

Which of Your Lord's Favours Will You Deny? **Br. Kasim Dobraca**

Introduction

- How Allah(SWA) introduces Himself and the religion of Islam in the Quran (surat al-fatiha) is with gratitude and ends it with seeking guidance.
- So the first thing taught by Allah (SWA) in our religion is gratitude and then you ask Him (SWA) for something (in this case guidance)
- If you want to ask Allah (SWA) for something (in this case guidance), we start off by praising and thanking Him

So which of the favors of your lord would you deny?

- Such an interesting question when you think about it and how you answer this questions will determine the quality of your life in this world and the hereafter
- Think about all the body parts that you have and how nothing can replace them. Even when you are given all the money in world, they are irreplaceable.

Examples

- The eye; over 576 + megapixels; no camera or phone will come close to this; thus we shouldn't focus on how our phones or cameras aren't doing what we want like taking quality pictures because we always have something that is better than that (our eyes). So we should take time in our daily lives to take images of our surroundings/ nature and Allah's (SWA) creations using the best of all cameras (eyes)
- The skin; some people complain of their skin colour. We should take moments and think about the skin conditions, we could have but don't such as certain cancers of the skin, or fresh eating bacteria e. t. c.
- Lungs; We don't even think about it when we breath as it is so spontaneous. There is so many lung issues such as COPD, asthma, broncholitis that we don't have, but we don't even think about it
- Kidneys, liver, nose, mouth, ears; who cares how they all look, as long as they are working
- So again, take a moment and think about the question "so which of the favours of your lord would you deny?"
- Contemplate on this saying; "every blessing ignored, becomes a curse" Paulo Coelho

RAS (reticular activating system).

- There is millions of bits of information surrounding us every moment of our lives: and your mind/ brain has to filter all this information- and it focuses on the important info; e.g. when you are in a lecture, no matter how many distractions that are there such as the people coming in and out of the lecture room, how the prof looks, what he is wearing, the lights in the room, the buzzing of the fans, the squeaks of the doors, you will leave out all this information from your mind/ brain and then focus on the lecture material that the prof is discussing, even that, you will only take the important bits of that information to your mind.
- This system is like a body guard to our mind; thus we have to observe what information we let filter through our RAS, to prevent corruption of our minds as this will either protect you from ingratitude or harm you to ingratitude.

- Always think to thank Allah (SWA) and be grateful; remember you were nothing and He (SWA) made you into something. Then He (SWA) allowed your soul to live forever. Every moment is a blessing as it could have been a moment that you had never experienced.
- We are picking up so much mental garbage than any previous generation; e.g. on all the celebrities; why do we have know this. Then our minds are cluttered with garbage which we are thinking about all the time even in prayer

Is Gratitude relevant in our lives?

- We live in a world where info is becoming relevant at sometimes and then irrelevant later (e.g. once it was believed that coffee decreases the risk of cancer but now it is said it increases the risk of cancer), but the concept of gratitude will forever be relevant
- We complain a lot; from the weather, to everything. In Canada and America, we have so much compared to other parts of the world but we are the ones who complain the most.
- Drugs are the negative physical consequences and ingratitude is the negative spiritual consequences.
- We live in a world where we are so focused on the physical that we forget the soul; Hadith; Prophet(SAW) mentioned that every time we do a sin, a black spot is engraved on our heart. Thus we have to critically think of our spiritual hearts instead of the physical one. How we're damaging them.
- Nukes will never destroy humanity, it is ingratitude that will destroy humanity;
- 28:82; those who are not grateful will never be successful
- The conversation iblis had with God after disobeying Him; was to make His servants not grateful: the devil knew how significant it is to be grateful. His mission is to make us ungrateful.
- With Muslims, he won't get u to worship a tree or other gods but it is the ungratefulness that will get us.
- This generation has been given the most but we are the most ungrateful
- A lot of times it is said in the Quran to do prayer and charity; prayer is gratitude; it is u thanking Allah (SWA); You are putting your forehead on the ground; you are humbling yourself to the Allah (SWA) of the worlds- you show your vulnerability in sajda.
- 2:48-49; ; the story of Moses with the children of Israel; it is amazing what Allah (SWA) did for the people of Israel; the people of pharaoh were the super power at the time but is amazing how He (SWA) destroyed them.
- 2:50; After even experiencing ALLAH's (SWA) power, they still worshipped the golden calf. The worst of the worst (SHIRIK)
- 2:51, He then forgave them, so that they can be grateful; there is no point If you are forgiven and then not grateful
- Allah (SWA) wants us to be grateful so that He can give u more (14:7)

Practical tips

- Before you go to bed; you can write down things you are grateful for throughout the day in a little note book. Try to think of one thing that has happened to you in a day that you are grateful for, write it down in this note pad and at the end of 365 day you will have 365 things that you are grateful for.
- So from today; develop an attitude of grateful and commit to it. It takes work, start now and works towards this goal.