

# Starter

A serene sunset scene over a beach. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. Waves are gently washing onto the sandy shore. In the background, there are silhouettes of palm trees and a coastline.

**[A] What do we have hope in Allah for?**

الرجاء

أعمال القلوب

# Hoping in Allah



**Life With Allah**

الحياة مع الله

Age: 14+  
Y10

# Session Objectives

By the end of this session bi'idhnillah, we hope to be able to:

- explain how we can increase our hope in Allah
- differentiate between real and deluded hope
- examine the impact of having hope in Allah

# الرجاء

Hope in Allah (rajā'), is to be fully mindful of Allah's endless mercy, and to have full confidence in His generosity.


# What do we hope for?

“Hope (in Allah) is a necessity for the seeker, on his journey to Allah. The seeker would nearly perish if he lost hope even for a moment, for he moves between:

- 1) sins which he hopes will be forgiven;
- 2) shortcomings which he hopes will be rectified;
- 3) righteous deeds which he hopes will be accepted;
- 4) steadfastness which he hopes to attain and sustain;
- 5) closeness to Allah and a high rank with Him which he hopes to attain;

— and no seeker can ever afford to lose sight of these.”

- *Ibn al-Qayyim (rahimahullāh)*

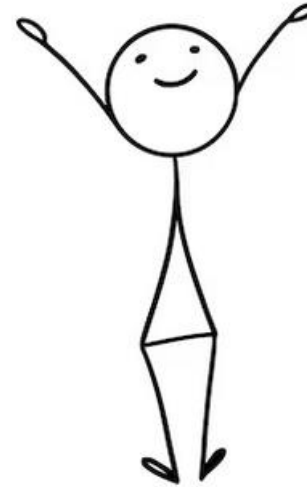


How can we not  
have hope in  
Him?

# The Positive Outcomes of Hope



Zayd 15  
Lacks hope  
in Allah



Khalid 15  
Strong in his hope  
in Allah

[A] What impact does this have on their lives? How are their lives different?

# Husn al-Zann Billah

[A] What do you think this means?

أَنَا عِنْدَ ظَنِّ عَبْدِي بِي

“I am as My servant  
thinks of Me...”

(Bukhārī).



# Hope & Iman

- Can you recall a situation where you (almost) lost hope?

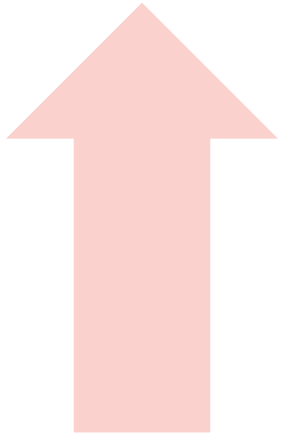
يُبَيِّنُ أَذْهَبُوا فَتَحَسَّسُوا مِنْ  
يُوسُفَ وَأَخِيهِ وَلَا تَأْيِسُوا مِنْ رُوحِ  
اللَّهِ إِنَّهُ لَا يَأْيِسُ مِنْ رُوحِ اللَّهِ إِلَّا  
﴿ ٨٧ ﴾ الْقَوْمُ الْكَافِرُونَ

- What is the link between having hope and iman?

## Story Time

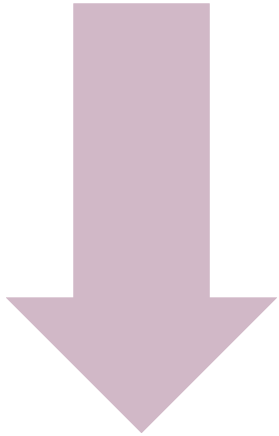
Ya'qūb ('alayhis salām): A heart attached to Allah

# Real Hope vs Deluded Hope



+

الرجاء



-

التمني

'It's ok, carry on doing what you're doing; your Lord is Very Merciful and He will forgive you!'

# Increasing Hope in Allah



[A] How do we increase our hope in Allah?



[A] Can you think of 5 Names of Allah ﷻ which inspire hope in Him?

“

*“The strength of one’s hope is proportional to the strength of one’s knowledge of Allah’s Names and Attributes, and the triumph of His mercy over His anger.”*

- Ibn al-Qayyim (rahimahullah)



# The Greatest Hope

[QF] Write 18:110

فَمَنْ كَانَ يَرْجُوا لِقَاءَ رَبِّهِ ۖ فَلْيَعْمَلْ عَمَلًا صَالِحًا وَلَا يُشْرِكْ  
بِعِبَادَةِ رَبِّهِ ۚ أَحَدًا

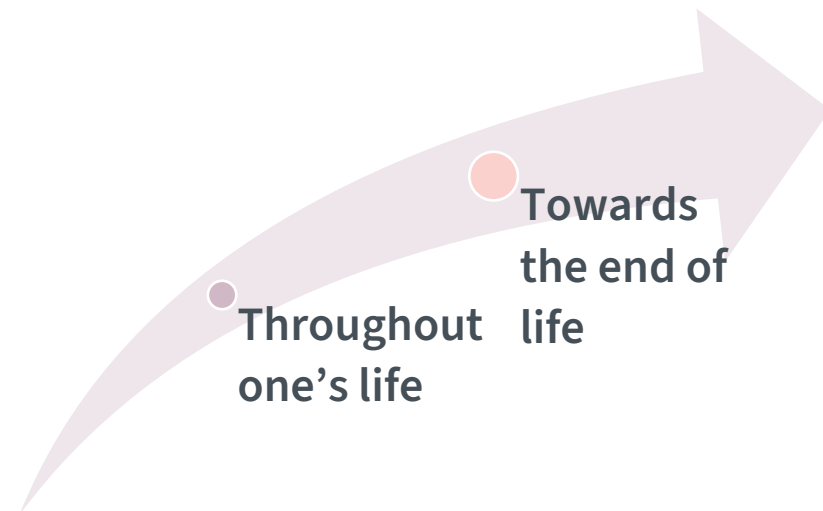
[A] Why do you think Ibn al-Qayyim describes this type of hope as the “essence of īmān”?

# Balancing Hope and Fear

- What does too much 'hope' lead to?
- What does too much 'fear' lead to?



At this stage in your life, which one do you feel you are more in need of?



“

*“If a caller from the sky was to announce: ‘People! All of you are going to enter Paradise, except for one person’, I would **fear** that I was that one person. And if a caller from the sky was to announce: ‘People! All of you are going to enter the Hell-fire, except for one person’, I would **hope** that I was that one person.”*

- ‘Umar (radīy Allāhu ‘anhu)

# A Powerful Du'a

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ ،  
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

O Allah! Your Mercy is what I hope for so do not entrust me to myself for the blink of an eye; and rectify all of my affairs. There is no god worthy of worship but You.

(Abū Dāwūd)



# Journal & Reflect



# Plenary



In pairs, take it in turns to try and talk for a minute about today's topic without pausing or repeating yourself.

# (Alternative) Plenary

- 1) What does a believer hope for from Allah?
- 2) What is the difference between al-Raja and al-Tamanni?
- 3) What does 'having good thoughts of Allah' mean?
- 4) What does having hope in Allah lead to?
- 5) What is the greatest hope we can have?
- 6) Why do we need to balance between hope and fear?
- 7) How can we increase our hope in Allah?