

Contentment

زِينِ لِلنَّاسِ حُبُّ الشَّهَوَاتِ مِنَ النِّسَاءِ
وَالْبَنِينَ وَالْقَنَاطِيرِ الْمُقَنْطَرَةِ مِنَ الذَّهَبِ وَالْفِضَّةِ
وَالْخَيْلِ الْمُسَوَّمَةِ وَالْأَنْعَامِ وَالْحَرْثِ ذَلِكَ مَتَاعُ
الْحَيَاةِ الدُّنْيَا وَاللَّهُ عِنْدَهُ حُسْنُ الْمَآبِ ﴿١٤﴾ قُلْ
أُونَيْتُكُمْ بِخَيْرٍ مِّنْ ذَلِكَ لِّلَّذِينَ اتَّقَوْا عِنْدَ رَبِّهِمْ جَنَّاتٌ
تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا وَأَزْوَاجٌ مُّطَهَّرَةٌ
وَرِضْوَانٌ مِّنَ اللَّهِ وَاللَّهُ بَصِيرٌ بِالْعِبَادِ ﴿١٥﴾

*People are naturally tempted by the lure of women, children, treasures of gold and silver, marked horses, cattle and plantations. These are the enjoyments in the life of this world; but with Allah lies a goodly abode to return to. Say: 'Shall I tell you of things better than these? For the God-fearing there are, with their Lord, gardens beneath which rivers flow; there they will abide forever, will have spouses of stainless purity *11 as companions, and will enjoy the good pleasure of Allah.' Allah thoroughly observes His servants. [3:14-15]*

The concept of being content is a very important asset in our daily life. If one is content, he will live in peace, harmony and happiness. These qualities cannot be purchased or acquired through wealth or fame. If a person is not content, he will inevitably drive himself crazy. He will do his best to satisfy his needs, but he will never be happy or satisfied. He will never have peace of mind and he may continue to live in anxiety and have mental distress.

Our society puts heavy pressure on the individual to produce or to perish, to compete or to be fired. Such an economic system makes the rich richer and the poor poorer. In such a society there is little contentment, satisfaction or happiness. This crisis and psychological turmoil is also happening in Muslim societies, where Muslims are not practicing the teachings of Islam. Hence, we have been advised by Allah and his Prophet Muhammad ﷺ on how to deal with it and be content.

Allah informs us in Surah Al-Kahf that we should not over indulge in the worldly things; i.e. wealth and children:

الْمَالُ وَالْبَنُونَ زِينَةُ الْحَيَاةِ الدُّنْيَا وَالْبَاقِيَاتُ الصَّالِحَاتُ
خَيْرٌ عِنْدَ رَبِّكَ ثَوَابًا وَخَيْرٌ أَمَلًا ﴿٤٦﴾

“Wealth and children are (but) adornment of the worldly life. But the enduring good deeds are better to your Lord for reward and better for (ones) hope.” (18:46)

In order to live in peace and harmony, in order not to be deceived with worldly entertainment, and not to be distracted with what others may have and in order to be content and satisfied with what you have: our Prophet ﷺ advised us to look at those who are lower than us. By looking at the situations of those who have a lesser wage/salary, less position, less property or less wealth, we should be grateful to Allah for all the blessings we have in life.


اعْلَمُوا أَنَّمَا الْحَيَاةُ
الدُّنْيَا لَعِبٌ وَلَهْوٌ وَزِينَةٌ وَتَفَاخُرٌ بَيْنَكُمْ وَتَكَاثُرٌ فِي الْأَمْوَالِ
وَالْأَوْلَادِ كَمَثَلِ غَيْثٍ أَعْجَبَ الْكُفَّارَ نَبَاتُهُ ثُمَّ يَهِيجُ فَتَرَاهُ
مُصْفَرًا ثُمَّ يَكُونُ حُطَمًا وَفِي الْآخِرَةِ عَذَابٌ شَدِيدٌ وَمَغْفِرَةٌ
مِّنَ اللَّهِ وَرِضْوَانٌ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا لَمَتَّةٌ الْغُرُورِ ﴿٢٠﴾

Know that the life of this world is only play and amusement, pomp and mutual boasting among you, and rivalry in respect of wealth and children. (It is) as the likeness of vegetation after rain, thereof the growth is pleasing to the tillers; afterwards it dries up and you see it turning yellow; then it becomes straw. However, in the Hereafter (there is) a severe torment (for evildoers), and (there is) forgiveness from Allâh and (His) Good Pleasure (for the believers – good-doers). And the life of this world is only a deceiving enjoyment. [057:020]

To avoid anxiety and to avoid worries and uneasiness, one has to be content and satisfied with what he has. To fulfill your needs, desires and your worldly requirements, one has to look at the situation of those who are less fortunate. In this respect, the following is reported:

﴿٤﴾ يَا أَيُّهَا النَّاسُ إِنَّ وَعْدَ اللَّهِ حَقٌّ فَلَا تَغُرَّنَّكُمُ الْحَيَاةُ الدُّنْيَا
وَلَا يَغُرَّنَّكُمْ بِاللَّهِ الْغُرُورُ ﴿٥﴾

O mankind! Verily, the Promise of Allâh is true. So, let not this present life deceive you, and let not the chief deceiver (Satan) deceive you about Allâh.

Reported by Hazrat Abu Huraira  that the Prophet  said,

“When a person sees a person who has better wealth and beauty, let him look at the ones who have less than him.” (Bukhari)

“Look at those who are lower than you, and don’t look at those who are higher than you, so that you will be not disgraceful to the blessing of ALLAH” [agreed upon]

In the matter of deen (Islam), we need to look at people who are better than us and in matter of duniya (worldly matter); we should look at the people who are worse than us.

To be content, one has to remember that he should not cheat others to obtain the worldly gains of wealth and property. He should not run after life. He should have a degree of satisfaction in obtaining what he is aiming at. He should recognize that he is not to live an eternal life here. He should realize that by running after life, he would be a slave to this world.

Abu Zarr Radhiallaho anho has said: Once I visited Rasulullah Sallalallahu alaihe wasallam, who was sitting in the shade of the Holy Ka’aba. When he saw me, he said, ‘By the Lord (Allah) of the Ka’aba, those people are the losers. I submitted, ‘which people?’ He replied, “The rich, except those of them who spend on their right and on their left, in their front and behind their backs, but such of them are rare.” (Mishkaat)

He PBUH said, "A generous person is close to Allah, close to Jannah and close to people, but far away from Jahannam; whereas a miser is far away from Allah far from Jannah and far from people but he is close to Jahannam. An ignorant but generous person is certainly dearer to Allah than a pious miser."

Once it was said: **“Contentment is a treasure that will never be depleted.”**

Therefore, may we be content and satisfied with the little we may have. Do your best; strive hard and leave the results in the hands of Allah.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَانْتظِرُوا نَفْسُ مَا قَدَّمْتُمْ لِغَدٍ وَاتَّقُوا اللَّهَ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ (59:18)

O you who have believed, fear Allah, and let everyone consider well what he has forwarded for the morrow. Fear Allah, for Allah is well aware of all that you do.