



COPING WITH THE LOSS OF A LOVED ONE

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eden care

COPING WITH THE LOSS OF A LOVED ONE

This is a brief practical guide for people who have lost a loved one. Understandably, it can be one of the most difficult and challenging of times, however as Muslims we are blessed to have divine guidance in all our affairs which makes it easier to understand, cope and live with loss. For a believer, behind every loss there are countless blessings and favours from Allah that we ought to recognise and take comfort in.

*“He who created death and life to test
which of you is best in deed”*

(QURAN 67:2)

*“Every blessing that takes you away from Allah is a
calamity, and every calamity that draws you nearer to
Allah is a blessing.”*

(IBN AL-QAYYIM)

WHEN RECEIVING NEWS OF A DEATH

When we receive news of a death or misfortune, we should immediately say the following

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

INNA LI-LLAHI WA-INNA ILAYHI RAJI'UN

*'Indeed, we belong to Allah, and indeed to
Him we are returning.'*

(QURAN, 2:156)

This reminds us, despite the shock and grief of the moment, that everyone, including our loved ones truly belong to Allah, and we are all on a constant journey returning to Him. They were never truly ours to keep forever in this life but a gracious temporary gift from the Most Generous and the time has come to return the gift.

JANAZA PRAYER

Duas to recite in the Janaza prayer (after 3rd takbir)

اللَّهُمَّ اغْفِرْ لِحَيِّنَا، وَمَيِّتِنَا،
وَشَاهِدِنَا، وَعَائِبِنَا، وَصَغِيرِنَا،
وَكَبِيرِنَا، وَذَكَرِنَا، وَأُنثَانَا، اللَّهُمَّ
مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَيَّ
الْإِسْلَامِ، وَمَنْ تَوَفَّيْتَهُ مِنَّا
فَتَوَفَّهُ عَلَيَّ الْإِيمَانِ، اللَّهُمَّ لَا
تَحْرِمْنَا أَجْرَهُ، وَلَا تُضِلَّنَا بَعْدَهُ

O Allah! Forgive those of us who are alive, and those who are dead, those present and those absent, those who are young and those old, and those who are male and those who are female. O Allah! Let those of us to whom You have given life, live in Islam, and let those of us You take back die in a state of faith. O Allah! Do not deprive us of our reward for (supplicating for) him and cause us not to go astray after him.

(MUSLIM)

اللَّهُمَّ اغْفِرْ لَهُ، وَارْحَمْهُ
 وَعَافِهِ، وَاعْفُ عَنْهُ، وَأَكْرِمْ
 نُزُلَهُ، وَوَسِّعْ مُدْخَلَهُ، وَاغْسِلْهُ
 بِالْمَاءِ وَالثَّلْجِ وَالْبَرَدِ، وَنَقِّهِ مِنْ
 الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ
 الْأَبْيَضَ مِنَ الدَّنَسِ، وَأَبْدِلْهُ
 دَارًا خَيْرًا مِنْ دَارِهِ، وَأَهْلًا خَيْرًا
 مِنْ أَهْلِهِ، وَأَدْخِلْهُ الْجَنَّةَ، وَاقِ
 فِتْنَةَ الْقَبْرِ وَعَذَابَ النَّارِ

O Allah! Forgive him and have mercy on him. Grant him ease and respite. Make his resting place a noble one and facilitate his entry. Wash him with the most pure and clean water, snow, and hail. Purify him from sins as a white garment is cleansed of dirt. Give him in exchange a home better than his home (on earth) and a family better than his family. Grant him entrance to Paradise and protect him from the trials of the grave and the torture of Hell Fire.

(MUSLIM)

JANAZA DU'A FOR A BOY (CHILD)

اللَّهُمَّ اجْعَلْهُ لَنَا فَرْطًا وَاجْعَلْهُ لَنَا أَجْرًا
وَذُخْرًا وَاجْعَلْهُ لَنَا شَافِعًا وَمُشَفَّعًا

JANAZA DU'A FOR A GIRL (CHILD)

اللَّهُمَّ اجْعَلْهَا لَنَا فَرْطًا وَاجْعَلْهَا لَنَا أَجْرًا
وَذُخْرًا وَاجْعَلْهَا لَنَا شَافِعَةً وَمُشَفَّعَةً

Oh Allah! Make him/her (this child) a source for our salvation and make him / her a source of reward and treasure for us and make him / her an intercessor for us and one whose intercession is accepted.

DU'A AT THE CEMETERY

The Prophet ﷺ said,

'I prohibited you from visiting graves, but visit them now. Verily, they will weaken your attachment to the world and remind you of the Hereafter.'

(IBN MAJAH)

When entering the cemetery say:

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ
وَالْمُسْلِمِينَ وَإِنَّا إِن شَاءَ اللَّهُ بِكُمْ
لَلْآحِقُونَ نَسْأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

“Peace be upon you all, O inhabitants of the dwellings (the graves), amongst the believers and the Muslims. Indeed, we are, Allah willing, soon to follow (to die also), we ask Allah for well-being for us and for you.”

(MUSLIM)

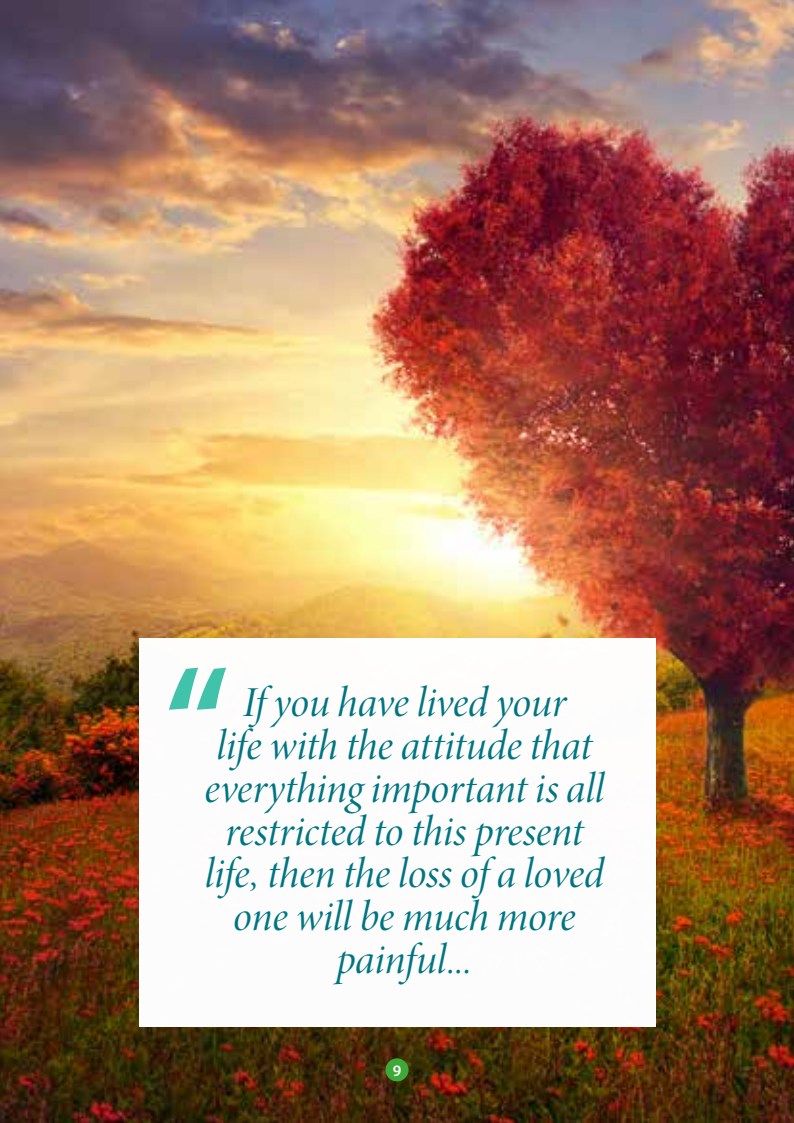
COPING AFTER THE DEATH OF A LOVED ONE

Belief and Attitude

Many of the greatest Islamic qualities begin internally. For example, *sabr* (patience), *tawakkul* (reliance on Allah), *shukr* (gratitude), *istiqama* (steadfastness), and *taqwa* (being mindful of Allah) all have their sources internally first and then manifest externally in our behaviour.

Therefore, when dealing with loss what matters first and will be of most benefit to you, is your internal attitude, belief, and conviction. If you have lived your life with the attitude that everything important is all restricted to this present life, then the loss of a loved one will be much more painful and unbearable because it will feel as if you have lost them forever.

However, if your attitude and focus on life has been to be aware of its temporary nature in contrast to the eternal nature of the next life, the loss will be easier to bear as we know that death is certain for all and is merely a door through which we pass to the everlasting true life. This does not mean it won't be painful or that you should not grieve. To feel pain and grieve loss is natural and healthy when done within a balanced manner within Islamic guidelines.



“ If you have lived your life with the attitude that everything important is all restricted to this present life, then the loss of a loved one will be much more painful...”

DUAS FOR PROTECTION FROM GRIEF AND SADNESS

The first thing to do is to turn to Allah subhana wa ta'ala to seek His assistance and protection from being overwhelmed. Recite any or a combination of the following duas regularly.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ
وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

ALLAAHUMMA 'INNEE 'A'OOOTHU BIKA MINAL-HAMMI
WALHUZANI, WALAJZI WALKASALI, WALBUKHLI
WALJUBNI, WA DHALA'ID-DAYNI WA GHALABATIR-RIJAAL

'O Allah, I seek refuge in you from grief and sadness, from weakness and laziness, from miserliness and cowardice, from being overcome by debt and overpowered by others.'

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

LA HAWLA WA LA QUWWATA ILLA BILLAH

'There is no might and no power except with Allah.'

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي
طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

ALLAHUMMA RAHMATAKA ARJU FALA TAKILNI ILA
NAFSI TARFATA `AYN, WA ASLIH LI SHA'NI KULLAHU,
LA ILLAHA ILLA ANTA.

'O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye, and rectify for me all of my affairs. None has the right to be worshipped except You.'

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

YA HAYYU YA QAYYOOM BIRAHMATIKA ASTAGHEETH

'O Ever-Living, O Sustainer, in Your Mercy I seek relief.'

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ
إِذَا شِئْتَ سَهْلًا

ALLAHUMMA LA SAHLA ILLA MA JA'ALTAHU SAHLA, WA ANTA
TAJ'ALUL HAZNA IDHA SHI'TA SAHLAN

'O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, easy.'

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ
وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

HASBIYA ALLAHU LA ILAHA ILLA HUWA 'ALAYHI
TAWAKKALTU WAHUWA RABBU AL'ARSHI AL'ADHEEM.

'Allah is sufficient for me. There is no God except Him. I place my trust in Him, and He is the Rabb of the great throne.'

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئاً

ALLAHU ALLAHU RABBI LA USHRIKU BIHI SHAY'AN

'Allah, Allah is my Lord; I do not associate anything with Him.'

حَسْبِيَ اللَّهُ وَنِعْمَ الْوَكِيلُ

HASBIYA ALLAH WA NI'MAL-WAKIL

'Allah is sufficient for me, and how fine a trustee (He is).'

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ أَجْرِنِي فِي
مُصِيبَتِي، وَاخْلُفْ لِي خَيْرًا مِنْهَا

INNA LILLAHI WA INNA ILAYHI RAJI'UN. ALLAHUMMA-U'JURNI
FI MUSIBATI, WA AKHLIF LI KHAIRAN MINHA.

*'To Allah, we belong, and unto Him is our return. O Allah,
recompense me for my affliction and replace it for me with
something better.'*

Dua of Prophet Yunus (AS.)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

LA ILLAHA ILLA ANTA SUBHANAK 'INNY
KUNTU MIN ALDHAALIMEEN

*'None has the right to be worshipped except
You. How perfect You are. Verily, I was
among the wrong-doers.'*

(QURAN 21:87)

LOSS AS A TEST, A REMINDER, AND A SIGN OF ALLAH’S LOVE FOR YOU

Losing a loved one is a test of one’s *Iman* (faith), submission to Allah and internal self-control. Outwardly we are allowed to cry, show grief and sadness as this is all natural, however we should be careful not to say anything that will displease Allah, we should surrender to Allah’s decision and be reminded that we have no power over anything and all power over life and death belongs to Allah alone.

When Ibrahim the son of the Messenger of Allah was dying and he shed tears, Abdur Rahman ibn Awf (ra) said, “*Even you, O Messenger of Allah?*” The Prophet ﷺ said, “*O Ibn Awf, this is mercy*”. Then, the Prophet ﷺ wept some more and he said, “*Verily, the eyes shed tears and the heart is grieved, but we will not say anything except what is pleasing to our Lord. We are saddened by your departure, O Ibrahim*”. (BUKHARI)

“We have no power over anything and all power over life and death belongs to Allah alone.”

We are also reminded that we have no true ownership over anyone or anything. Nobody is ours in the true sense in this life, as everyone and everything belongs to Allah, hence we are instructed to be patient and to say at the time of such occasions:

*'Indeed, we belong to Allah,
and indeed to Him we are returning.'*

(QUR'AN, 2:156)

If we do so then we are promised Allah's blessings, mercy, and guidance.

أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ
وَرَحْمَةٌ وَأُولَئِكَ هُمُ الْمُهْتَدُونَ

*They are the ones who will receive Allah's blessings and
mercy. And it is they who are 'rightly' guided.*

(QUR'AN 2:157)

Through tests, loss, and hardship Allah Most High wants to purify us, forgive our sins, reward us, elevate our ranks, and draw us closer to Him.

All blessings, including loved ones are a favour from Allah alone.

وَمَا بِكُمْ مِّنْ نُّعْمَةٍ فَمِنَ اللَّهِ ثُمَّ إِذَا مَسَّكُمُ
الضَّرُّ فَأَلَيْهِ تَجْرَوْنَ

Whatever blessings you have are from Allah. Then whenever hardship touches you, to Him 'alone' you cry 'for help'.

(QUR'AN 16:53)

The Prophet ﷺ said, “By the One in whose hands is my soul, there is no decree that Allah determines for the believer except that it is good for him, and this only applies to the believer. If he meets with times of ease and plenitude, he thanks Allah and that is good for him. If he meets with times of adversity, he is patient and that is good for him.”

“Therefore, trial and tribulation is from the means of Allah aiding His servant, ennobling him and granting him well-being. It is for this reason that the most severely tried people were the Prophets, then those closest to them, each person being tried in accordance to his level of practice of his religion. The believer is afflicted with tribulation to such an extent that he ends up walking on the earth with no trace of sin remaining on him.”

(IBN AL-QAYYIM)

Patience and hope of reunion

'And those who believed and whose descendants followed them in faith - We will join with them their descendants, and We will not deprive them of anything of their deeds.'

(QUR'AN, 52:21)

Allah's Messenger ﷺ said, "Allah says, 'I have nothing to give but Paradise as a reward to my believer slave, who, if I cause his dear friend (or relative) to die, remains patient (and hopes for Allah's Reward).'" (BUKHARI)

The Messenger of Allah ﷺ said: 'Allah does not approve for His believing slave, if He takes away his loved one from among the people of the Earth, and he bears that with patience and seeks reward, and says that which he is commanded, any reward less than Paradise.' (Sunan an-Nasa'i)

The Prophet ﷺ said, "Everyone will be with those whom he loves." (BUKHARI)

Always remain certain that whatever pain, loss and grief you feel it will soon be over, you will be rewarded for it, and you will be reunited with them in the next life if Allah wills. Recall the good memories you had with them, cherish the time you spent with them and look forward to the day you will meet them once again, never to be separated thereafter.

WHAT CAN I DO TO HONOUR MY LOVED ONES AFTER DEATH?

Improve yourself and pray for them regularly

The Messenger of Allah ﷺ said, *"When a man dies, his deeds come to an end, except for three: A continuous charity, knowledge by which people derive benefit, pious son who prays for him."* (MUSLIM).

Note that the Prophet ﷺ said 'pious' (salih) son not just any son (includes daughter), therefore if we want to benefit our loved ones, we need to first benefit ourselves by being pious committed Muslims, otherwise our du'as may not be answered.

Attend the Janaza prayers and burial

The Messenger of Allah ﷺ said, *"Whoever follows the funeral procession and offers the funeral prayer for it, will get a reward equal to one Qirat, and whoever attends it till burial, will get a reward equal to two Qirat."* It was asked, *"What are two Qirat?"* He ﷺ replied, *"Equal to two huge mountains."* (AL-BUKHARI AND MUSLIM)

Give charity on their behalf

On the authority of Sa'd bin 'Ubadah (ra) that he said, *'O Messenger of Allah! Umm (mother of) Sa'd has died, so which charity is best?'* He ﷺ replied, *"Water (is best)."* He said, *'So he [ra] dug a well and said, "This (well) is for Umm Sa'd".'* [ABU DAWUD]

“ ...if we want to benefit our loved ones, we need to first benefit ourselves by being pious committed Muslims, otherwise our du'as may not be answered.

Offer condolences to their family

Mu'awiyah bin Qurrah narrated that his father said:

"When the Prophet of Allah sat, some of his Companions would sit with him. Among them was a man who had a little son who used to come to him from behind, and he would make him sit in front of him. He (the child) died, and the man stopped attending the circle because it reminded him of his son, and made him feel sad. The Prophet missed him and said: 'Why do I not see so-and-so?' They said: 'O Messenger of Allah, his son whom you saw has died.' The Prophet met him and asked him about his son, and he told him that he had died. He offered his condolences and said: 'O so-and-so, which would you like better, to enjoy his company all your life, or to come to any of the gates of Paradise on the Day of Resurrection, and find that he arrived there before you, and he is opening the gate for you?' he said: 'O Prophet of Allah! For him to get to the gate of Paradise before me and open it for me is dearer to me.' He said: 'You will have that.'"

(NASAI)

Honour their friends and family

The Prophet ﷺ said: *"Among the most dutiful of deeds is that a man nurture relations with the people his father was friends with."*
(TIRMIDHI)

Narrated `Aisha: *'I did not feel jealous of any of the wives of the Prophet ﷺ as much as I did of Khadija though I did not see her, but the Prophet ﷺ used to mention her very often, and whenever he slaughtered a sheep, he would cut its parts and send them to the women friends of Khadija.'* (BUKHARI)

A man came to the Prophet ﷺ and said: *"O Messenger of Allah! I have been afflicted by a tremendous sin. Is there any repentance for me?"* He said: *"Do you have your mother?"* The man said: *"No."* He said: *"Do you have any maternal aunts?"* The man said: *"Yes."* He said: *"Then be dutiful to them."* (TIRMIDHI)

The Prophet ﷺ said: *"The maternal aunt holds the same status as the mother."* (TIRMIDHI)

Reward for being patient when losing a child

The Messenger of Allah ﷺ said *"Whoever seeks reward for (the loss of) three of his own children, he will enter Paradise."* A woman stood up and said: *"Or two?"* He said: *"Or two."* The woman said: *"I wish that I had said, 'or one.'"* (SUNAN AN-NASA'I)

Abu Hassan reported: *'I said to Abu Huraira that my two children*

had died. Would you narrate to me anything from Allah's Messenger ﷺ a hadith which would soothe our hearts in our bereavements? He said: Yes. Small children are the birds of Paradise. If one of them meets his father (or he said his parents) he would take hold of his cloth, or he said with his hand as I take hold of the hem of your cloth (with my hand). And he (the child) would not take off (his hand) from it until Allah causes his father to enter Paradise.' (MUSLIM)

Du'a for parents

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

RABBI IRHAMHUMA KAMA RABBAYAANI SAGHEERA

*My Lord, have mercy upon them (parents) as they brought me up
[when I was] small.*

(QURAN 17:24)

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

RABBANA-GHFIRLĪ WA LIWĀLIDAYYA WA LILMU'MINĪNA
YAUMA YAQŪMUL-HISĀB

*Our Lord! Forgive me, my parents, and the believers on the Day
when the judgment will come to pass.*

(QURAN 14:41)

IN CONCLUSION

We are tested with loss for one overarching purpose which is to return our whole being to focus more intensely on Allah Glorious is He and our real purpose in life, as Ibn al-Qayyim eloquently explains:

“...we will mention the actual goal that is desired of one; all that has preceded is merely a means to attaining this goal. The goal is the love of Allah, Glorious is He, taking comfort and solace with Him, eagerly desiring to meet Him and to be pleased with Him. This is the essence of the religion and essence of one’s deeds and desires. Cognisance of Allah, knowledge of His Names, Attributes and Actions are from the greatest of objectives; worshipping Him is the most noble deed; praising Him through His Names and Attributes and glorifying Him is the most noble speech; and all of this constitutes the foundation of the upright and sound religion...”

“ The goal is the love of Allah, Glorious is He, taking comfort and solace with Him, eagerly desiring to meet Him and to be pleased with Him.





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ABOUT US

13 Rivers Trust are an energetic and dynamic charity which focuses its work around needy individuals, young people and communities left behind by mainstream society. 13 Rivers Trust celebrate the contribution made by our elders and emulate their good practice of helping others and create new opportunities through which hope will be given.

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MUSLIM BURIAL FUND WAS FOUNDED IN 2014 AND IS A PROGRAMME OF 13 RIVERS TRUST.