

## When All Else Fails: Patiently Persevere

There is no such thing as a perfect day; that fact comes with being human. Whether it's losing a loved one or failing an exam, we struggle with different issues every single day. Dealing with our troubles can take a toll on us, making things seem hopeless, and sometimes throwing us in a dark sea of helplessness. Many will unfortunately drown, while some, who have a special super power, will manage to stay afloat and even make it safely back to shore. That special power is perseverance; and those who make it to dry land are those who patiently swim against the current. Patiently persevering is what can help us lead happier, more successful lives; however, it does oftentimes require a lot of faith in Allah.

Patience is the practice of controlling our actions and attitudes despite our frustration and sadness in the face of daily ordeals, leading to more prosperous and happy lives. In the absence of patience, our temper may flare, and we may begin to feel discouraged. A 2012 study of 400 graduate students showed that those who patiently persevered had increased positivity and decreased depression, resulting in overall better mental health (Schnitker, 1). This is because being patient with anything, whether it's a coworker who doesn't share your views or a floorboard that won't stop creaking, dampens your anger; and calm people tend to accomplish more. Furthermore, a person who patiently perseveres often reaches their targets more successfully than those who quit or give up. They work towards their tasks and feel greater satisfaction when completing them, and are more content with their lives as a whole. (6-7).

Having patience not only contributes to a better life, but also establishes a greater connection with Allah and stronger faith in Him. We are often more serious and sincere in our supplications when we are desperate, and Allah tells us in the Quran, "Call on me, I will answer you" (The Quran, 40:60). This means that whenever we are going through a difficult time in our

lives, we must ask for His help. But what must we do next? We need to persevere through our problems, continue to work hard, and have trust that Allah will guide us through. “O believers! Patiently endure, persevere, stand on guard, and be mindful of Allah, so you may be successful” (The Quran, 3:200). In this verse, Allah tells us outright that if we endure the tests He sends our way, we will be successful. Our main goal in this life is to please Allah and pave our way to Paradise, and the people who persevere earn Allah’s love and blessings. Various verses in the Quran describe Allah’s love and assistance for those who are patient, such as: “...And Allah loves the steadfast” (Quran, 3:146) and “Indeed, Allah is with the patient” (Quran, 2:153). Those who are patient will be blessed by Allah, as our Prophet Muhammed (PBUH) once said: "And whoever attempts to be patient, Allah will make him patient. Nobody can be given a blessing better and greater than patience" (at-Tirmidhi, 2024).

Despite all the aforementioned benefits of patience, there are arguments against it. One major thought is that being patient only helps you, whereas those around you are not concerned with the journey, but rather with the results; thus, they will become impatient. Others argue that you shouldn’t be patient because sitting around and waiting won’t get you anywhere (Karbasfrooshan, 1). These arguments are, however, flawed, and suggest a huge misunderstanding of patience. Patience doesn’t mean sitting around doing nothing! A good way to think of patience is the way American author Joyce Meyer put it: “Patience is not the ability to wait, but the ability to keep a good attitude while waiting.” Maintaining a positive attitude and working hard while calmly waiting for something will help you achieve an impressive outcome. Take the well-known fable, “The Tortoise and the Hare”. The moral of that story is that ‘slow and steady wins the race’. The tortoise was able to win the marathon because he persevered no

matter how slow his progress was. If we implement this type of perseverance in our lives, others *will* see our progress despite our struggles, even if our results are lacking.

Bad things happen everyday; it's inevitable. Whether it's something as disastrous as losing a job or as inconsequential as breaking a glass cup, we may face multiple difficulties daily. The only way to overcome these challenges is to exercise patience and persevere in the face of anything life throws our way. It is true we need a dash of faith to be able to persevere in the face of adversity. However, once we come out triumphant on the other end by Allah's grace, that faith is greatly multiplied. Allah tells us He will bless us if we patiently persevere, and by doing so we will lead satisfying, content lives in both our Dunya and Akhirah.

“Sunnah.com.” *Search Results - Search Results - Patient Blessing (Page 1) - Sunnah.com - Sayings and Teachings of Prophet Muhammad (صلى الله عليه و سلم)*,  
sunnah.com/search?q=patient+blessing.

Karbasfrooshan, Ashkan. “Patience Is a Virtue, for Losers.” *TechCrunch*, TechCrunch, 11 Feb. 2012, techcrunch.com/2012/02/11/patience-virtue-for-losers/.

“The Noble Quran.” *Quran.com*, quran.com/.

Schnitker, Sarah A. “An Examination of Patience and Well-Being.” *The Journal of Positive Psychology*, vol. 7, no. 4, 2012, pp. 263–280., doi:10.1080/17439760.2012.697185.