

# Human emotions.....

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# Objective



**Human emotions - Surah Najm [53:43]**

وَأَنَّهُ هُوَ أَضْحَكَ وَأَبْكَىٰ

And that He (Allah) it is Who makes (whom He pleases) laugh and (whom He pleases) weep



Shia Ithna'asheri Madressa

The above verse teaches us that Allah not only Created the human being but also their emotions of laughter and weeping.

This week within my family, Alhamdulillah we had a birth and a death on the same day and so one minute I found myself laughing and the very next moment crying.

It really helped to keep the above verse in my mind; it reminded me that to feel the emotions of laughter and weeping is not bad, how could anything that comes from Allah be bad?

It is only when we take these emotions to the extreme, they become bad, because at this point, we have taken Allah out of the equation. It is at this point that we can feel overjoyed or despair.

Allah tells us in Surah Hadid that we should neither despair at what we have lost nor should we be overjoyed at what He has given us:

لِكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا آتَاكُمْ ۗ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ

**Sura al-Hadid [57:23]** So that you may not despair for what has escaped you, nor be overjoyed at what He has given you; and Allah does not love any arrogant boaster

With despair, we may lose hope in Allah, thinking that He has forsaken us; and with excessive joy, we may forget Allah, thinking what we have is self-derived or our right.

Whereas if we remind ourselves, what we have or don't have is decided by Allah, for our spiritual growth, then we may laugh or weep, but with inner contentment, as we know Allah is in control and He only does what is good for us.

A true believer is one who detaches from life's circumstances, almost looking at them from outside, knowing that these circumstances are temporary, it is the Hereafter that is the permanent abode.

The purpose of this world and life's circumstances is for the growth of the soul towards its potential, its perfection, towards heaven, towards Allah.



## Practical steps:

- Let us encourage our children to experience and name the feeling they have and discuss what it is that is making them feel like that
- When something is taken away from us, let us remind ourselves and our children that it was taken away by Allah and instead of focusing on the loss, let us ask: 'What is the growth in this?'
- When something is given to us, let us remind ourselves and our children that this is from Allah and instead of focusing on the gain, let us ask: 'What is the growth in this?'
- In all circumstances, my first reaction should be, to ask: What is the growth in this?

# Feedback & Contact



- If you have any suggestions on content to cover or queries relating to any materials within these slides please email [admin@madressa.net](mailto:admin@madressa.net)
- Alternatively, to contact Dr Masuma Jaffer directly please email [aalima@hujjat.org](mailto:aalima@hujjat.org)