

it by means of patience for the sake of Allah and puts one's trust in Him, turning to Him and expressing one's constant need for His help.

Therefore we know that patience is something that people need; in fact they are in desperate need of it in all situations. Hence Allah has enjoined it and tells us that He is ﴿with those who are patient﴾ that is, He is with those for whom patience is second nature. He is with them in the sense of helping and guiding them, thus hardships and difficulties become easy for them, they become able to cope with any serious matter and nothing is difficult for them. This kind of 'being with' is indicative of Allah's love, help, support and closeness, and it is a great privilege that is bestowed upon those who are patient. If those who are patient did not have any virtue other than the fact that Allah is with them, that would be sufficient honour for them. As for 'being with' in a general sense, it means that Allah is with us by His knowledge and power, as Allah (ﷻ) says:

﴿...He is with you wherever you may be...﴾ (al-Hadeed 57: 4)

This is general in meaning and applies to everyone.

Allah enjoins seeking help through prayer because prayer is the foundation of the faith and the light of the believers; it is the connection between the slave and his Lord. If a person's prayer is complete, including every obligatory and sunnah action, and it is done with the presence of mind that is its essence, when the individual begins to pray, feeling that he is indeed standing before his Lord, standing like a well-disciplined slave, focusing on everything that he says and does, fully immersed in conversing with his Lord and calling upon Him, then this prayer is most certainly one of the greatest helps in all one's affairs. Prayer restrains one from shameful and evil acts, because this focus in prayer will lead him to comply with the commands of his Lord and heed His prohibitions. This is the prayer through which Allah has enjoined us to seek help in all our affairs.