Journal#3

In Silf's book (2009), the author explores the pain associated with human life and suffering. In particular, in the first and second chapters, the book explores the pain of undergoing changes and transitions. Similarly, the chapters provide insights on pain and suffering through personal accounts and close friends. As noted in the book, "everywhere we turn, we see the immediacy of the danger. Across the street, a house stands empty, repossessed by the bank because the people who called it home defaulted on their mortgage repayments" (Silf, p. 12). The interaction with the two chapters' themes has evoked hope in me, knowing that all human beings are subjected to suffering. In turn, this book has strengthened my resolve to overcome daily challenges and the suffering of my current circumstances of grieving.

The interaction with the book's contents has also contributed to an affirmation of redemptive suffering's theological concept. According to Ellsberg (2009), redemptive suffering can offer the fair punishment for one's sins and contribute to perpetual fulfillment. Narrated Abu Huraira (RA): Allah’s Messenger (peace be upon him) said, “”The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.”

Sahih al-Bukhari, Book 78, Hadith 1

for my sins, thereby contributing to the atonement of sins. Similarly, the Islamic view of suffering as an opportunity for human beings to follow in the example of Prophet Muhammad is also consistent with the book's teachings. In particular, I consider feelings of suffering a constant occurrence in human life, which is compatible with Allah's suffering (God)persevered for the Deen in Islam which is similar to the commitment the faith to christiany faith. As noted in the book, we should "trust that breakdowns in our personal lives might be the beginning of a breakthrough" (Silf, 2009, p. 14).

Completing this week's assignment has opened up new opportunities for Allah's manifestation ( God )in my personal life. Also, I have attained a better understanding of Allahs work in islam by interacting with this course material. Indeed, I have learned to trust Allah in all situations, even when they seem unbearable to me. Even during profound challenges and suffering, Allah is still working in use, and we are required to trust Him for a breakthrough. Moreover, the benefits of suffering in affirming God's strength in our lives is also an imminent lesson from this course material. In particular, God has previously used my experiences to communicate that He is still in control . That God manifests Himself to others through us is a valuable lesson for me from this week.

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