



**Majlis Ugama Islam Singapura**

**Friday Sermon**

**19 January 2018 / 2 Jamadilawal 1439**

**Instilling Qana'ah in Our Lives**

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الْفُرْقَانَ وَ أَيْدِ النَّاسِ بِالْحِكْمَةِ وَ الْبَيَانَ،  
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ شَهِدَ لِنَفْسِهِ  
الْوَحْدَانِيَّةَ وَ الْإِحْسَانَ وَ شَهِدَ بِهِمَا مَلَائِكَتُهُ وَ الثَّقَلَانِ، وَأَشْهَدُ  
أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ الْمَبْعُوثُ بِالرَّحْمَةِ وَ الرِّضْوَانِ ،  
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ عَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ  
تَسْلِيمًا كَثِيرًا. أَمَّا بَعْدُ فَيَا عِبَادَ اللَّهِ اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا  
تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

**Blessed Jemaah,**

Let us be grateful to Allah s.w.t. for bestowing us with His blessings, especially the blessings of Iman (faith) and Islam. Let us fully serve Allah by adhering to His commands and abstaining

from His prohibitions. May our efforts of righteousness serve as an inspiration for others to strive and excel.

### **Beloved Jemaah,**

Allow me to begin today's sermon by sharing a supplication that was taught by our beloved Prophet Muhammad s.a.w.:

اللَّهُمَّ قَنِّعْنِي بِمَا رَزَقْتَنِي، وَبَارِكْ لِي فِيهِ، وَاخْلُفْ عَلَيَّ كُلَّ غَائِبَةٍ لِي بِخَيْرٍ

Which means: “O Allah, make me feel sufficient with the sustenance You have provided for me, give me barakah in it, and replace what I have lost with what is better.” [Hadith reported by Al-Hakim].

### **Jemaah,**

The abovementioned supplication comprises of important guidelines that one should live by. It reminds us of a pertinent trait that one should be cognisant of, which is that of *qana'ah*.

Qana'ah is the feeling of contentment with the blessings Allah s.w.t. has bestowed upon us, and the absence of jealousy from our hearts. Those who practice *qana'ah* are confident of Allah's decree, and are content with whatever size and amount of sustenance they are blessed with. Such contentment affirms their belief in Allah's decree, and thus they would never place the

blame on fate. They firmly believe that by having *qana'ah*, Allah s.w.t. has guaranteed their sustenance. They do not whine, nor do they complain despite their situation where they may have less than others. They would rather continue to strive and work hard, whilst making dua in search of a better life.

Allah s.w.t. mentions in surah An-Nahl, verse 97:

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ  
حَيٰوةً طَيِّبَةً ۗ وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا  
يَعْمَلُونَ ﴿٩٧﴾

Which means: *“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”*

Some scholars of tafsir hold on to the opinion that the phrase “a good life” refers to the feeling of *qana'ah* which Allah bestows in a person, such that he feels sufficient with what he has in this world.

## **Jemaah,**

We are living in the period of social media where ease of sharing pictures and experiences on applications such as Facebook, Instagram and so on are made possible. Such access may have influence on people with the lifestyles that they witness through these various web applications. Perhaps we may be influenced by what others own which results in us purchasing new products when we have no need for them. It is made worse when one resorts to taking loans in order to finance the purchase. When a person is saddled with debt, his life will be severely affected. There is a Malay saying that teaches us to act within our abilities and to spend within our means.

Hence, it is vital that we instil *qana'ah* in ourselves. In addition to the supplication that Rasulullah s.a.w. taught us, here are several suggestions that we can ponder upon to help us better comprehend *qana'ah*.

### **First: In worldly matters, look to those who have less than us.**

Rasulullah s.a.w. mentioned in hadith which means: *“Look at those who are beneath you and do not look at those who are above you, for it is more suitable that you should not consider as less the blessing of Allah.”* [Hadith reported by Muslim and At-Tirmizi].

Islam reminds us to be grateful of the blessings we receive. There are people who are less fortunate, who are living in deprived conditions in comparison with the blessings we receive. By reflecting on these differences, we are indirectly trained to be more conscious of our blessings, and subsequently find contentment with the sustenance that Allah s.w.t. has bestowed upon us.

**Second: *Qana'ah* is not an obstacle which hinders progress.**

Allow me to remind everyone that *qana'ah* is not an obstacle that prevents one from working hard to strive and achieve his or her ambitions. These include attaining a higher level of education, finding economic stability, securing a better job, and so on. One should always be reminded that every action towards progress is a form of ibadah (act of worship), which drives us towards excellence and happiness.

In fact, the companions themselves were taught by Rasulullah s.a.w. to practice *qana'ah* in their lives despite the fact that some of them excelled as entrepreneurs, businessmen, farmers and much more. It stands to say that *qana'ah*, does not, in any way, prevent a believer from working hard and striving to achieve excellence. When a believer is blessed with the spirit of *qana'ah*, he will turn to God as his prime source of dependence, hope and

*tawakal*. His diligence throughout his quest for sustenance is not born from greed or the absence of *qana'ah*, but rather, it is due to his confidence in Allah's decree.

Lastly, let us reflect on the reminder Sa'ad bin Abi Waqqas r.a. mentioned to his child which means: "O my child, should you have the desire to find wealth, do so with *qana'ah*, because *qana'ah* is a treasure that will never depreciate."

May Allah s.w.t grant us strong faith in finding contentment for all of His blessings with a sense of *qana'ah*. May we be placed among His obedient servants in the hereafter. Amin, ya Rabbal 'alamin.

بَارِكْ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ  
الآيَاتِ وَالذِّكْرِ الْحَكِيمِ، وَتَقَبَّلْ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ  
الْعَلِيمُ، أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، وَلِسَائِرِ  
الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ فَيَا  
فَوْزَ الْمُسْتَغْفِرِينَ وَيَا نَجَاةَ التَّائِبِينَ.