



# Life is a Test

## How to Ask Allah for Help in Difficulty

### {As mentioned in AlQuran}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Al-Mulk 67:2**

Our creation is for **test and trial**

**(2).** He who created the death and the life that He may test you which of you is best in deed, and He is All Mighty, All Forgiving.

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا ۗ وَهُوَ الْعَزِيزُ الرَّحِيمُ

**Al-Baqarah 2:155-156**

Allah tests us by fear, hunger, loss of wealth, life, fruits

**155.** And certainly We shall test you with something of fear, and hunger, and loss of wealth, and lives, and fruits. And give glad tidings to those who are patient.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ

**156.** Those who, when a calamity befalls them, say: “Indeed, we belong to Allah, and indeed to Him we will return.”

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

**Aal-Imran 3:186**

We are tested by wealth, health, and through people of other faith

**186.** You shall certainly be tested in your wealth, and your personal selves, and you shall certainly hear from those who were given the Scripture before you, and from those who ascribe partners to Allah many hurtful things. And if you persevere and fear Allah, then indeed that is of the matters of determination.

لَتَبْلُوَنَّ فِيْ أَمْوَالِكُمْ وَاَنْفُسِكُمْ ۖ وَلَتَسْمَعَنَّ مِنَ الَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِكُمْ وَمِنَ الَّذِينَ أَشْرَكُوا أَذًى كَثِيْرًا ۗ وَإِنْ تَصْبِرُوا وَتَتَّقُوا فَإِنَّ ذَلِكَ مِنْ عَزْمِ الْأُمُورِ

Al-Maidah 5:48

We all could be created same, but we are made different for testing

48. For each among you, We appointed a divine law and a clear way. And if Allah had willed, He would have made you one nation. But that He may try you in that which He has given you. So race one with another in good deeds. To Allah you will return all together, He will then inform you about that in which you used to differ.

لِكُلِّ جَعَلْنَا مِنْكُمْ شِرْعَةً وَمِنْهَا جَا<sup>ط</sup> وَ لَوْ شَاءَ  
اللَّهُ لَجَعَلَكُمْ أُمَّةً وَاحِدَةً وَلَكِنْ لِيَبْلُوَكُمْ فِي مَا  
آتَاكُمْ فَاسْتَبِقُوا الْخَيْرَاتِ إِلَى اللَّهِ مَرْجِعُكُمْ جَمِيعًا  
فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ فِيهِ تَخْتَلِفُونَ<sup>ط</sup>

Al-Anaam 6: 165

Allah exalted some over others so He can test us

165. And it is He who appointed you vicegerent of the earth, and has exalted some of you above others in ranks, that He may try you through that which He has given you. Indeed, your Lord is swift in retribution, and indeed, He is Oft Forgiving, Most Merciful.

وَ هُوَ الَّذِي جَعَلَكُمْ خَلِيفَ الْأَرْضِ وَ رَفَعَ  
بَعْضَكُمْ فَوْقَ بَعْضٍ دَرَجَاتٍ لِيَبْلُوَكُمْ فِي مَا آتَاكُمْ<sup>ط</sup>  
إِنَّ رَبَّكَ سَرِيعُ الْعِقَابِ<sup>ط</sup> وَإِنَّهُ لَغَفُورٌ رَحِيمٌ<sup>ط</sup>

Houd 11:7

Allah created heavens, earth by His authority to test us

7. And it is He who created the heavens and the earth in six days, and His Throne was upon the water, that He might test you, which of you is best in deed.

وَ هُوَ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضِ فِي سِتَّةِ أَيَّامٍ  
وَ كَانَ عَرْشُهُ عَلَى الْمَاءِ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا<sup>ط</sup>

Al-Kahaf 18:7

The earth has been adorned and beautified as a test for us

7. Indeed, We have made that which is on the earth an adornment for it, that We may test them, as to which of them are best in deeds.

إِنَّا جَعَلْنَا مَا عَلَى الْأَرْضِ زِينَةً لَهَا لِنَبْلُوَهُمْ أَيُّهُمْ  
أَحْسَنُ عَمَلًا<sup>ط</sup>

Al-Anbia 21:35

The good and bad that we meet in life are tests for us

35. Every soul must taste death. And We test you by evil and by good as a trial. And unto Us you will be returned.

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ<sup>ط</sup> وَ نَبْلُوَكُمْ بِالْشَّرِّ وَالْخَيْرِ فِتْنَةً<sup>ط</sup>  
وَ إِلَيْنَا تُرْجَعُونَ<sup>ط</sup>

Al-Fajr 89:15-16

How man responds when he is tested by blessings and restrictions

15. Then as for man, when his Lord tries him, so He honors him and blesses him, then he says: "My Lord has honored me."

فَإِذَا مَا ابْتَلَاهُ رَبُّهُ فَأَكْرَمَهُ وَ نَعَّمَهُ<sup>ط</sup>  
فَيَقُولُ رَبِّي أَكْرَمَنِ<sup>ط</sup>

16. But when He tries him and restricts for him his provision, then he says: “My Lord has humiliated me.”

وَأَمَّا إِذَا مَا ابْتَلَاهُ فَقَدَرَ عَلَيْهِ رِزْقَهُ فَيَقُولُ رَبِّي أَهَانَنِ ﴿١٦﴾

## Asking Allah for Help in Difficulty

Al-Baqarah 2: 156 Allah teaches us to say the following in difficulty

156. Those who, when a calamity befalls them, say: “Indeed, we belong to Allah, and indeed to Him we will return.”

الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾

AlAnbia 21:87-88 Prophet Yunus (Jonah) calls Allah when swallowed by fish-Allah saves him

87. And Dhun Nun (Jonah), when he went off in anger, then he thought that We had no power over him. Then he called out in the darkness, (saying) that: “There is no god except You. Be You glorified. Indeed, I have been of the wrongdoers.”

وَذَا التُّونِ إِذ ذَّهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾

88. So We responded to him, and We saved him from the anguish. And thus do We save the believers.

فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْعَمْرِ ﴿٨٨﴾ وَكَذَلِكَ نُنَجِّي الْمُؤْمِنِينَ ﴿٨٨﴾

AlAnbia 21:83-84 Prophet Ayub (Job) was in severe sickness – Allah cures him

83. And Job, when he called to his Lord, (saying): “Indeed adversity has afflicted me, and You are the Most Merciful of those who are merciful.”

وَ أَيُّوبَ إِذ نَادَى رَبَّهُ أِنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ ﴿٨٣﴾

84. So We responded to him, and We removed what was on him, of the adversity. And We gave him (back) his household and the like thereof along with them, a mercy from Us, and a reminder for the worshippers.

فَاسْتَجَبْنَا لَهُ فَكَشَفْنَا مَا بِهِ مِنْ ضُرٍّ وَآتَيْنَاهُ أَهْلَهُ وَمِثْلَهُمْ مَعَهُمْ رَحْمَةً مِّنْ عِنْدِنَا وَذِكْرًا لِلْعَابِدِينَ ﴿٨٤﴾

AlMomin 40:44-45 A believer entrusts his affairs to Allah against a king – Allah saves him

44. “So you will remember what I say to you. And I entrust my affair to Allah. Indeed, Allah is All Seer of (His) slaves.”

فَسَتَذْكُرُونَ مَا أَقُولُ لَكُمْ وَأَفْوِضُ أَمْرِي إِلَى اللَّهِ إِنَّ اللَّهَ بَصِيرٌ بِالْعِبَادِ ﴿٤٤﴾

45. So Allah saved him from the evils which they plotted, and the people of Pharaoh were encompassed by the worst punishment.

فَوَقَدَهُ اللَّهُ سَيِّئَاتٍ مَّا مَكَّرُوا وَحَاقَ بِآلِ فِرْعَوْنَ سُوءُ الْعَذَابِ ﴿١٧٥﴾

AalImran 3:173-174 Make Allah sufficient among lies of people – Allah will save from fear

173. Those (believers) to whom men (hypocrites) said: “Surely, the people (an army of pagans) have gathered against you, so fear them.” But it (only) increased them in faith, and they said: “Allah is sufficient for us, and excellent (is He) for trusting.”

الَّذِينَ قَالَ لَهُمُ النَّاسُ إِنَّ النَّاسَ قَدْ جَمَعُوا لَكُمْ فَاخْشَوْهُمْ فَزَادَهُمْ إِيمَانًا ۖ وَقَالُوا حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ ﴿١٧٣﴾

174. So they returned with favor from Allah and bounty, no harm touched them. And they followed the pleasure of Allah. And Allah is the owner of great bounty.

فَانْقَلَبُوا بِنِعْمَةٍ مِّنَ اللَّهِ وَفَضْلٍ لَّمْ يَمَسَّسْهُمْ سُوءٌ وَاتَّبَعُوا رِضْوَانَ اللَّهِ ۗ وَاللَّهُ ذُو فَضْلٍ عَظِيمٍ ﴿١٧٤﴾

