

COVENTRY MUSLIMAAT  
SISTERS ONLY

COVENTRY MUSLIMAAT PRESENTS

# STANDING UP WITH PURPOSE

*BY SISTER HAFSA WASEELA ABBAS*

Date: 17th January 2021

Time: 5-6pm

Location: ZOOM

**SCHEDULED ONLINE LECTURE**

text the number below for the link!

# Learning Objectives

- To understand the reasons why we stand up.
- The effects of the coronavirus pandemic.
- How our body movement coordinates with our brain.
- To extract tools from the parables of Prophet Ayub and Yunus (peace be upon them).
- Moving forward on how to stand up with purpose.

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## سُورَةُ الْفَاتِحَةِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ (١)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (٢) الرَّحْمَنُ الرَّحِيمُ (٣) مَلِكِ يَوْمِ الدِّينِ (٤) إِيَّاكَ نَعْبُدُ وَإِيَّاكَ  
نَسْتَعِينُ (٥) اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (٦) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ  
عَلَيْهِمْ وَلَا الضَّالِّينَ (٧)

### Surah Al-Fatiha

In the name of Allah, the Beneficent, the Merciful (1)

Praise be to Allah, the Cherisher and Sustainer of the Worlds (2) Most Gracious, Most Merciful  
(3) Master of the, Day of Judgment. (4) Thee do we worship, and Thine aid we seek. (5) Show us  
the straight way. (6) The way of those on whom Thou hast bestowed Thy Grace, Those whose  
(portion) is not wrath and who go not astray. (7)

الرَّحْمَنُ الرَّحِيمُ  
الرَّحْمَنُ الرَّحِيمُ  
الرَّحْمَنُ الرَّحِيمُ  
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الرَّحْمَنُ الرَّحِيمُ



# Why do we stand up?



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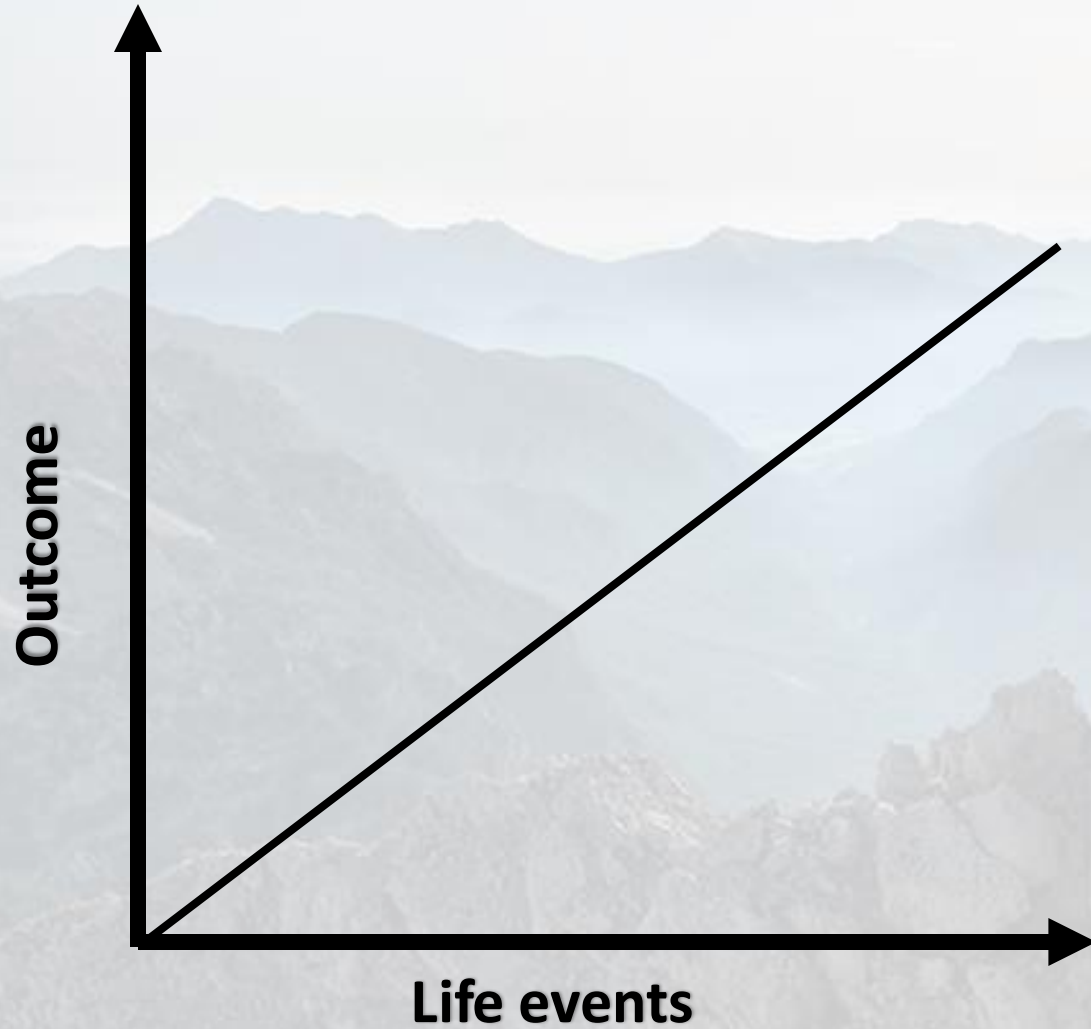
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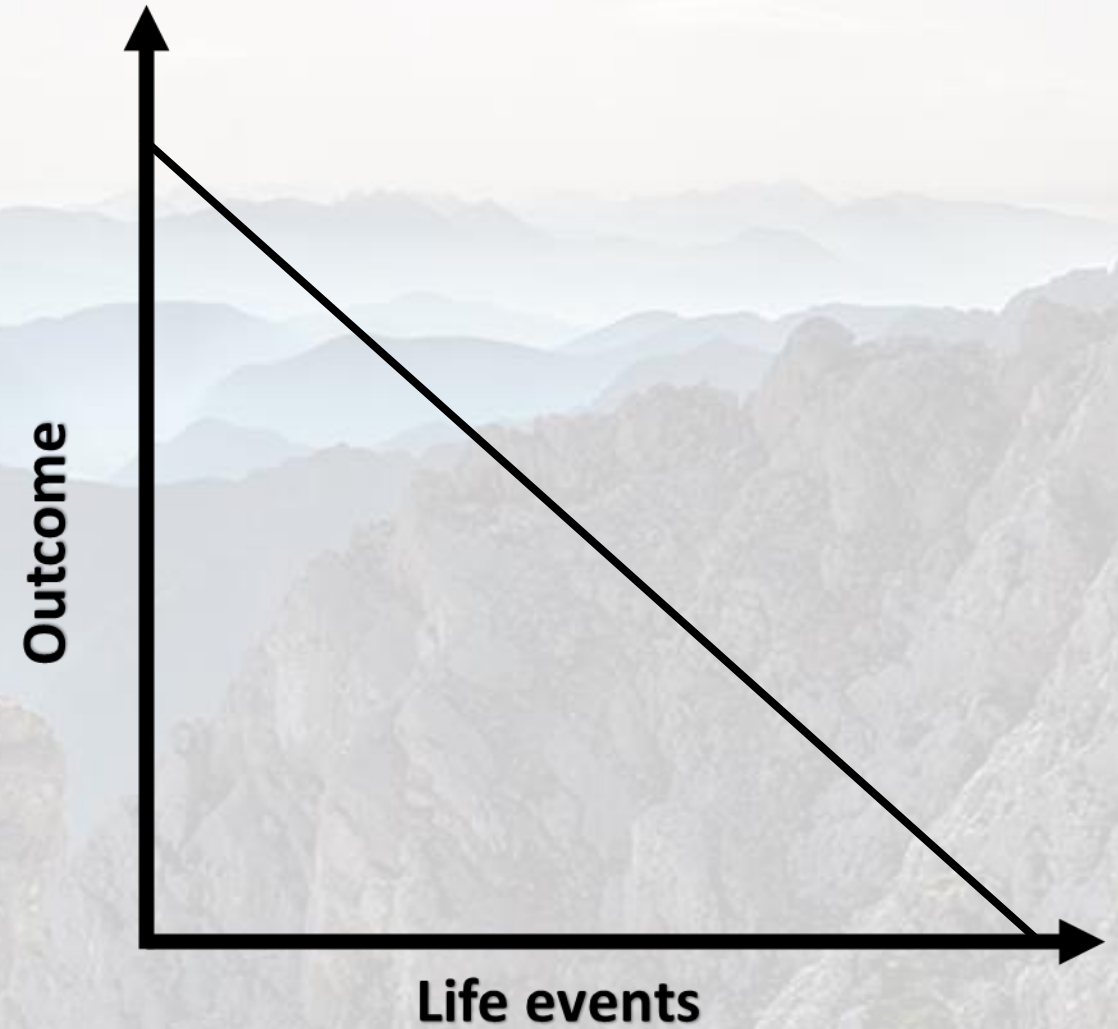
# Why do we stand up?

## To move.

- ❑ **RESPONSIBILITY**: pray, work, shopping, study and house chores.
- ❑ **RELATIONSHIPS**: family, friends and humanitarian.
- ❑ **SELF-CARE**: exercise, walk, health, eat, hobbies and sleep.



**STAND UP POSITIVELY**



**STAND UP NEGATIVELY**



# The Reality



**Life is not straight,  
but you have to  
see the positive in  
it and put a line of  
best fit...**

*Why do I need to stand up?*

*It always happens to me.*

*I can never do that.*

*I keep getting rejected.*

*I don't have the time.*




*What have I done to deserve this?*



**THE REAL QUESTION:**  
**WHAT AM I GOING TO DO ABOUT**  
**IT?**





What is a trial  
and why do we  
have a trial?

*"We Believe"*

AND THEY WILL  
NOT BE TESTED ?

[Al Qur'an 29:2]





**A trial is a formal examination by a judge to test the person's character and endurance in a situation.**

**We as Muslims are being examined by the inner core of:**

- **OUR CHARACTER**
- **THE STRENGTHS OF OUR BELIEFS AND FAITHS.**





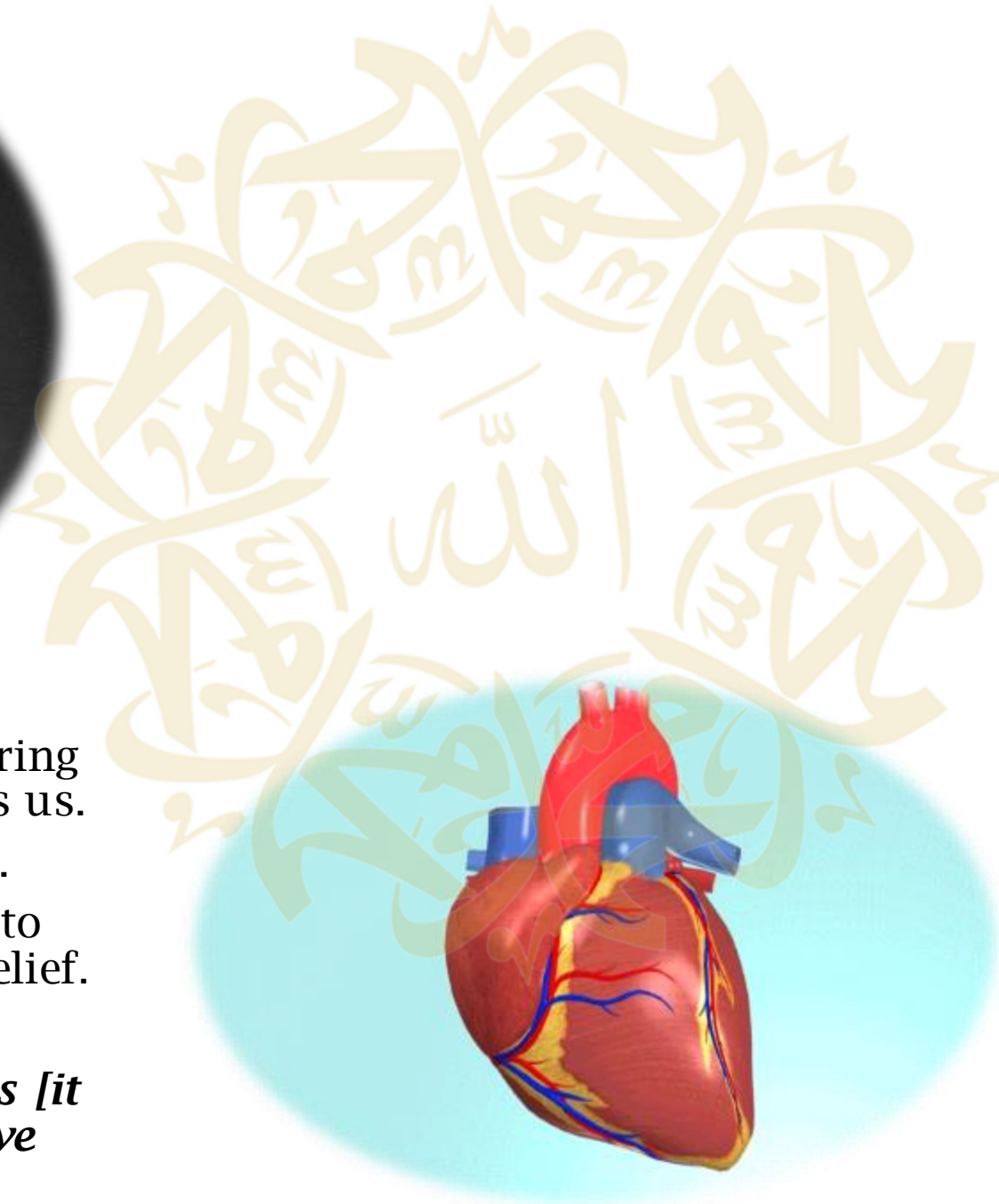
Allah (The Most High) says:

*"Do men think that they will be left alone on saying, 'We believe,' and that they will not be tested? We did test those before them, and Allah will certainly know those who are true from those who are false"*

[Surah Al Ankabut (The Spider) 29: 2-3]

- Allah did not leave us empty-handed.
- The Quran and the Sunnah.





- The Quran is a source of belief, purification, assurance during trials that Allah (The Most High) gives trials because He loves us.
- We need to visualize situations with the right perspectives.
- The Quran was revealed over 23 years rather than at once to allow the heart of the Prophet (peace be upon him) firm in belief.

Allah (The Most High) states:

***"Why was the Qur'an not revealed to him all at once?" Thus [it is] that We may strengthen thereby your heart. And We have spaced it distinctly."*** (Surah Al-Furqan (The Criterion) 25:32)



# How has the coronavirus pandemic had an impact on you?



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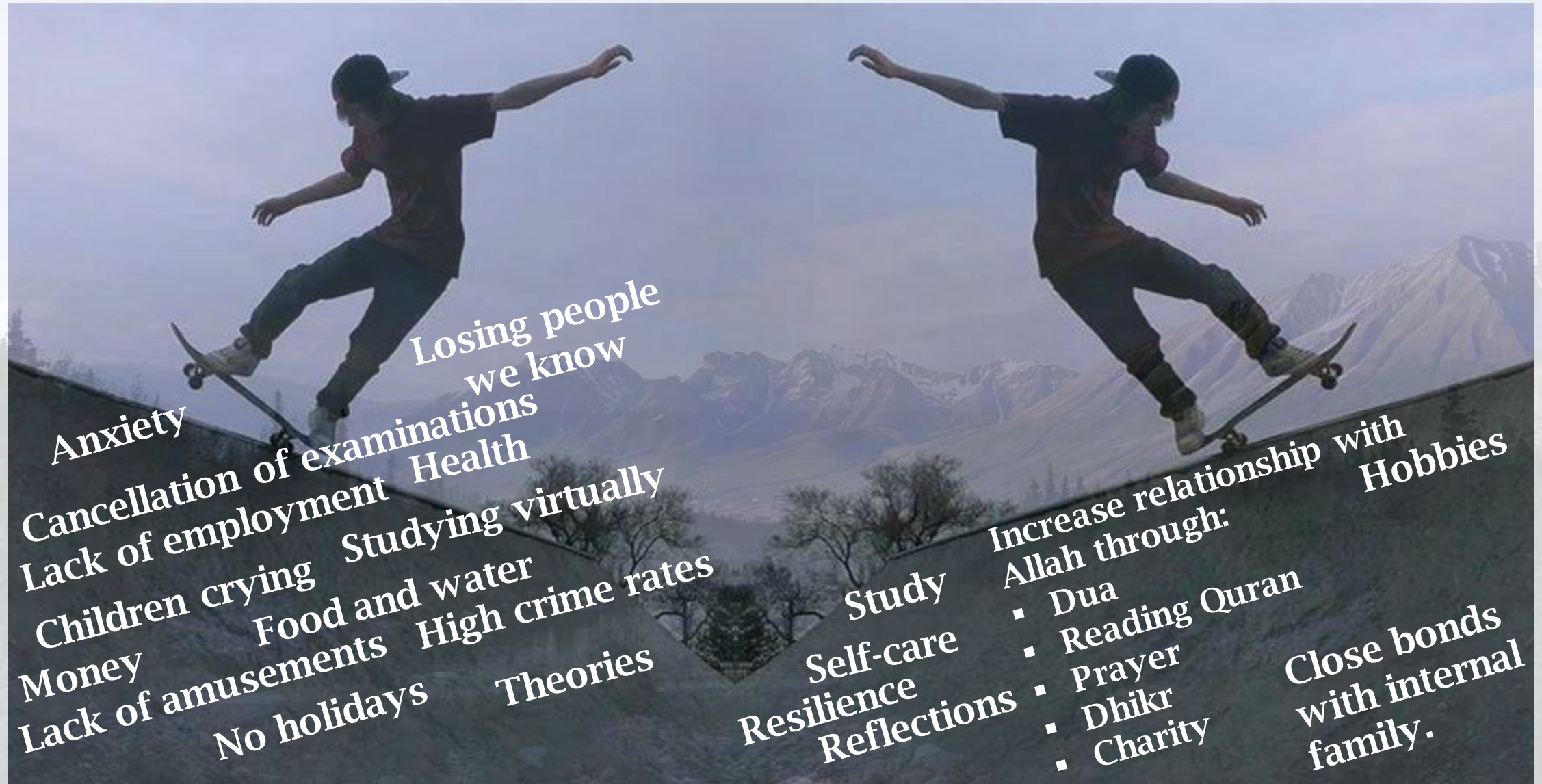
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Anxiety  
Losing people we know  
Cancellation of examinations  
Lack of employment  
Health  
Children crying  
Studying virtually  
Money  
Food and water  
Lack of amusements  
High crime rates  
No holidays  
Theories

Increase relationship with Allah through:  
Study  
Self-care  
Resilience  
Reflections  
▪ Dua  
▪ Reading Quran  
▪ Prayer  
▪ Dhikr  
▪ Charity  
Close bonds with internal family.



We need to give thanks and gratitude to One who is Most Deserving of thanks and that is Allah (The Most High) for the SPIRITUAL and WORLDLY terms

*“So remember Me; I will remember you. And be grateful to Me and do not deny Me.”*

[Surah Al Baqarah (The Cow) 2:152]





**Ibn al-Qayyim (may Allah have mercy on him) said:**

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***“Gratitude may be in the heart, in submission and humility; on the tongue, in praise and acknowledgement; and in the physical faculties, by means of obedience and submission.”***

**[Madarij al-Salikeen (2/246)]**



Al-Baqara-214

إِنَّ نَصْرَ اللَّهِ قَرِيبٌ

The help of  
Allah is  
**Near**

We need to remain firm.

Our strength and faith can only be germinated and sustained by remembering Allah through Dhikr and Dua.

***"The believers are only those who, when Allah is mentioned, their hearts become fearful, and when His verses are recited to them, it increases them in faith; and upon their Lord they rely"***

[Surah Al Anfal (The Spoils of War) 8:2]

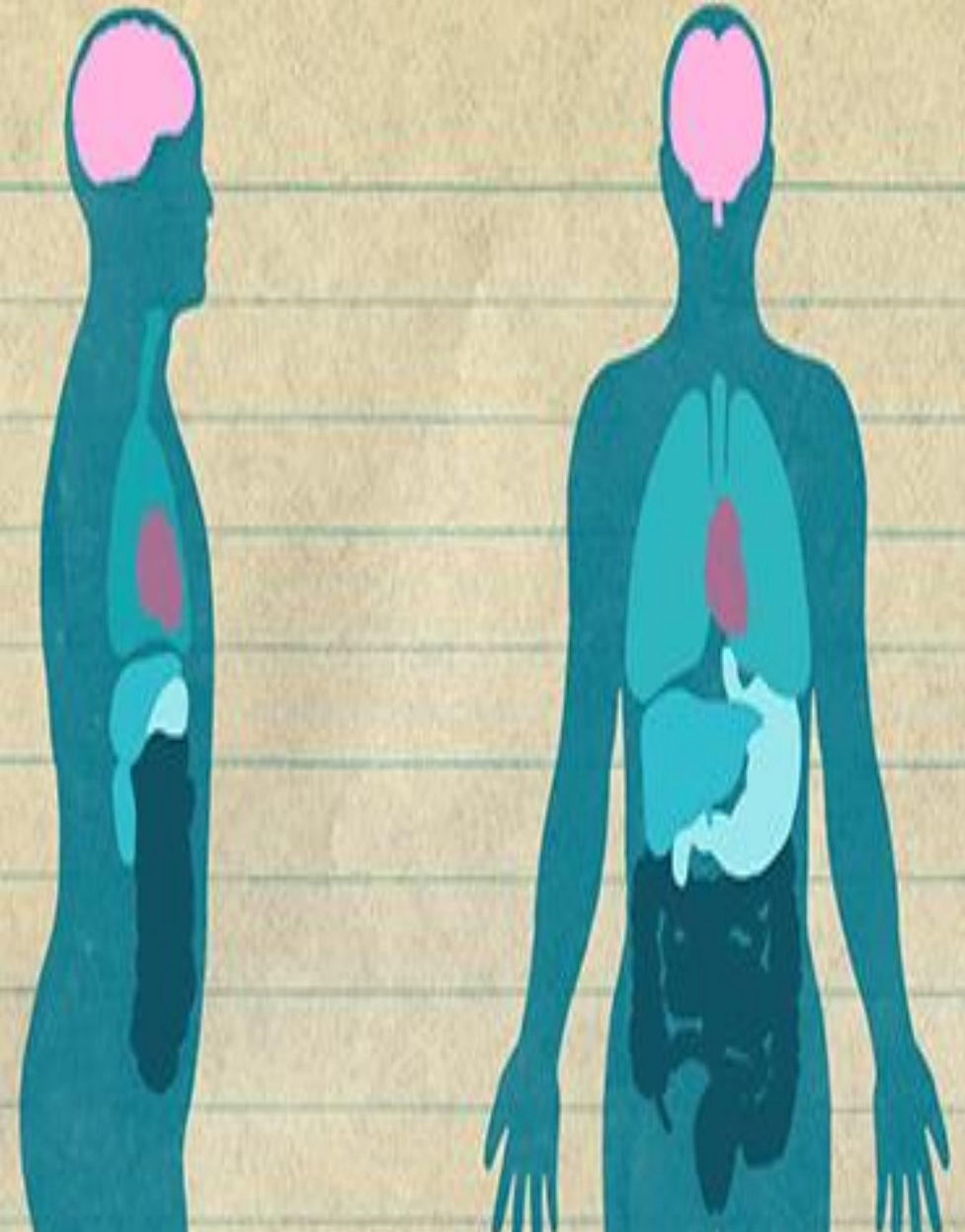
***If we are so concerned about the coronavirus pandemic, what about the Day of Judgement?***





Look within us.

— GRATEFUL —





# Look Around Us.

*Master your mindset and emotions...  
We cannot monitor every event that occurs pre-pandemic, during the  
pandemic and after the pandemic...  
However, we control how we react to them...*



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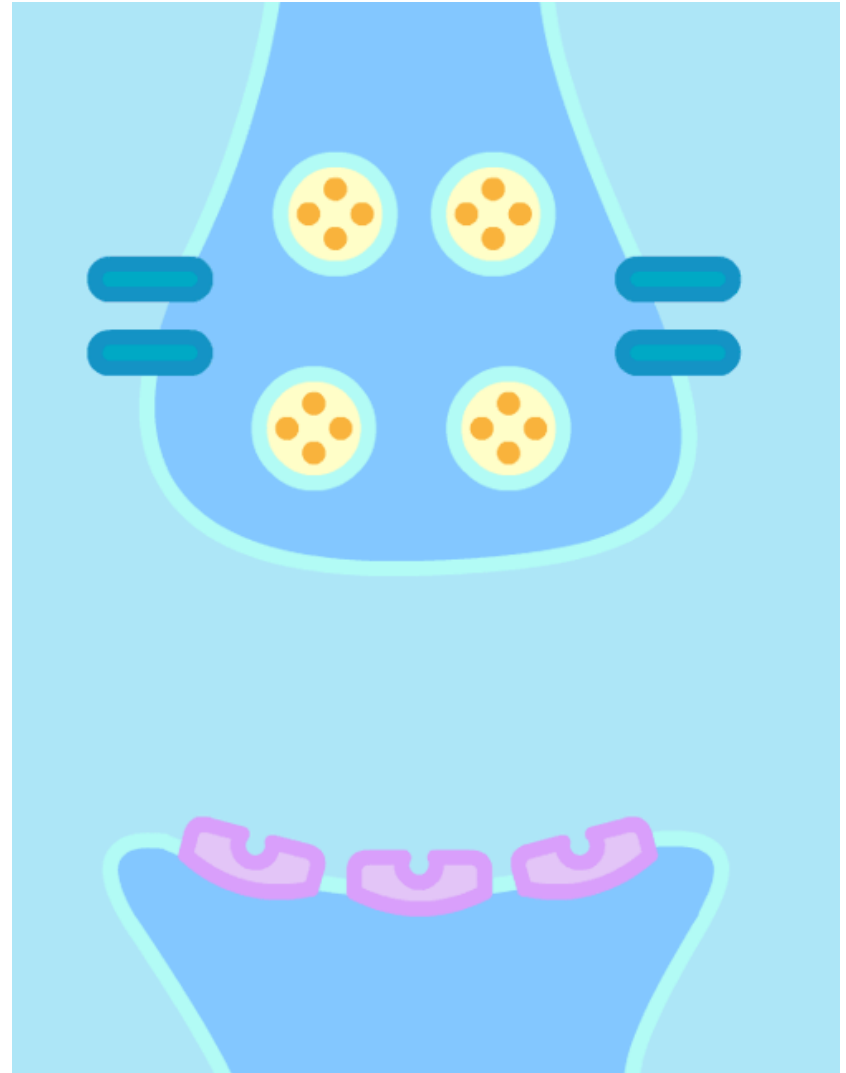
*How we see things through our hearts and minds...  
Our intentions direct us to how we can deal with things...*



## The prefrontal cortex of the brain functions in:

- Self-control
- Problem-solving
- Planning
- Making decisions.

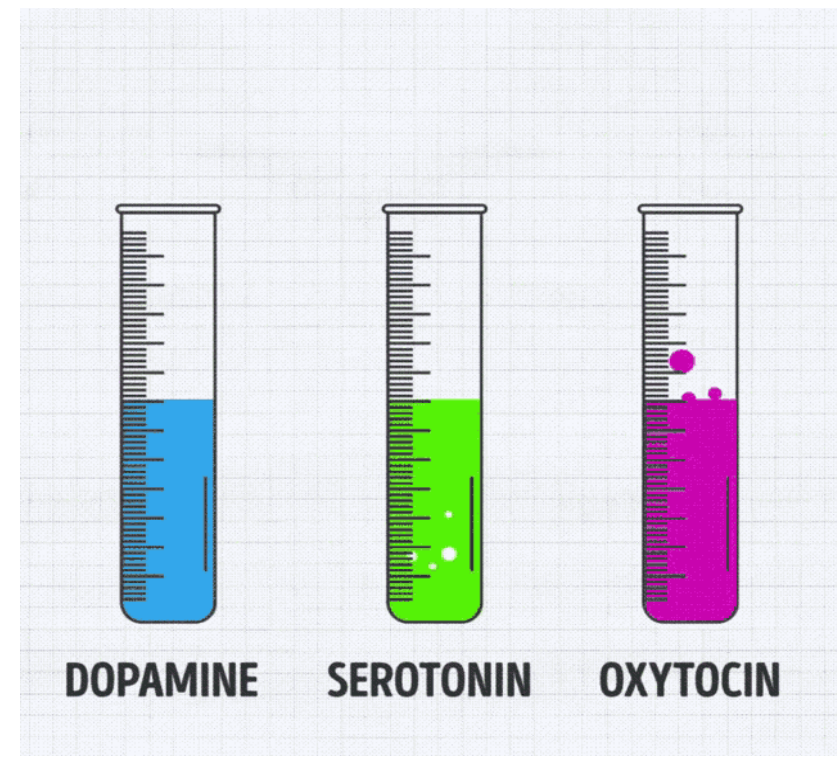
This is where our positive mindset develops and causes us to pay attention on 'we' rather than 'me'.



- During a positive mindset:
- The levels of the hormones: cortisol and adrenaline DECREASES.
- The levels of the neurotransmitters: serotonin INCREASES.

- 
- During a negative mindset:
  - Our energy is used and processed without thinking practically, creatively and emotionally to find and make ideal solutions.
  - More dopamine is released.
  - So we end up having a '*fight or flight response*'

# ENERGY





# Our mindset affects our movement and ability to stand up...

A research study revealed there are five basic emotions in how we react by our actions and behaviour:

- Sadness
- Happiness
- Fear
- Anger
- Disgust.

The musculoskeletal system allows us to:

- Move and explore the surroundings.
- Inform us about changes in the task e.g. social interactions

❑ It contains muscle spindles that provide proprioceptive information which is modified by the central nervous system through a mechanism called gamma fusimotor system.

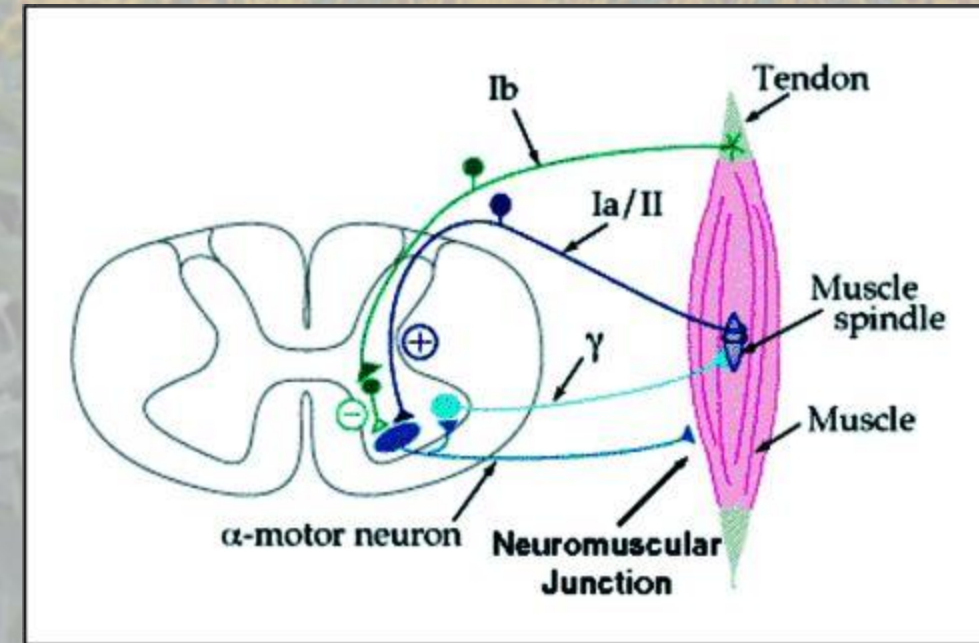


Fig 3. Spinal stretch reflex. Afferences from the muscle spindle organs and the Golgi tendon organs control the alpha motoneuron activity innervating the skeletal muscles. When the skeletal muscle is stretched muscle spindles convey a signal to the alpha motoneuron which then stimulates the contraction of both intrafusal and extrafusal muscle fibres.

Ackerley, R., Aimonetti, JM. And Ribot-Ciscar, E. (2017)

**This influences our posture, energy, pace and the quality of our voluntary movements for instance:**

**Muscle contractions of our face can identify our intention and thoughts.**

- **POSITIVE EXPERIENCES – APPROACH**
- **UNPLEASANT EXPERIENCES - WITHDRAWAL**





*What tools do we need to develop to  
climb the mountain of trial(s)?  
What tools are you currently carrying to  
climb it?*





# Who are your role models?

To help us remain FIRM and FAITHFUL, we need to REFLECT on the parables of the Prophet (peace be upon him) and LEARN and IMPLEMENT the lessons taught.

*“And each [story] We relate to you from the news of the messengers is that by which We make firm your heart. And there has come to you, in this, the truth and an instruction and a reminder for the believers.”*

*[Surah Hud; 11:120]*





# عمىو ب



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- Allah (The Most High) has given a lot of bounties and blessing to Prophet Ayub (peace be upon him).
- Children. Land. Servants. Animals. Money and so much more.

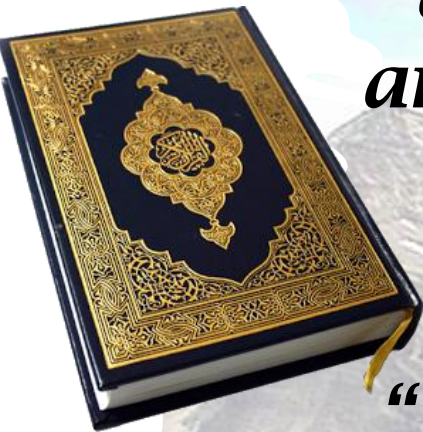
### *About His family*

- He was the descendent of Ibrahim (Ibn Tabari 1,322).
- His mother was the daughter of Prophet Lut.
- His father believed in Prophet Ibrahim (peace be upon him) the day the fire did not burn him.
- His wife was called Lya, daughter of Prophet Yaqoob (peace be upon him). Some sources suggest her name was Rahma the daughter of Afraim. Other sources suggest she was the daughter of Mansha ibn Yaqoob (peace be upon him).

[Ibn Kathir, 2002]



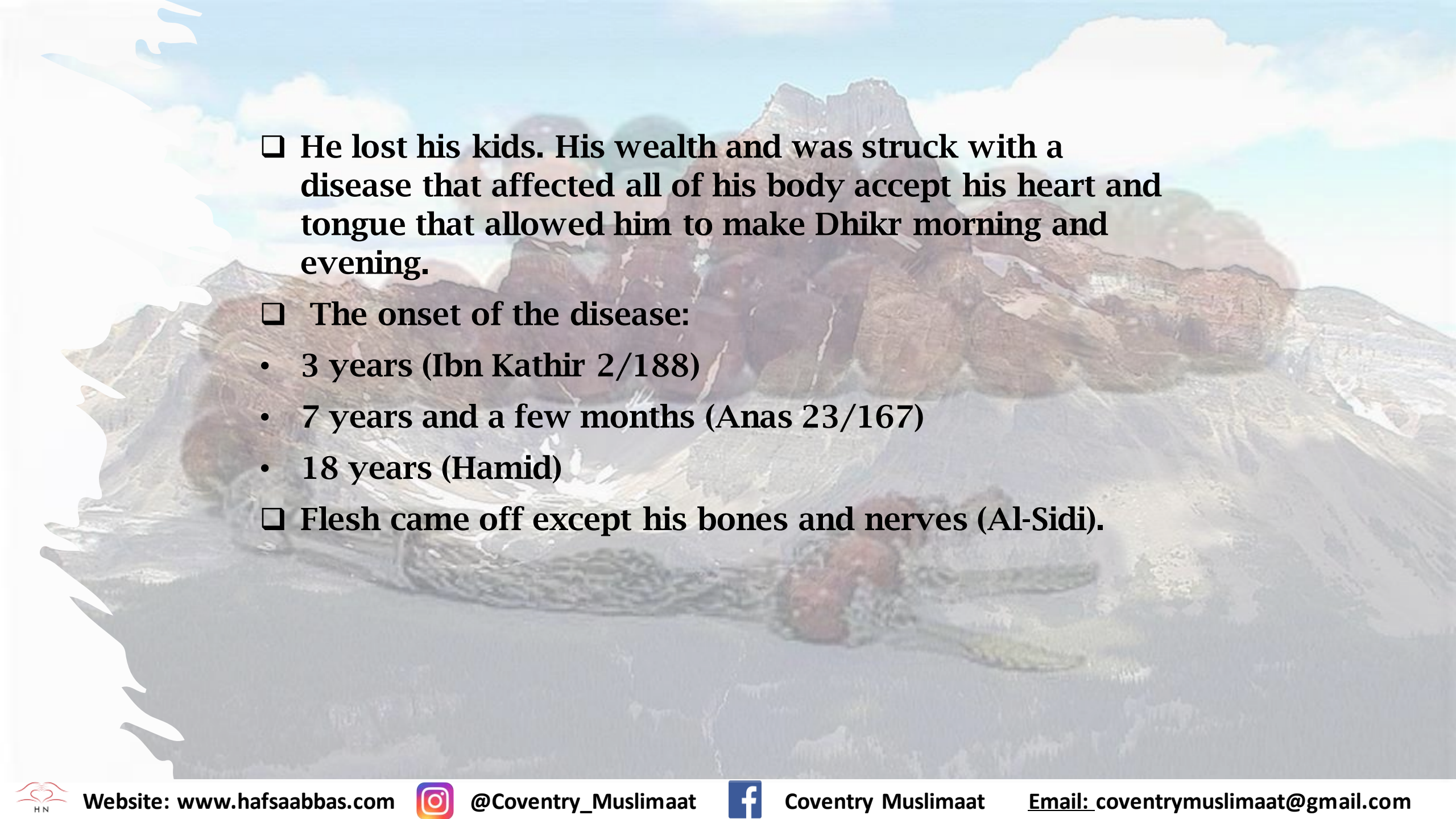




*“And We gave to Abraham, Isaac and Jacob - all [of them] We guided. And Noah, We guided before; and among his descendants, David and Solomon and Job and Joseph and Moses and Aaron. Thus do We reward the doers of good.”*  
*[Surah Al Anaam (The Cattle) Verse 84]*

*“Indeed, We have revealed to you, [O Muhammad], as We revealed to Noah and the prophets after him. And we revealed to Abraham, Ishmael, Isaac, Jacob, the Descendants, Jesus, Job, Jonah, Aaron, and Solomon, and to David We gave the book [of Psalms].”*  
*[Surah Nisaa (The Women) Verse 163]*



- 
- ❑ He lost his kids. His wealth and was struck with a disease that affected all of his body except his heart and tongue that allowed him to make Dhikr morning and evening.
  - ❑ The onset of the disease:
    - 3 years (Ibn Kathir 2/188)
    - 7 years and a few months (Anas 23/167)
    - 18 years (Hamid)
  - ❑ Flesh came off except his bones and nerves (Al-Sidi).



- ❑ **EVERYONE** left him except his wife who cared for him wholeheartedly.
- ❑ Many people feared to give her a job because they were scared of getting the disease.
- ❑ His wife continued to nurse him bearing the pain of losing her children. She even encouraged him to make Dua.

**[Tirmidhi 2398; Ibn Majah 4023 Kitab Al Fitan; Ibn Hatim 2900, 2901, 2920 Kitab Janaez; Ahmed 171/2; Al Ahhakam 41/1; Mujahid; Ibn Kathir 2011]**





***“And remember Our servant Job, when he called to his Lord, "Indeed, Satan has touched me with hardship and torment. [So he was told], "Strike [the ground] with your foot; this is a [spring for] a cool bath and drink. And We granted him his family and a like [number] with them as mercy from Us and a reminder for those of understanding. [We said], "And take in your hand a bunch [of grass] and strike with it and do not break your oath." Indeed, We found him patient, an excellent servant. Indeed, he was one repeatedly turning back [to Allah]”***

***[Surah Saad 38: 41-44]***

***And [mention] Job, when he called to his Lord, “Indeed, adversity has touched me, and you are the Most Merciful of the merciful. So We responded to him and removed what afflicted him of adversity. And We gave him [back] his family and the like thereof with them as mercy from Us and a reminder for the worshippers [of Allah]”***

***[Surah Al Anbiya (The Prophets) 21: 83-84]***







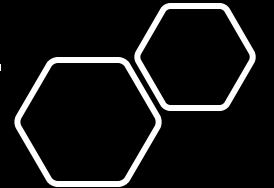
*Allah knows what He is doing.  
Have patience.*

# What tools can we learn?



- His attitude: Did not complain, rebuke nor anger.

- Do not underestimate power of dua.

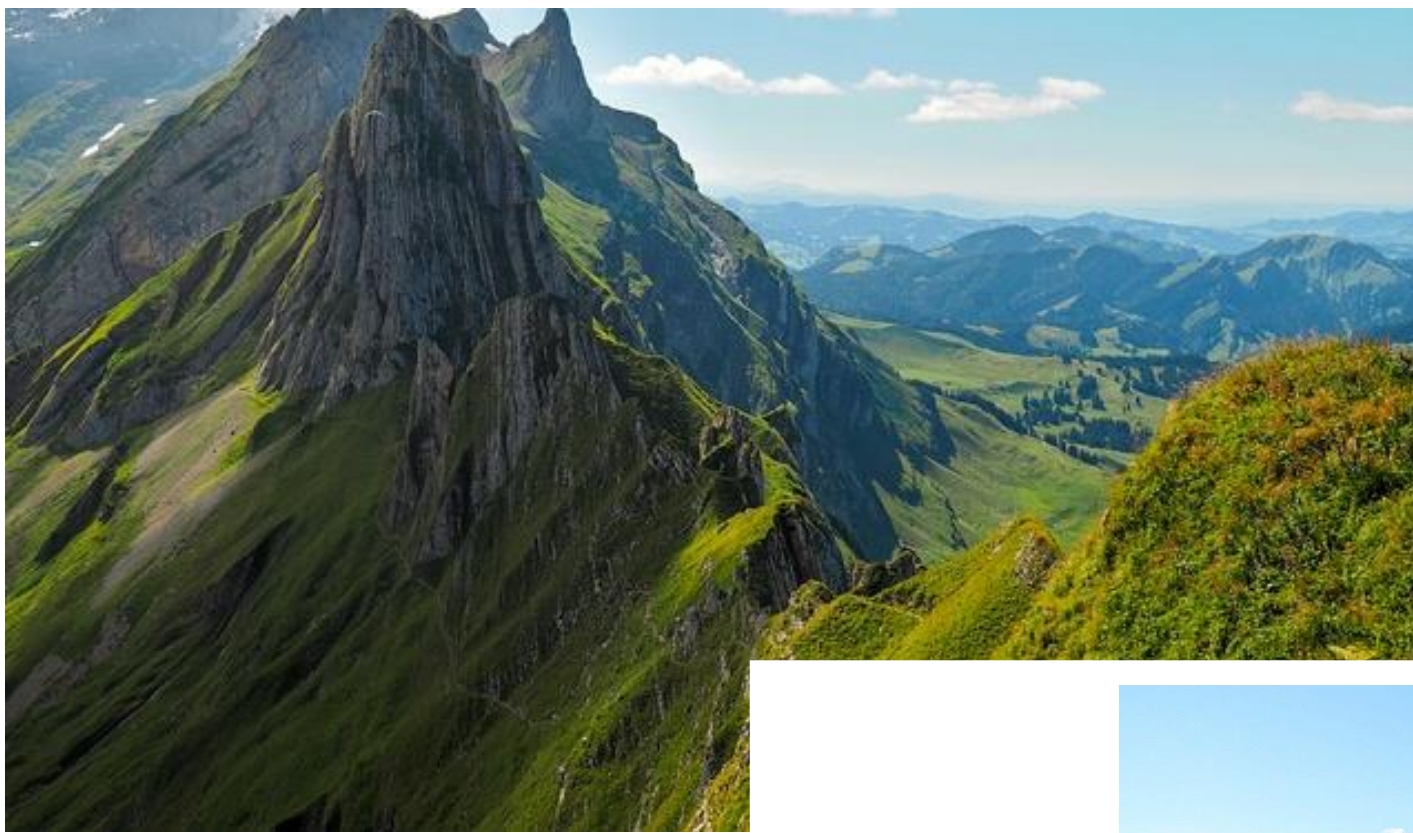


- How he spent his time: Dhikr

- How his wife (spouse) support – FAMILY BOND







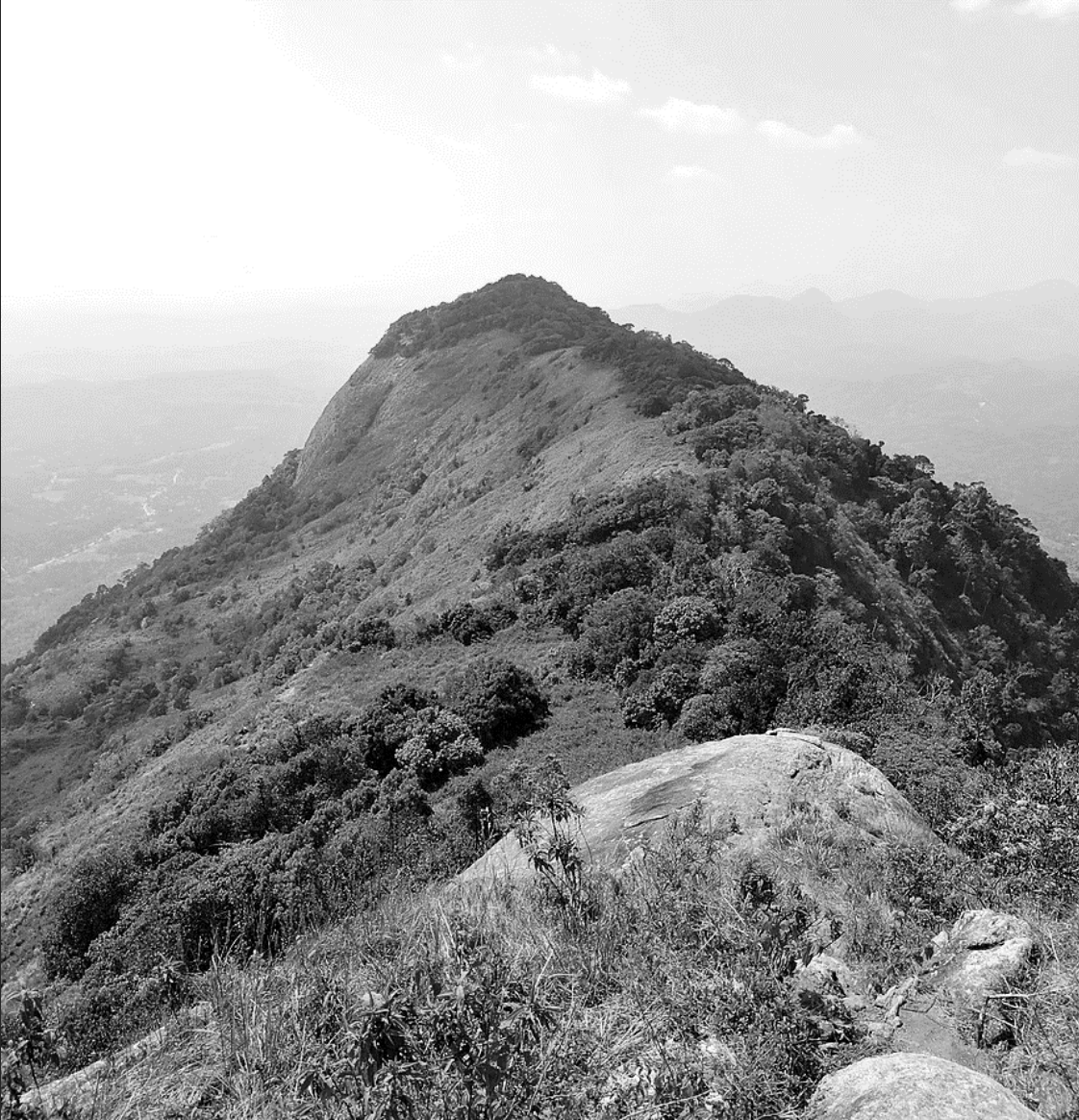
Prophet Muhammad (peace be upon him) said:

*Wondrous is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allah and thus there is good for him. If he is harmed, then he shows patience and thus there is good for him.*

[Muslim 2999]







يُؤْتِي السَّحَابَ

**Prophet Yunus (peace be upon him) lived in Niwarah (Nineveh) and he was the only Prophet in which Allah sent to a nation and they believed.**

**At first, they rejected him and persisted in disgrace but later believed.**

***“Was there any town that believed (after seeing the punishment), and its faith saved it Except the people of Yunus; when they believed, We removed from them the torment of disgrace in the life of the world, and permitted them to enjoy for a while.”***

**[Surah Yunus, 10:98]**





**One day, Yunus (peace be upon him) went on a boarded ship and those onboard feared they would drown. For several times, they removed people from the ship and did not want to throw Yunus (peace be upon him). He then went himself.**

***“Then he (agreed to) cast lots, and he was among the losers.”***



**[Surah As-Saffat 37:141]**

**Allah sent a fish to swallow him to the bottom of the sea and instructed him not to eat his flesh nor bones.**



- Whales are social mammals
- Breathe through Air
- They feed their calves with milk and take good care.
- They eat small shrimps called krill (40 million per day)
- Its major blood vessel can allow a baby to go through
- The weight of each tooth can be *ca.* 1 kg

(Whale and Dolphin Conservation, 2020)

	<i>Male</i>	<i>Female</i>	<i>Calf</i>
<i>Maximum length</i>	29m	33m	7m
<i>Maximum weight</i>	150,000kg	190,000kg	2700kg
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He laid in darkness day and night and through DUA he found light.

*Dua by Yunus (Alayhi Salam)*



لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ  
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

*There is no God but You, Glorified be You!  
Truly, I have been of the Zalimin wrongdoers.  
(Surah Al-Anbiya 21:87)*

Easel&Ink



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Allah (The Most High):

***“So `We answered his call, and delivered him from the distress.  
(This means that `We brought him forth from the belly of the fish  
and from that darkness.”***

***“And thus We do deliver (save) the believers.”*** (Surah Al Anbiya  
21:87)

Allah responded to his dua as He saw one of His servants call  
upon him and turn to him with forgiveness and repentance.







***“Verily, in the  
remembrance of Allah  
do hearts find rest  
(Verily, in the  
remembrance of Allah  
do hearts find rest.”***

**[Surah Al Raad (The  
Thunder) 13: 28]**

*Allah describes Himself in the Quran  
more than He describes Jannah.*

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**So that you may long for Him more.**

truthofislam2529 | tumblr





**Do not underestimate the power of Dua.**

*“Allah - there is no deity except Him. And upon Allah let the believers rely.”*

[Surah Al Taghabun (The Mutual Disillusion) 64:13]

**Seek repentance.**





**ALL of the Prophets had tests and trials and underwent hardship.**

**Each and everyone of us will undergo trials...**

***“It is he who created death and life to test which of you are best in deed, for he is the Almighty, the Forgiving.”***

**[Surah al-Mulk (The Sovereignty) 67:2]**



*Reflect and Think how  
we reacted and  
responded to the  
pandemic in  
comparison to our role  
models?*

*How we can implement  
the tools from the  
Parables to climb the  
mountain?*





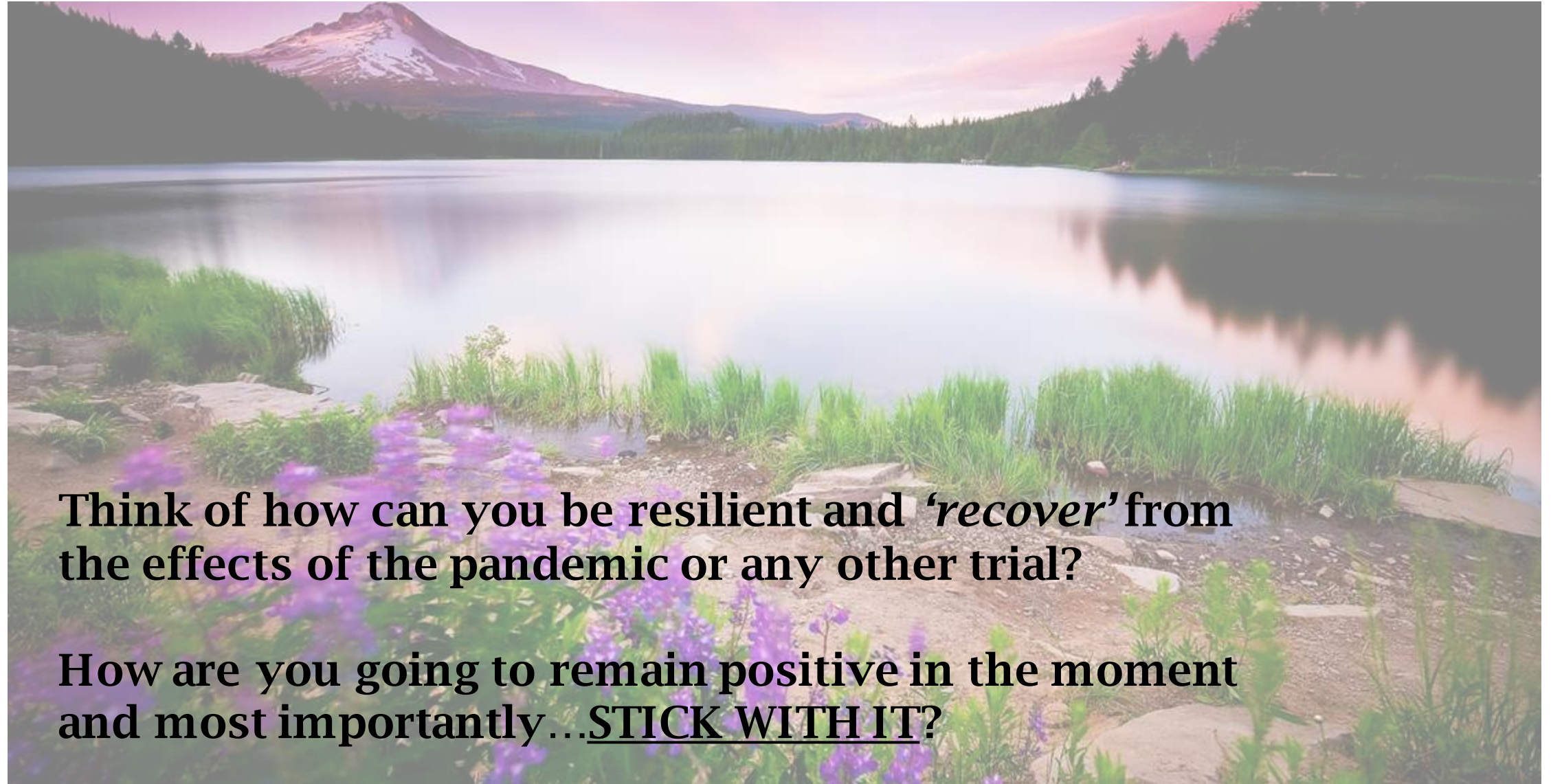


A scenic view of a snow-capped mountain range with a turquoise lake in the foreground. The mountains are rugged and covered in patches of snow, with a dense forest of evergreen trees at their base. The lake is a vibrant blue, reflecting the sky and the surrounding landscape. The sky is a clear blue with some white clouds.

Reflect on your positive and negative  
feedback loop...

How can you replace '*I cannot stand up*' to '*I  
can stand up*'?





**Think of how can you be resilient and *'recover'* from the effects of the pandemic or any other trial?**

**How are you going to remain positive in the moment and most importantly...STICK WITH IT?**





We have a **C**hance.  
We have a **C**hoice.

But we need to  
remain **C**ommitted.

We can all blossom, just  
like how a flower  
blossoms in the spring...





**The difference, however,  
is our inner faith can  
allow us to blossom in all  
seasons...**







**Do not it be a Cancer that  
metastasizes to other organs  
around the body...**

**SPREAD POSITIVITY**



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# Define your purpose.



# Don't paint it...



# Don't push it...







Did not work ? Try again.

Istighfar

Reflect

Act

Tawakkul

Think and Plan

Intention



# Plan and Organise.



**Specific:**  
**GOAL IS CLEAR.**



**Measurable:**  
**ADD AN AMOUNT**  
**Or**  
**MEASURE.**



**Action:**  
**Complete the action using a plan**



**Realistic:**  
**The goal needs to be ideal and achievable**



**Time:**  
**Set a time frame and have a back up plan for any hiccups.**





# Thank you, Allah, for not giving up on us...

*'O Allah! To You I have submitted, and in You do I believe, and in You I put my trust, to You do I turn, and for You I argued. O Allah, I seek refuge with You through Your Power; there is none worthy of worship except You Alone; that You safeguard me against going astray. You are the Ever Living, the One Who sustains and protects all that exists; the One Who never dies, whereas human beings and jinn will all die'.*

**[Al-Bukhari, Muslim]**

اللهم إني أسألك رضاك  
O Allah, change me until I am  
someone You are pleased with.



Ackerley, R., Aimonetti, JM. and Ribot-Ciscar, E. (2017) Emotions alter muscle proprioceptive coding of movements in humans. *Scientific Reports* 7, 8465.

Ahmed 171/2

Al Ahhakam 41/1

(Anas 23/167)

Ibn Al Qayyim '*Madarij al-Salikeen*' (2/246)

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Ibn Majah *Kitab Al Fitan*; 4023

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Tirmidhi 2398

Whale and Dolphin Conservation (2020) *Facts About Whales Available online: <https://uk.whales.org/whales-dolphins/facts-about-whales/>*





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**We welcome your feedback.**

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