

LETTING GO

THIS RAMADHAAN

Bint Arif



As the breeze of Ramadaan penetrates the core of every soul, the verse

كُتِبَ عَلَيْكُمُ الصِّيَامُ

rings in every ear, which clarifies the purpose of fasting. Allah ta'ala says in the Holy Qur'an:

كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“Fasting has been prescribed upon you just as it was prescribed on all of those that came before you so that you may attain Taqwa”

Surah Baqara; 183

We understand Taqwa only as our relationship with Allah ta'ala through our private actions. However, we often disregard the other manifestation of Taqwa, which is our interactions with other individuals.



WHAT DOES *Taqwa* LOOK LIKE AMONG PEOPLE?

Taqwa, or being mindful of Allah ta'ala among people, is the act of not taking advantage of the chance to wrong or belittle someone. Most of the time, we wrong people because we are not mindful of Allah's power, which gives us the ability to wield our power, while being unaware of its consequences. The following are the words of Rasulullah ﷺ, which should act as a reminder for each of us:

لله اقدر عليك منك عليه

“Allah has more dominance over you than you have upon him(a slave)”
Sahih Al Muslim

The month of Ramadaan is the time when we set off on new paths towards Allah ta'ala. It is the time for good doers to excel further and for sinners to abandon their sins. Just as we strive to release ourselves from the weight of our sins, we also need to strive to release ourselves from the weight of the pain and grudges we carry.

As mentioned in a hadeeth by Rasulullah ﷺ

من لم يدع قول الزور والعمل به والجهل
فليس لله حاجة ان يدع طعامه وشرابه



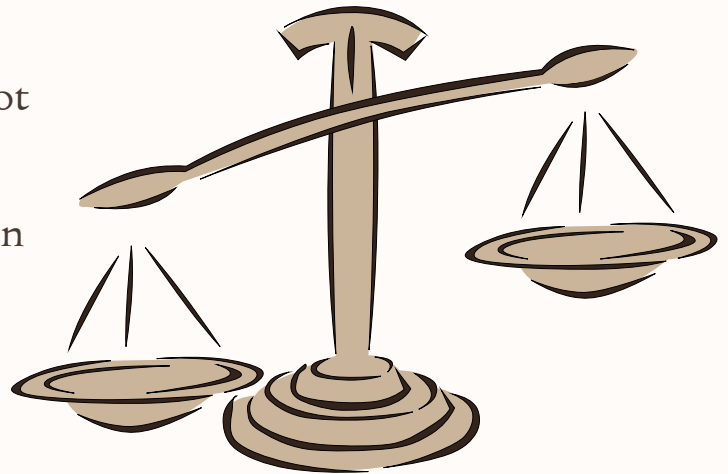
“If one doesn't give up false statements, evil deeds and saying bad words to others, Allah ta'ala is not in need of him leaving his food and drink.”

Sahih Al Bukhari

This hadeeth makes it evident that if one cannot fast from that which is haram, then it's pointless to fast from that which is halal.

HOW CAN WE *Reconcile*
WITH PEOPLE THAT WE HURT OR PEOPLE
THAT WE WERE HURT BY?

First and foremost, come to the conclusion that it's not worth it! It's not worth losing out on the pleasure of Allah ta'ala, it's not worth losing out on the blessings of Ramadaan and it's not worth risking our good deeds being exchanged on the day of Judgement.

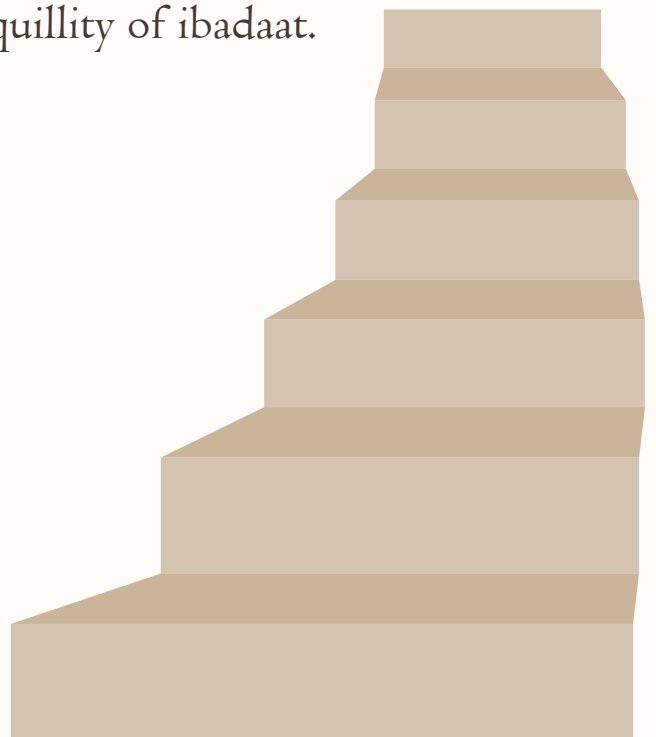


Remember, holding a grudge directly burdens no one, but you and holds you back from taking the next step towards Allah ta'ala. We, human beings are creatures that only have a certain capacity. If we are to fill this limited capacity with grudges and pain, it won't allow us to sleep at night, to comprehend well in the day and will remain an obstacle in filling our hearts with the true love of Allah ta'ala and the tranquillity of ibadaat.

WE NEED TO
GET OVER

To

Progress





AT WHAT POINT
ARE WE MORE
REMINDED OF
ALLAH THAN
RAMADAAN.

This is the ideal time to take advantage of Shaytan's limited evil impact, when Allah ta'ala has chained them, and reconcile with those that we've hurt and even those that have hurt us.

Allah ta'ala knows how hard it is to forgive, Allah ta'ala knows how difficult it is to let go. It is for this very reason that Allah ta'ala forgives those who forgive.

Let the promise of Allah ta'ala soothe your heart

وَلْيَغْفُوا وَلْيُصْفَحُوا إِلَّا نَجَبُونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ

Well, in order to win Allah ta'ala's forgiveness, isn't it time for us to let go of the hurt, forgive, and reconcile?

Don't let the other person walk away with the reward; instead, hold yourself to a higher standard and say, "Today I want to forgive so that on the day of judgement I stand among the ones that are loved by Allah ta'ala."

May Allah ﷻ allow us to turn that page and take the step forward that will lead us to His ultimate pleasure.

Ameen