

# FINDING STRENGTH IN DIFFICULTIES



ANCIENT RECOMMENDATIONS  
FOR MODERN TIMES

BY

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## PROLOGUE

### A JOURNEY TO THE HEART

LIFE IS A JOURNEY filled with countless moments of joy and hardship, love and loss, triumph and defeat. It is a journey that we all embark upon, yet its purpose and destination often remain shrouded in mystery. We yearn for a sense of purpose and meaning, for a deeper understanding of ourselves and the world around us. And in this quest, we turn to many different sources, seeking guidance and inspiration.

In this book, we will explore the teachings of Sufism and how they can help us find strength in the face of life's difficulties. At its core lies the belief that the purpose of human existence is to attain closeness to God, our Creator, the One and Almighty, to experience the divine within ourselves and all around us. It is a journey that takes us to the heart of our being, to a place of peace, love, and surrender. The teaching of the prophets, peace be upon them, will help us to delve into the importance of gratitude, patience, and perseverance in the face of hardship. We will discover the power of love and compassion in transforming our lives and the world around us. We will explore the path to inner peace and fulfilment.

This journey is not an easy one, and it requires courage, dedication, and an open heart. But it is a journey that is open to all, regardless of background, belief, or circumstance. It is a journey that has the potential to transform

our lives and our world, and to bring us closer to the divine within ourselves and all around us.

As we embark upon this journey, let us do so with humility and sincerity, seeking the truth with an open mind and an open heart. May we find strength in the difficulties that we face, and may we come to know the beauty and wonder of the divine within ourselves and all around us. May the teachings of the prophets guide us towards a deeper understanding of ourselves and the world around us, and may we emerge from this journey stronger, wiser, and more compassionate beings.

PART I

THE JOURNEY  
WITHIN





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## I. THE TRUE WORTH OF A PERSON

**I**N THE EYES OF GOD, mankind is the most valuable creation. The divine Creator has bestowed upon humans the gift of intelligence, and provided them with guidance on how to live a fulfilling life. However, people in the present age often assign value to others based on superficial traits like fame, wealth, or physical beauty. Such values are fleeting and fade away with time. The true value of a person is in following the path of true love and striving for piety.

In modern times, people are more concerned with fulfilling their desires and following their own egos. This leads to selfish behaviour and self-admiration, rather than valuing the good in others. Those who choose to follow the path of surrender are often not appreciated in society, but they are the ones who hold the true worth. They are like a precious jewel that shines brightly and never fades away.

It is important to realize that our worth is not determined by worldly standards, but by our obedience. By valuing those who are valued by God and striving to become like them, we can increase our own worth. Otherwise, our worth is lost and we become like a disposable decoration that holds no true value.

May He protect us and help us to become worthy of His favour. May we always strive to follow the path of righteousness and seek true worth in His eyes.