46623 - She became Muslim recently and feels anxious about the future

the question

I am a muslim convert. I try to prey veryday and read quran,but I have always full of worries about future like something bad thing may happen to me etc.,especially at night. Can you pleases tell me what to do?.

Detailed answer

Praise be to Allah.

Firstly:

We congratulate you for this great blessing that Allaah has bestowed upon you, which is the blessing of entering Islam and finding enjoyment praying and reading Qur’aan.

Secondly:

You should try hard to offer the obligatory prayers at the right times as defined in sharee’ah. There are five prayers each day and night. Prayer represents connection and conversation between a person and his Lord. It is the most important pillar and obligatory duty of Islam after the Shahaadatayn (twin testimony of faith), and it brings light to a person in this life and in his grave in the Hereafter.

You should also strive to offer nafl (supererogatory) prayers after doing the obligatory prayers, for Allaah says in the hadeeth qudsi: “My slave does not draw near to Me with anything more loved by Me than the religious duties I have enjoined upon him, and My slave continues to draw near to Me with supererogatory works so that I shall love him.” Narrated by al-Bukhari, 6502.

Thirdly:

The anxiety and fear that you are feeling about the future are things that happen to some people when they first become committed in their adherence to Islam. Perhaps the reason for that is that the Shaytaan is annoyed by the person's beginning to follow true guidance and the path of Mercy, so he tried to divert him from that, and he whispers to him doubts about Allaah that are not appropriate, in order to cause him grief and worry. This – praise be to Allaah – will not harm the believer. Hence the Prophet (peace and blessings of Allaah be upon him) said, when some of his companions complained to him about the waswasah (whisperings from the Shaytaan) that they were encountering: "Allaah is Most Great, Allaah is Most Great, Allaah is Most Great. Praise be to Allaah Who has reduced his (the Shaytaan's) plots to mere whispers." Narrated by Ahmad (2097) and Abu Dawood (4448); classed as saheeh by al-Albaani in Saheeh Abi Dawood. A similar hadeeth is to be found in al-Saheehayn.

You should read Qur'aan a great deal and remember Allaah (dhikr), for no one ever protects himself against the Shaytaan with anything like remembrance of Allaah, as the Prophet (peace and blessings of Allaah be upon him) said, especially the dhikrs that are narrated for specific times and occasions, such as the dhikrs for morning and evening, for sleeping and waking, for going out of the house and coming in. You should also cleanse the house of anything that may prevent the angels coming in, such as dogs and images.

Remember that the future is in the hand of Allaah and that whatever Allaah has decreed will come to pass. Your fear and anxiety about it will not change it at all. So keep busy with things that will benefit you and think well of Allaah, for Allaah is as His slave thinks He is, as He says in the hadeeth qudsi: "I am as My slave thinks I am. I am with him when he makes mention of Me. If he makes mention of Me to himself, I make mention of him to Myself; and if he makes mention of Me in an assembly, I make mention ofhim in an assembly better than it." Narrated by al-Bukhaari, 7066; Muslim, 2675). Ahmad (16059) narrated with a saheeh isnaad: "I am as My slave thinks I am, so let him think of Me as he wishes."

So think that Allaah will honour you, have mercy on you and give you happiness in this world and in the Hereafter, because He loves His righteous slaves, and honours His pious slaves. You – praise

be to Allaah – are new in Islam and have few sins to your record. So be assured of a life of tranquillity, as Allaah says (interpretation of the meaning):

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter)”

[al-Nahl 16:97]

We ask Allaah to guide you and give you strength, and to take away the fear and anxiety that you are experiencing.

And Allaah knows best.