

ALL RIGHTS RESERVED © جميع حقوق الطبع محفوظة

Second Edition: January 2004

© Maktaba Dar-us-Salam, 1999
King Fahd National Library Cataloging-in-Publication Data
Al Saadi, Abdulrahman bin Nasir
How to achieve happiness-Riyadh.
32p., 14x21 cm.
ISBN 9960-897-75-3
I-Religious aspects-Islam II-Title
237.98 dc. 1424/6480
Legal Deposit no.1 424/6480
ISBN 9960-897-75-3

Head Office: P.O. Box: 22743, Riyadh 11416, K.S.A. Tel: 00966-01-4033962/4043432 Fax: 4021659
E-mail: darussalam@awalnet.net.sa Website: http:// www.dar-us-salam.com

K.S.A. Darussalam Showrooms:

Riyadh

Olaya branch: Tel 00966-1-4614483 Fax: 4644945

Malaz branch: Tel 4735220 Fax: 4735221

• **Jeddah**

Tel: 00966-2-6879254 Fax: 6336270

• **Al-Khobar**

Tel: 00966-3-8692900 Fax: 00966-3-8691551

U.A.E

• **Darussalam, Sharjah U.A.E**

Tel: 00971-6-5632623 Fax: 5632624

PAKISTAN

• **Darussalam, 36 B Lower Mall, Lahore**

Tel: 0092-42-724 0024 Fax: 7354072

• **Rahman Market, Ghazni Street**

Urdu Bazar Lahore

Tel: 0092-42-7120054 Fax: 7320703

U.S.A

• **Darussalam, Houston**

P.O. Box: 79194 Tx 772779

Tel: 001-713-722 0419 Fax: 001-713-722 0431

E-mail: sales@dar-us-salam.com

• **Darussalam, New York**

572 Atlantic Ave, Brooklyn

New York-11217, Tel: 001-718-625 5925

U.K

• **Darussalam International Publications Ltd.**

226 High Street, Walthamstow,

London E17 7JH, Tel: 0044-208 520 2666

Mobile: 0044-794 730 6706 Fax: 0044-208 521 7645

• **Darussalam International Publications Limited**

Regent Park Mosque, 146 Park Road,

London NW8 7RG Tel: 0044-207 724 3363

• **Darussalam**

398-400 Coventry Road, Small Heath

Birmingham, B10 0UF

Tel: 0121 77204792 Fax: 0121 772 4345

E-mail: info@darussalamuk.com

Web: www.darussalamuk.com

FRANCE

• **Editions & Librairie Essalam**

135, Bd de Ménilmontant- 75011 Paris

Tél: 0033-01- 43 38 19 56/ 44 83

Fax: 0033-01- 43 57 44 31

E-mail: essalam@essalam.com

AUSTRALIA

• **ICIS: Ground Floor 165-171, Haldon St.**

Lakemba NSW 2195, Australia

Tel: 00612 9758 4040 Fax: 9758 4030

MALAYSIA

• **E&D Books SDN. BHD.-321 B 3rd Floor,**

Suria Klcc

Kuala Lumpur City Center 50088

Tel: 00603-21663433 Fax: 459 72032

SINGAPORE

• **Muslim Converts Association of Singapore**

32 Onan Road The Galaxy Singapore- 424484

Tel: 0065-440 6924, 348 8344 Fax: 440 6724

SRI LANKA

• **Darul Kitab 6, Nimal Road, Colombo-4**

Tel: 0094-1-589 038 Fax: 0094-74 722433

KUWAIT

• **Islam Presentation Committee**

Enlightment Book Shop

P.O. Box: 1613, Safat 13017 Kuwait

Tel: 00965-244 7526, Fax: 240 0057

INDIA

• **Islamic Dimensions**

56/58 Tandel Street (North)

Dongri, Mumbai 4000 009, India

Tel: 0091-22-3736875, Fax: 3730689

E-mail: sales@IRF.net

SOUTH AFRICA

• **Islamic Da'wah Movement (IDM)**

48009 Qualbert 4078 Durban, South Africa

Tel: 0027-31-304-6883

Fax: 0027-31-305-1292

E-mail: idm@ion.co.za

الوسائل المفيدة للحياة السعيدة

How to Achieve HAPPINESS

By

**Shaikh Abdur-Rahman bin
Nasir bin Abdullah As-Sa'di**

Translated by

Jalal Abualrub



Published by

DARUSSALAM

Publishers and Distributors
Riyadh, Saudi Arabia



In the Name of Allâh

the Most Gracious, the Most Merciful.

“Verily, the Muslims (those who submit to Allâh in Islâm) men and women, the believers men and women (who believe in Islâmic Monotheism), the men and the women who are obedient (to Allâh), the men and women who are truthful (in their speech and deeds), the men and the women who are patient (in performing all the duties which Allâh has ordered and in abstaining from all that Allâh has forbidden), the men and the women who are humble (before their Lord — Allâh), the men and the women who give *Sadaqât* (i.e. *Zakât* and alms), the men and the women who observe *Saum* (fast) (the obligatory fasting during the month of Ramadân, and the optional *Nawâfil* fasting), the men and the women who guard their chastity (from illegal sexual acts) and the men and the women who remember Allâh much with their hearts and tongues. Allâh has prepared for them forgiveness and a great reward (i.e., Paradise).” (33:35)

Contents

Foreword	7
Introduction	10
Preface	13
Correct Faith and Righteous Deeds	14
Kindness towards the Creation.....	18
Seeking what is Beneficial	19
Concentrate on the Present.....	19
Remembrance of Allâh	21
Acknowledging Allâh’s Favors.....	21
Look at those below you and not those above you.....	22
Avoiding means of sadness and seeking means of Happiness.....	23
Supplications of the Prophet ﷺ	24
Preparing for the worst	25
The heart’s inner strength.....	26
Reliance upon Allâh.....	26
Kind treatment of people.....	27
Enjoying moments of happiness	29
Remembering the bounties during calamities	29
Overlooking people’s harms	30
Keeping good thoughts	30
Do not expect thanks	30
Engage in beneficial thoughts	31
Complete immediate tasks	31
Prioritize work.....	32

Publishers Note

All the praises and thanks are due to Allâh, the *Rubb* of the worlds, and may Allâh exalt the mention of the Prophet Muhammad, the chosen, the trustworthy, and the mention of his Household and all of his Companions.

How to Achieve Happiness, is very enlightening booklet by Shaikh Abdur-Rahman bin Nasir bin Abdullah As-Sa'di, a renowned religious scholar and an expert of Arabic language. The ultimate goal of this booklet is to understand what is happiness and how can we achieve it in the light of the Qur'ân and the *Sunnah*. There are many misunderstanding about this important issue. Every person has his own concept of happiness and every person enjoins his own ways of happiness but the author has explained the concept very politely and lightly that happiness is only in the obedience of Allâh and His Prophet Muhammad ﷺ, and consequently to enter the Paradise.

In view of its importance, Darussalam has rendered this booklet into the English language with prior permission from the author. Brother Jalal Abualrub accepted the task of translation, and performed it very well.

Finally, I am grateful to all brothers who have contributed in bringing about this valuable book. May Allâh accept our sincere efforts regarding the propagation of His religion throughout the world — *Âmin!*

Abdul Malik Mujahid
General Manager

Foreword

All thanks are due to Allâh, and may Allâh's peace and blessings be on the Last and Final Prophet, Muhammad, and on his progeny, Companions and all those who followed and obeyed him until the Day of Resurrection.

This blessed booklet titled, *How to Achieve Happiness*, explains the meaning of true happiness, which is the ultimate goal that all mankind searches for in the worldly life. There are conflicting views and opinions concerning the meaning of happiness and the ways and means to achieve it. There are those who think that happiness is achieved by collecting money and investing it. Others think that happiness is earned by having a healthy body or security and peace at home. There are those who think that happiness is acquired through collecting wealth from lawful resources and seeking beneficial knowledge, and those who believe that happiness is earned through true faith, righteous conduct and remaining firm on this path. There is no doubt that these traits are all incorporated in the general meaning of happiness, as long as they conform to the guidelines and regulations established by Islam.

There are two types of happiness: first, there is the temporary, limited, changing and finite worldly happiness. Second, there is happiness in the Hereafter, which is infinite and everlasting. Both of these types of happiness are connected to each other, as happiness in this life is only perfected by earning the complete and perfect happiness in the Hereafter, which is earned through Allâh's Pleasure by the faithful believers who fear and obey Him. Allâh the Exalted, said:

﴿مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّاهُ حَيَاةً طَيِّبَةً﴾

وَلَنَجْزِيَنَّهُمْ أَجْرَهُم بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ ﴿٩٧﴾ [النحل: ٩٧]

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islâmic 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).” (16:97)

Hence, true and lasting happiness is earned through the obedience of Allâh, the Exalted and Most Honored, and His honorable Messenger, Muhammad ﷺ. In contrast, misery is earned through the disobedience of Allâh and His Messenger ﷺ. Allâh said:

﴿ وَمَنْ يُطِيعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا ﴾ [الأحزاب: ٧١]

“And whosoever obeys Allâh and His Messenger (ﷺ), he has indeed achieved a great achievement (i.e. earned Allâh’s Pleasure and Paradise)” (33:71)

And:

﴿ مِنْ أَمْرِهِمْ وَمَنْ يَعْصِ اللَّهَ وَرَسُولَهُ فَقَدْ ضَلَّ ضَلَالًا مُّبِينًا ﴾ [الأحزاب: ٣٦]

“And whoever disobeys Allâh and His Messenger, he has indeed strayed into a plain error.” (33:36)

The author of this booklet is the renowned scholar, Shaikh Abdur-Rahman bin Nasir bin Abdullah As-Sa’di, may Allâh grant him His Mercy, containing the ways and means to achieve true happiness, relying on evidence from the Book (the Qur’ân, and the *Sunnah*), Prophetic traditions. The purpose behind this book is to lead towards the correct path that directs to true happiness, that every Muslim wishes and hopes for, so that the Muslim

Community at large is able to organize their life on a light and true guidance (from Allâh).

Verily, all success comes from Allâh and He guides to the best ways. He Alone is Sufficient for us and how excellent He is as Helper. May Allâh’s peace and blessing be on our Prophet Muhammad ﷺ, his progeny and all of his Companions.

Correct Faith and Righteous Deeds

Islamic Faith and performing righteous good deeds are the basis and the greatest way and means to acquire happiness. Allâh, the Exalted said:

﴿مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً

وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ﴾ [النحل: ٩٧]

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islâmic 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).” (16:97)

Allâh states in this *Āyah* that He has promised those who combine faith and righteous actions, of having a good life in this world and excellent rewards in this life and the Last Life. There is a good reason behind this promise. Those who have correct faith in Allâh (fruits of which include performing good deeds that purify the hearts, behavior, this life and the Hereafter) have the basis and resources to rely on to deal properly with whatever they receive of happiness and delight, as well as, depression, sadness and worry. For instance, the believers receive happy and delightful bounties with acceptance and thankfulness and use them in an advantageous manner. This better conduct gives them more delight, resurrects hope in them that these bounties will remain and be blessed further, and they also anticipate Allâh’s rewards for thankful believers. This way, they earn types of goodness and blessings that outweigh the original delights and bounties they received

and which produced these fruits and traits in them.

Moreover, faithful believers receive whatever harm, afflictions, depression and sadness that befall them by resisting whatever they can resist, striving hard to lessen their impact, and observing patience for whatever they cannot repel or defy. By doing so, they acquire various types of benefits, experience and strength from resisting the effects of the afflictions. They also taste tremendous delights from patience and awaiting the rewards with Allâh, that which diminishes the afflictions and replaces them with contentment, happiness and anticipation of compensation from Allâh. The Prophet ﷺ described the believers in this authentic *Hadith*:

«عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ، إِنْ أَصَابَتْهُ سَرَاءٌ شَكَرَ فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ فَكَانَ خَيْرًا لَهُ، وَلَيْسَ ذَلِكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ» [رواه مسلم]

“Amazing is the matter of the believer, for all of his affairs are good for him. If a bounty was bestowed on him, he thanks for it, and this is better for him. If an affliction touches him, he observes patience, and this is better for him, and this is only for the believer.” (*Muslim*)

This *Hadith* states that the believer’s rewards and goodness, and the fruits of his good deeds multiply when he receives bounties, as well as, when he suffers afflictions. This is why when you compare any two persons who receive a similar bounty or suffer a similar affliction, they vary greatly in the way they respond to the bounty or affliction, according to the degree of faith and righteous good deeds each one has. The believer who has good deeds in his records receives the bounty or affliction in the manner we described thankfulness and patience.