

**Tazkiyah Halaqa  
Mortality – Session 32  
Sheikh Adnan Rajeh**

February 10, 2026  
Wellness Centre, London, Ontario

## **Overview**

In this session, Sheikh Adnan Rajeh examines the role of hardship and trials in the spiritual development of the believer. He explains that tests are not interruptions to life, but rather an essential part of the human journey and one of the primary means through which Allah purifies, disciplines, and elevates the soul. The lecture focuses on how believers should interpret hardship, the dangers of distorted perspectives during trials, and the importance of maintaining spiritual clarity in moments of difficulty.

## **The Inevitability of Trials**

Sheikh Adnan begins by emphasizing that hardship is unavoidable. Every human being will experience some form of loss, disappointment, fear, uncertainty, or emotional struggle. Islam does not present worldly life as a place of uninterrupted comfort, but as a place of examination and growth.

The Shaykh explains that:

- Trials are part of Allah’s design for human development.
- Hardship is not necessarily a sign of Allah’s anger.
- Ease is not necessarily a sign of Allah’s pleasure.
- The value of a trial lies in how the believer responds to it.

He cautions against interpreting life purely through comfort and discomfort. Many people assume that spiritual success means the removal of hardship, whereas the Prophets often experienced the greatest tests.

## **The Difference Between Punishment and Purification**

A major theme of the lecture is distinguishing between punishment and purification. Sheikh Adnan explains that believers often panic during hardship because they immediately assume Allah is punishing them. While consequences for sins are real, not every hardship should be interpreted through that lens.

Trials may serve many purposes:

- Purification of sins
- Spiritual awakening
- Emotional maturity
- Detachment from dunya
- Increased reliance upon Allah
- Preparation for greater responsibilities

The Shaykh notes that some people only turn sincerely toward Allah when worldly supports are weakened. Hardship therefore often exposes realities that comfort conceals.

## **Hardship Reveals the Heart**

The lecture repeatedly emphasizes that trials reveal the true condition of the heart. During ease, people may imagine themselves patient, sincere, or trusting in Allah. Difficulty, however, exposes what genuinely exists internally.

Trials reveal:

- The depth of one's reliance upon Allah
- Emotional weaknesses and insecurities
- Hidden attachments
- Unrealistic expectations
- The strength or fragility of faith

Sheikh Adnan explains that hardship acts like pressure upon a container: whatever is inside eventually surfaces.

## **The Danger of Emotional Narratives**

One of the central discussions of the session involves the stories people tell themselves during hardship. Sheikh Adnan warns that emotional pain often produces distorted internal narratives such as:

- "Allah has abandoned me."
- "Nothing good remains."
- "I will never recover."
- "Everyone else has an easier life."

These narratives intensify suffering because they transform temporary hardship into existential despair. The nafs and Shayṭān often magnify pain by isolating the individual psychologically and spiritually.

The believer must therefore learn to separate:

- Emotional reaction from objective reality
- Temporary feelings from enduring truths
- Human limitation from divine wisdom

## **Patience as Stability, Not Passivity**

Sheikh Adnan clarifies that sabr (patience) is frequently misunderstood. Patience is not emotional numbness, silence, or pretending not to hurt. Rather, patience means remaining spiritually grounded while experiencing hardship.

True sabr involves:

- Continuing obligations despite pain
- Restraining destructive reactions
- Maintaining hope in Allah
- Refusing to collapse spiritually

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A patient person may still cry, grieve, and struggle emotionally, but they do not sever their relationship with Allah in the process.

### **The Prophetic Relationship with Hardship**

The Shaykh highlights examples from the lives of the Prophets to demonstrate the proper relationship with trials:

- Prophet Ya‘qūb (‘alayhi al-salām) grieved deeply yet never lost hope in Allah.
- Prophet Ayyūb (‘alayhi al-salām) endured prolonged suffering without bitterness.
- The Prophet Muhammad ﷺ experienced repeated loss and rejection while remaining committed to mercy and service.

These examples demonstrate that emotional pain itself is not weakness. What matters is whether hardship pushes the individual toward Allah or away from Him.

### **The Spiritual Danger of Comfort**

An important insight from the lecture is that excessive comfort can sometimes become spiritually dangerous. Ease may create:

- Heedlessness
- Attachment to dunya
- Illusions of self-sufficiency
- Reduced dependence upon Allah

For this reason, hardship sometimes serves as a mercy by interrupting spiritual stagnation and redirecting the heart toward its true purpose.

Sheikh Adnan explains that many people experience their greatest spiritual growth not during periods of ease, but during moments of vulnerability and uncertainty.

### **Practical Responses to Hardship**

Participants are encouraged to approach hardship with intentional spiritual practices, including:

- Consistent Salah
- Dhikr and dua
- Honest emotional reflection
- Seeking support from righteous companionship
- Avoiding isolation and despair
- Maintaining routines and responsibilities

The Shaykh stresses that hardship should not become an excuse for abandoning discipline or disconnecting from worship.

### **Final Reflections**

The session concludes with a reminder that trials are not meaningless interruptions to life, but part of Allah’s process of shaping the believer. Hardship strips away illusions, exposes weaknesses, and creates opportunities for sincerity, humility, and nearness to Allah.

A believer who approaches trials with patience, honesty, and reliance upon Allah emerges from hardship not merely wounded but transformed.

**Video Link:** <https://www.youtube.com/watch?v=0MS2XrXEbbQ>