward Allah (swt).

Dear Brothers and Sisters!

Contentment is not limited to wealth and possessions. Accepting and surrendering to Allah's decree in all aspects of life brings peace to our hearts. A person who is content is grateful to Allah (swt) and always finds happiness. Luqman (as) advised his son with these words: "*My dear son! Do not burden your heart with worries and sorrows. Avoid greed. Be pleased with what has been decreed for you. Be content with what Allah has given you so that your life may be beautiful, your heart filled with joy, and you may find delight in life.*" This advice from Luqman (as) teaches us the key to peace and happiness in life. A heart filled with sorrow and grief cannot recognise the blessings Allah has given. Greed, on the other hand, leads a person to misery both in this world and the hereafter. However, being content with the decree of Allah (swt) beautifies both our soul and our life. It is also a sign of living a life full of gratitude and signifying complete submission to Allah.

Expressing gratitude for what we have also leads to an increase in blessings. As Allah (swt) promises in the Qur'an: "**If you are grateful, I will surely increase My favor upon you.**"³ A grateful servant recognises the blessings they possess, understands that the true owner of these blessings is Allah and turns to Him with submission. May Allah (swt) grant us lawful and blessed sustenance, may He make us among those who are content with His blessings and place gratitude at the centre of our lives.

¹ Surah Hud, 11:6

² Müslim, Zekât, Hadis No: 1054

³ Surah Ibrahim, 14:7