How to solve a problem?

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**HOW TO SOLVE PROBLEMS?**



**‘Assalamualakum wa rahmutAllah wa barakatoo’**

The purpose of human creation is to submit ourselves to our Lord, almighty Allah. This life we are living is ONLY a test. The obstacles and problems we go through are questions. If we receive a good mark, then heaven will be our reward, and if incorrectly Hell will be our destiny. May we all enter paradise.

All humans go through pain and are afflicted with obstacles. We have our problems and we all make mistakes, we commit sin and have our misery. This is actually normal. See, if you think about it why was ‘sadness’ created? Is it a portrait we hang on the wall to view? No, it is created to be felt. So having pain is normal, problems are normal and the best Muslim is the one who picks themselves up, who raise themselves out of the hurricane. Moreover, the best Muslim who commits sins is the one who repents and asks forgiveness from Allah.

The first and BEST way to solve any problem is one important thing! Solve the problem in a manner that pleases Allah, because when you do what pleases your Creator, then Allah will be with you. And when Allah is with you, then know that ALL will be okay. But how do we solve the problem in a manner that pleases almighty Allah? Well, you need some sort of path to walk you out of your confusion and the best method in clearing away the fog that’s been suffocating you is a clear plan.

**The plan!**

A problem is like a mixed up puzzle, it takes effort and thought to fix it. So, take at least ten minutes of your time, and quietly with yourself answer the below questions on paper. Writing your plan on paper makes things more clear. The plan is a map that you follow. The plan draws for you a path that will lead you out of the hole you’re suffocating in and towards the peace you desire, inshAllah.

Take a piece of paper and pen and answer the following questions;

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**(1) What is my problem?**

Write down and describe your problem in general. Write down your faults and what happened or what you did wrong.

**(2) What do I want?**

Write down your goal. What are you aiming for? Write down what you want to achieve. For example, ‘’*I want to say sorry to my parents, I want to feel good, I want to stop doing the wrong thing I’m doing, I want almighty Allah to be proud of me and forgive me, or I want to become a better person*’’ etc.

**(3) How can I achieve that goal?**

Ask yourself how can I get to my goal? What do I do to get there? Write down ways or steps in getting to your goal. For example, if your problem is that you get bad marks, then your steps in achieving that goal would be like, *‘Get a tutor, Spend more time studying, Stop wasting time on the internet, Write down a timetable for studies, Ask more questions during lectures’* ect. Hence, these steps will therefore help in solving the problem of getting bad marks.

**Action!**

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Now, say ‘bismAllah Al-Rahman Al-Raheem’  and follow the steps you have written. Writing your plan on paper is the first step in solving your irritating problem. However, a plan requires action and action requires effort from you. The following actions will inshAllah bring peace to you, so follow them.

**1 - PRAY TWO RAKA’AH**



At night when all are sleeping, go pray two raka’ahs to Allah. When your finished praying, sit on the prayer mat and humbly with your hands in the air pray to Allah. Ask Allah to help you! Speak to Allah about your problem, express yourself to Him. Allah is the Hearer and He hears you. Allah is the all-Knower, He knows how you feel.

**2 – REPENT**

****If you committed a sin, then sincerely ask for Allah’s mercy. Ask Allah to forgive you, because all that Allah wants for you is the best, He gives us SO MUCH; He does not deserve the wrong that we do.

**3 - READ**

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Read surah Al-Fatih (surah Victory), which will bring you victory inshAllah. Read surah Yasin, which will inshAllah help you in times of adversity or problems and in times of illness.

**4 - CONFIDE IN ALLAH**

 

It is best if you do not speak your problems to other people. No matter how big your problem is keep it between you and Allah because there is nothing big and great as Allah we can help you.

 **5 – DHIKR**

 

Daily say ‘EstagfurAllah’ and do ‘Dhikr’. This will inshAllah calm you and put your confused mind at peace. Prophet Muhammed, peace be upon Him, said; “Allahumma Rabb an-nas, adhhib il-bas, washfi anta al-Shaafi laa shifaa’a illa shifaa’uka shifaa’na laa yughaadir saqaman (O Allah, Lord of mankind, remove the harm and heal him, for You are the Healer and there is no healing except Your healing, with a healing, with a healing which does not leave any disease behind)’’.

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