

Lose the drop to win the ocean

We've all been there. You try your best to be a good spouse, a present parent, and a decent human being, but things still fall apart. Maybe it's a divorce you didn't see coming, a medical report that stops your world, or financial stress that keeps you up at night, even though you've always given Chanda and tried to help others.

It's completely normal to feel lost. In those dark moments, we quietly wonder, "Why is this happening to me? Where did I go wrong?" It hurts, and it can truly shake your mental health and your faith. But as Ahmadi Muslims, we have to find a way to snap out of that spiral as soon as we can. Not because the pain isn't real, but because we have a lifeline.

We have to remind ourselves that Allah is our Creator and the Master of our fate. If He is allowing this to happen, there is a reason, even if we can't see it through our tears. We have to lean on what He promised us in the Quran: **"We will try you with something of fear and hunger, and loss of wealth and lives, and fruits" (2:156), "Allah burdens not any soul beyond its capacity" (2:287), and "surely there is ease after hardship" (94:7).** Lastly, we must remember that **"verily the steadfast will have their reward without measure" (39:11).**

When the weight feels like too much, we should look to the Holy Prophet (saw). He endured every excruciating hardship imaginable; persecution, intense poverty, and the loss of nearly all his children. Yet he never despaired. When his son Ibrahim passed away, he showed us exactly how to grieve without losing our connection to Allah. He said: **"The eyes are shedding tears and the heart is grieved, and we will not say except what pleases our Lord, O Ibrahim! Indeed we are grieved by your separation" (Sahih Bukhari, 1303).**

It was he (saw) who reminded us of the true scale of our suffering by showing us the reality of this life compared to the next. He said: **"The likeness of this world in comparison to the Hereafter is that of anyone of you dipping his finger into the sea: let him see what he brings forth" (Sahih Muslim, 2858).** This entire world is just a single drop of water compared to the infinite, limitless ocean of the hereafter. No matter how hard it gets for us mere humans, may we find the strength to sacrifice this ephemeral drop of water for that eternal ocean InshAllah.