

Carrying Grief With Iman

Tears are not weak faith. They are human love.

"Indeed we belong to Allah, and indeed to Him we will return." **Surah Al-Baqarah (2:156)**

1 NAME THE LOSS

Who or what have I lost?

Person, role, health, future, homeland, safety, expectation...

2 PERMISSION

The Prophet wept.

At the loss of his son Ibrahim, he said:

"The eyes shed tears, the heart grieves..."

Sahih al-Bukhari 1303

3 GRIEF WORK

Move toward the loss:

- Crying, missing them
- Looking at photos
- Visiting the grave
- Feeling the absence

4 LIFE WORK

Move toward life:

- Return to work or study
- Time with loved ones
- Engage in ibadah
- Allow moments of joy

5 TALK TO ALLAH

Pour grief out to Allah:

Like Ya'qub (peace be upon him) said:

"I complain of my anguish to Allah."

Surah Yusuf 12:86

6 BONDS AFTER

For them, you can:

- Make du'a daily
- Give sadaqah for them
- Recite and dedicate
- Maintain their ties

7 CARRY FORWARD

What I want to carry:

- A quality of theirs
- A lesson learned
- A relationship they valued
- A new compassion

SABR

Active Patience

Give good tidings to the patient.
(Qur'an 2:155)