

# ḤADĪTH OF THE WEEK – WEEK SEVENTEEN

On the authority of the father of al-‘Abbās, ‘Abdu l-lāh, the son of ‘Abbās, may Allāh be pleased with them both (‘Abdu l-lāh and his father, ‘Abbās), who said:

**One day I was behind the Prophet, may Allāh’s blessings and peace be upon him, and he said, “O young man, I shall teach you some words: Be mindful of Allāh, and Allāh will protect you. Be mindful of Allāh, and you will find Him in front of you. If you ask, then ask Allāh, and if you seek help, then seek help from Allāh. Know that if the nation were to gather together to benefit you with anything, they would not benefit you except with what Allāh had already written for you. If they were to gather together to harm you with anything, they would not harm you except with what Allāh had already written upon you. The pens have been lifted, and the pages have dried.”**

It was related by at-Tirmidhiyy, who said it was a ḥasan ṣaḥīḥ (good and sound) ḥadīth.

Another narration, other than that of at-Tirmidhiyy, reads:

**“Be mindful of Allāh, and you will find Him before you. Recognize and acknowledge Allāh in times of ease and prosperity, and He will remember you in times of adversity. Know that what has passed you by was not going to befall you and what has befallen you was not going to pass you by. Know that victory comes with patience, relief with affliction, and hardship with ease.”**