

Pursuit of Happiness **Br. Tarek Ibrahim**

Introduction

- What is happiness?
A mental or emotional state of well being raised to a state of joy (according to Wikipedia)
- What makes people happy?
A degree? Family?

How do we know if we are happy?

- We tend to believe that we are only happy when we get something
- When you get something= happy
- When something is taken from you= sad
- According to psychologists, you are in a normal state and sometimes you reach happiness and sometimes you do not
- The fault begins in the definition of happiness; happiness is a general state of contentment

What is happiness based on?

- It is not based on how much money or fame you have
- Wealthy people are not always necessarily happy even though they have a lot of money, and poor people are not necessarily sad even though they might not have a lot of money or income

Types of happiness

1. Happiness in the jannah- which we will pursue because it is eternal and everlasting/ there is no grief or suffering in the jannah
2. Happiness in this world (dunya)- temporary and not real
 - No pursuit of happiness in this world because nothing in this world will make us truly happy because in the end it all goes away. ex: kids → die, money → you can lose it
 - Happiness in this world is easy (internal feeling)

Did Allah make us to be happy in this world?

- Important question because if you believe Allah wants us to suffer, we will only find him in times of hardship but it does not mean we will not find him in times of ease
- Allah created us to be in between, not happy and not suffering

How to be in between happiness and suffering

1. Be grateful: see the bigger picture (remove yourself from the scene and take a step back)
2. Be optimistic: our perception can easily change
3. You must be content with whatever Allah (SWA) gives you
4. Do your best
5. Love!

When things make us sad- You will be tested

- It is normal to have down moments
- Prophet Mohamed never said he had a hard life, but hard moments
- Acknowledge that Allah is testing us with hardships because he loves us