

Sacred Centering: Discovering Faith & Purpose through Adversity



Think about a time when you experienced an obstacle or challenging life circumstance?

As a result of this experience, consider and reflect on what has changed for you and how it impacted you?

How has this obstacle or challenge shaped how you see yourself today?

Reflect upon how it might have brought you closer to your faith in God and your purpose?

In the Quran, it is mentioned ‘verily with difficulty comes ease’ in Surah Al-Inshirah (Solace or Comfort)

Based on my understanding and perspective, this means nothing in life is ever all bad or all good. In every difficult situation, there is always something to be grateful for. With each hardship, God also gives us the strength and patience to bear it.

Personally, patience and gratitude, ‘sabr’ and ‘shukar’ (in Arabic) has guided me throughout my life and career journey as both ways of being have served as a compass for me to navigate through challenging life circumstances. Life is full of ups and downs and ebbs and flows. It is up to us individually to decide how we will respond. The Universe is not random. I believe everything in life happens for a reason.

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