Patience and Gratitude

If you say that two things are **two sides of the same coin**, you mean that there are different ways of looking at or dealing with the same situation.

Allah ﷻ and Prophet Muhammad ﷺ taught us two different ways of dealing with situations in our lives. One is with **gratitude** and the other is with **patience**.

> Strange are the affairs of the believers (Muslims), for anything that happens to them, there is some goodness that will come out of it. If good things happen to them and they are thankful, that is good for them; If bad things happen, and they remain patient, that too is also good for them.
>
> {*Sahih Muslim, paraphrased for better understanding*}

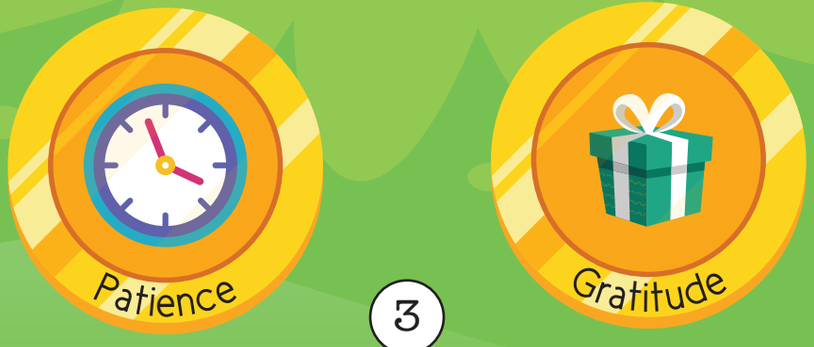
Prophet Muhammad ﷺ started off the hadith above by saying that the affairs or the situations that believing Muslims go through on a daily basis are strange, but why?

They are strange because there is always a good outcome if we learn how to respond to those situations. How should Muslims respond to these situations?

1)When **good things** happen, we need to be grateful to Allah ﷻ
2)When **bad things** happen, we need to be patient and trust in Allah ﷻ

In this edition of myDeen, we will discuss these two very important concepts in greater detail and how you can apply them in your daily life. Enjoy!

Two Sides of a Coin



QUR'AN BRAIN TEASER

The concept of gratefulness to Allah ﷻ is repeated multiples times in the Qur'an. Uh Oh! the English translations for the following Ayahs are written backwards. Rewrite them correctly to find out what they say (ask your parents for help if needed).

esoohc˙ yeht rehtehw ;yaw eht gnieb namuh yreve dewohs eW ,deednI“
{Surah 76, Ayah 3} ”(meht ot pu si eciohc eht) lufetargnu ro lufetarg eb ˙ot

“Indeed _____

_____

_____

”.hallA morf si ti ,evah uoy sgniht doog dna sgnisselb fo revetahw dnA“
{Surah 16, Ayah 15}

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,eM ot lufetarg eB .uoy rebmemer lliw I ;eM rebmemer nehT“
{Surah 2, Ayah 152} ”.(lufetargnu gnieb yb) eM tcejer ton od dna

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ot elba eb reven dluow uoy ,sgnisselb s’hallA tnuoc ot yrt dluow uoy fI“
{Surah 16, Ayah 18} ”.luficreM tsoM ,gnivigroF-llA si hallA yleruS .meht rebmun

_____

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COUNT YOUR BLESSINGS

Think hard before you answer and try not to use the same answer more than once.

1) Name something you are thankful for that is green?

2) Name something you are thankful for that is yellow?

3) Name something you are thankful for that is soft?

4) Name something you are thankful for that is round?

5) Name something you are thankful for that is small?

6) Name something you are thankful for that is big?

7) Name something you are thankful for that tastes good?

8) Name something you are thankful for that you can't see?

9) Name something you are thankful for that you can't touch?

10) What other things should you be grateful for?

Win a PRIZE!

Before we dive into the second part of the magazine that talks about patience, let's start you off with a challenging word search. The words will be hard to find, so work your way through the word search slowly and with patience!

Achieve	Determination	Commitment	Opportunity
Believe	Perseverance	Dedication	Purpose
Goals	Patience	Focus	Strength
Success	Tenacity	Grit	Winner

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          K Q U J                 V U M D
        O S U V S E             F N K H N V
      A M E W S C N B         E X I P T M L H
    B A S H K P Y L E S O P R U P Z A U H V
  Z L A M N O I T A C I D E D H T A S U C O F
B T N E M T I M M O C A C O W A L E V E I H C A
X J C Z M L G D C N L Z T R Y T V Y N T V T D S
S G W L Y N O I T A N I M R E T E D M I N M C E
N S R Q H G R Y R S W R H N C J I P V S L A O G
M W E F M C E C N E I T A P N U H C B R C D X D
D G R C O M G D G I A A H R A L S T A E D L U W
  Y D E C O C T U T C R P Q R S I P J N M S S
  N Y I V U Q Z U L N I O M E U H W S N E X A
    P T E E S Q G K R T V C V Q W Z W I D T
      P I E I P S O S F G B E S O C W W Y
        G N O L M E Z N X M S T I R G Z
          Z U G E H T G N E R T S B Y
            K T K B R U K F E J D Q
              U R C N K M P P D Z
                B O N T R D N D
                  K P X Y L P
                    T P R Q
                      V O
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Once you finish, take a picture and send it to: **submit@myDeen.club**.
One winner will be chosen at the end of the month to win **$50**!

Growth Mindset

I can CHANGE my MINDSET with my WORDS!

Fill in the blanks with statements of what you should tell yourself instead.

INSTEAD OF SAYING:	I SHOULD SAY:
I am not good at this	- I am not good at this YET, but I can keep trying till I get better.
This is too hard for me	- I'll keep working hard and keep on improving day by day.
I'm afraid to make a mistake	
I give up, I can't do this	
I'm never good enough	
I won't try because I'll fail	
I'm not as good as my friend	
Is Allah not happy with me?	
Plan A didn't work out	
I can't make myself any better	

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