



﴿وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٥﴾ الَّذِينَ يَظُنُّونَ أَنَّهُمْ مُلَاقُوا رَبِّهِمْ وَأَنَّهُمْ إِلَيْهِ رَاجِعُونَ ﴿٤٦﴾ يٰبَنِي إِسْرَءِيلَ أَذْكُرُوا نِعْمَتِيَ الَّتِي أَنْعَمْتُ عَلَيْكُمْ وَأَنِّي فَضَّلْتُكُمْ عَلَى الْعَالَمِينَ ﴿٤٧﴾ وَاتَّقُوا يَوْمًا لَا تَجْزِي نَفْسٌ عَنْ نَفْسٍ شَيْئًا وَلَا يُقْبَلُ مِنْهَا شَفَعَةٌ وَلَا يُؤْخَذُ مِنْهَا عَدْلٌ وَلَا هُمْ يُنصَرُونَ ﴿٤٨﴾﴾ (سورة البقرة: ٤٥-٤٨)

- 2:45. Seek help through patience and prayer. Indeed it is hard, except for the humble,
- 2:46. Who are certain that they are going to meet their Lord, and that to Him they will return.
- 2:47. O Children of Israel! Remember the blessings which I bestowed upon you and how I favoured you above all other people.
- 2:48. Then guard yourselves against a day when no soul shall avail another at all and neither intercession nor ransom will be accepted from it, nor will they be helped.

Here, Allah commands them to seek help in their affairs by being patient in all situations. That means being patient in obeying Allah so that one may fulfil one's obligations properly, and being patient in refraining from disobedience, so that one may be able to keep away from it altogether. It also includes patience in accepting the decree of Allah when it is painful, so as to avoid becoming angry or discontented with it. Having patience and compelling oneself to do what Allah has enjoined is a great help in all situations. As a person strives to be patient, Allah will grant him patience. That also applies to prayer, which is the foundation of faith and keeps one from committing shameful and evil deeds. By means of prayer, a person may seek help in all his affairs.

«Indeed it» that is, prayer «is hard» that is, difficult «except for the humble». It is easy and light for them, because humility, fear of