A Life of Lasting Happiness Is Possible

There is a state of mind that almost everyone would desire, but that some do not know how to attain: living in lasting happiness.

It is possible to be constantly at peace, to live free from uneasiness and sorrow, not to become angry, not to become bored—in other words, to live in uninterrupted happiness. Knowing God by the names and attributes He reveals in the Qur'an, knowing that His power is infinite and submitting to Him are the steps that lead us to experience this state of constant happiness.

People of faith derive the strength to live in uninterrupted happiness from their profound love for and trust in God. This connection must continue uninterruptedly; for a believer, the weakening of one's connection with God is very humiliating and harms both the soul and the body. Some people are easily distracted, and their connection with God weakens from time to time. This must never be accepted.

Being in a state of prayer in one's heart and asking God for every need are among the ways of keeping this connection constant. Praying, but also doing everything necessary—in other words, adhering to the causes—and expecting the outcome from God alone is the way of life of believers. This means remembering God not only at the times of prayer, but at every moment of the day and in every task.

In the 152nd verse of Surat al-Baqara, God says,

"Remember Me—I will remember you. Give thanks to Me and do not be ungrateful."

Remembering God means that He also remembers us, and there can be no greater honor or blessing than this.



The way for the heart to be at peace

When a person of faith wakes up in the morning, he begins his day peacefully by giving thanks to God; as he goes to work or school, he asks Him for help; while eating, walking and speaking, he reflects on His blessings and speaks of them with joy. This constant state of awareness protects a person from negativity and thoughts that distance him from God, and strengthens his submission to and trust in God. Constantly remembering God brings peace to the heart; a person who does not forget God's power is satisfied, that is, his heart is in peace and security.

In the 28th verse of Surat ar-Rad;

“Those who believe and whose hearts find peace in the remembrance of God. Only in the remembrance of God can the heart find peace. ” it is revealed.

This peace is a blessing that nothing worldly can provide. God's help for believers is uninterrupted. Every event that appears to be a mishap is certainly for the good of believers.

In his work entitled *The Discovery of Hearts*, Imam al-Ghazali warned those who forget God against the danger of their hearts becoming darkened. He emphasizes that forgetting God will

lead to heedlessness and cause a person to collapse spiritually. He also describes forgetting our Lord by becoming preoccupied with the temporary blessings and causes in this world as a vital error; he reminds us of the importance of living together with people who will remind us of God. The Qur'an also reveals the outcome of forgetting God as follows:

"'Those who took their religion as a diversion and a game, and were deluded by the life of the world.' Today We will forget them just as they forgot the encounter of this Day and denied Our Signs." (Surat al-Araf, 51)

A person who forgets God also gradually moves away from the purpose of his creation. When he becomes immersed in worldly affairs and falls into heedlessness, he ceases to think about death and the Hereafter. May God protect us all from such heedlessness.



What truly gives peace to a person's heart is always remembering God

Remembering God brings relief to a person's heart. When a believer encounters a difficulty, he says, **"God is the Greatest,"** and remembers that God is greater than all things and that His power is sufficient for all things. When he sees a beauty in creation, he says, **"Glory be to God,"** and reflects that our Lord is free of all imperfections. When he becomes aware of a blessing bestowed upon him, he praises God by saying, **"Praise be to God."** When he makes a mistake,

he asks his Lord for forgiveness by saying, **“I seek God's forgiveness.”** He thus turns to God both in joy and in difficulty. Knowing that he can take refuge in his Lord under all circumstances gives peace to his heart.

A believer knows that God's power is sufficient for all things and that he is in need of His help at every moment. With this awareness, he presents every need to his Lord in prayer and trusts in Him. In the 201st verse of Surat al-Baqara, God reveals as follows:

“And there are others who say, ‘Our Lord, give us good in the world, and good in the hereafter, and safeguard us from the punishment of the Fire.’” (Surat al-Baqara, 201)

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