

# AT THE CROSSROADS?

*Healing through Repentance, Reflection & Renewal*

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**GUIDELINE**

COUNSEL · COMPASSION · COHERENCE

A Project Of Darul Ihsan Humanitarian Centre

## **YOUR LIFE CAN CHANGE AT ANY MOMENT**

Life is full of pivotal moments, both big and small, that shape us in unimaginable ways. From everyday choices to life-altering decisions, each step we take, contributes to the path we walk.

When you're standing at a crossroads, contemplating marriage, considering a financial leap, moving to a new city, starting a family, or even deciding to leave a marriage, the weight of the moment can feel immense. These turning points carry the power to redefine your future.

They demand clarity, courage, and sometimes, deep inner healing. It is in these moments that we are called to pause, reflect, and realign ourselves with our values, and connect with Allah Ta'ala.

## **THINK BEFORE YOU ACT!**

In a world that glorifies speed and progression, the power of reflection is often overlooked. We are conditioned to be reactive and stay stimulated, leaving little room for stillness or soul-searching. Yet it is in those quiet, unrushed moments that the deepest insights often emerge.

When you find yourself at a crossroads, resist the pressure to decide hastily. Instead, carve out a space, free from distractions, to truly reflect with a calm mind and a true heart.

- ◆ Assess your options with clarity
- ◆ Consider your emotional state
- ◆ Think through the short and long-term implications of each path
- ◆ Avoid making important decisions when emotions are running high

*“But perhaps you hate a thing and it is good for you, and perhaps you love a thing and it is bad for you. And Allah knows, while you know not.”* (Surah Al-Baqarah:216)

## FAITH-FOCUS

Islam teaches us that our decisions should have spiritual significance. When your heart is restless and your mind clouded with uncertainty, it is your connection to Allah Ta'ala that anchors you.

Allah Ta'ala reminds us in the Qur'an, *“O believers! Seek comfort in patience and prayer. Allah is truly with those who are patient.”* (Surah Al-Baqarah:153)

Reflection is powerful, but it's only the beginning. Be practical in your approach. Seek guidance from people of knowledge and wisdom, consult your loved ones and engage in prayer, Dua, Tawbah, and Istikharah.



This process realigns your heart with divine wisdom, not just personal desire. One sincere step towards Allah Ta'ala can open doors you never imagined.

## THINK YOU'RE READY? 5 QUESTIONS TO PONDER

### 1. Have I Weighed The Risks and Rewards?

It is essential to consider both what you stand to gain and what you might lose. Are you walking into a decision with blinkers on? Islam does not discourage planning or caution, rather it promotes it! Nabi Muhammad ﷺ beautifully illustrates this in the following Hadith:

Hazrat Anas bin Malik narrated that a man said: "O Messenger of Allah! Shall I tie it (my camel) and rely (upon Allah), or leave it loose and rely (upon Allah)?" He said: "Tie it and rely (upon Allah)." (Tirmizi 2517)

Importantly, we trust in Allah Ta'ala regardless of the outcome. You are not expected to control what is to come, but you are expected to be responsible with the process. Weighing the risks and rewards is part of tying your camel.



## 2. What is My Intention?

*What's your 'why'?*

Your 'why' determines the reason for every choice you make; and it's more significant than you may think.

It was narrated that 'Umar bin Al-Khattab ؓ, said that the Messenger of Allah ﷺ said: *"Actions are but by intentions, and each man will have but that which he intended. Whoever emigrates for the sake of Allah and His Messenger, his emigration was for the sake of Allah and His Messenger, and whoever emigrates for the sake of some worldly gain or to marry some woman, his emigration was for that for which he emigrated."* (Sunan an-Nasa'i 3437)

Consciously check in with your intention, and purify it before taking the leap.

## 3. Have I Engaged in Mashwara and Istikhara?

Islam encourages a powerful two-fold approach - Mashwara (consultation) and Istikhara (seeking good outcomes from the divine).

Allah Ta'ala instructed Nabi Muhammad ﷺ to consult the Sahabah in an incident narrated in the Qur'an: *"...and consult with them in conducting matters. Once you make a decision, put your trust in Allah. Surely Allah loves those who trust in Him."* (Surah Ali 'Imran:159)

Have you engaged with people of wisdom, those with life experiences, sound judgement and sincere concern for your well-being? Have you made Istikharah with a heart of conviction?

#### 4. Will This Path Bring Me Closer to Allah?

Your purpose of life is to worship Allah Ta'ala and gain closeness to Him, hence, every step we take should move us in this direction.

Allah Ta'ala says in the Qur'an: *"Say, 'Surely my prayer, my sacrifice, my life, and my death are all for Allah – Lord of all worlds.'"* (Surah Al-An'am:162)

This verse reminds us that our entire existence is meant to be in service of our Creator. Every choice, whether personal, professional, or relational, should reflect that.

Hazrat Abu Huraira رضي الله عنه reported Allah's Messenger ﷺ as saying: *"A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart and if anything (in the form of trouble) comes to you, don't say: If I had not done that, it would not have happened so and so, but say: Allah did that what He had ordained to do and your "if" opens the (gate) for the Satan."* (Sahih Muslim 2664)

## 5. How Will I Handle the Challenges Ahead?

Challenges are inevitable and evolving, as is the nature of this Dunya (world) we call home. It is in how we respond to challenges that keep us grounded.

*“And whoever is mindful of Allah, He will make a way out for them, and provide for them from sources they could never imagine. And whoever puts their trust in Allah, then He alone is sufficient for them. Certainly Allah achieves His Will. Allah has already set a destiny for everything.”* (Surah At-Talaq:2-3)

When you have reliance in Allah Almighty, you are never alone, and He will always be your strength.

### DUAS FOR GUIDANCE

The supplication of the shorter form of Istikhara was a common practice found amongst the Sahabah ﷺ:

اللَّهُمَّ خَيْرْ لِي وَاخْتَرْ لِي  
*Allahumma khir li wa 'khtar li*

“O Allah, destine good for me, and choose for me.”

It was narrated that Ibn 'Umar ؓ said: "The Messenger of Allah ﷺ never abandoned these supplications, every morning and evening:

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ الْعَفْوَ وَالْعَافِیَةَ فِی الدُّنْیَا وَالْاٰخِرَةِ اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ الْعَفْوَ  
وَالْعَافِیَةَ فِی دِیْنِیْ وَدُنْیَایْ وَاهْلِیْ وَمَالِیْ اَللّٰهُمَّ اسْتُرْ عَوْرَاتِیْ وَامِنْ رَّوْعَاتِیْ  
اَللّٰهُمَّ احْفَظْنِیْ مِنْ بَیْنِ یَدَیْ وَ مِنْ خَلْفِیْ وَعَنْ یَمِیْنِیْ وَعَنْ شِمَالِیْ وَمِنْ فَوْقِیْ  
وَاعُوْذُ بِعَظَمَتِكَ اَنْ اُغْتَالَ مِنْ تَحْتِیْ

*Allahumma inni as'alukal-'afwa wal-'afiyah fid-dunya wal-akhirah.  
Allahumma inni as'alukal-'afwa wal-'afiyah fi dini wa dunyaya wa ahli  
wa mali. Allahum-mastur 'awrati, wa amin raw'ati Allahumma  
wahfazni min bayni yadayya, wa min khalfi, wa 'an yamini wa 'an  
shimali, wa min fawqi, wa 'audhu bika an ughtala min tahti*

O Allah, I ask You for forgiveness and well-being in this world and in the Hereafter. O Allah, I ask You for forgiveness and well-being in my religious and my worldly affairs. O Allah, conceal my faults, calm my fears, and protect me from before me and behind me, from my right and my left, and from above me, and I seek refuge in You from being taken unaware from beneath me.”









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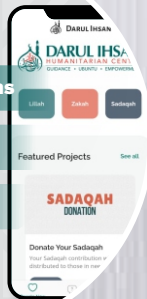
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## About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

## Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

## Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

