

# How to use “Tawakkul” (Total Reliance on Allah ﷻ) in Relieving our Anxieties and Worries



Tawakkul refers to putting your trust in Allah – to believe that He alone can ward off the harms of this world, provide you blessings and sustenance, and to ease your challenges. **Tawakkul is also about accepting the results that He decides regardless of how they may turn out to be.**

To understand the concept of Tawakkul, consider how tense and worried you get at times about the challenges of this worldly life. Whether it's you worrying about losing your job or sustenance, or general life problems that you may come to face, Tawakkul is your belief and the attitude that you have about putting your trust in Allah to take care of all your affairs.

Allah Says

وَيَرْزُقُهُ مِنْ حَيْثُ لَا يَحْتَسِبُ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا

*And will provide for him from where he does not expect. And whoever places his trust in Allah, Sufficient is He for him, for Allah will surely accomplish His Purpose: For verily, Allah has appointed for all things a due proportion. Quran (Surah Talaq, 65:3)*

## *Tawwakul in Allah*

QURAN 14/11

وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

**“And in Allah let the believers put their trust”**

The [Quran](#) makes it clear that Tawakkul is not an option but rather a requirement. Allah (may He be Exalted) says:

وَعَلَى اللَّهِ فَتَوَكَّلُوا إِن كُنْتُمْ مُؤْمِنِينَ

*“...and put your trust in Allâh if you are believers indeed. Quran ([Surah Al-Ma'idah](#), 5: 23)*

### **Don't give up on Your Efforts**

Tawakkul shouldn't be mistaken with giving up your efforts [thinking](#) that somehow your challenges will get resolved. Rather striving and working with the attitude that Allah will take care of your affairs and will help you in getting through your trials is part of you having the Tawakkul on Allah.

*Some scholars have stated that “Tawakkul in reality does not deny actually working and striving for provision, for Allah Almighty has decreed that we should work and it is from His ways that he gives people when they strive. In fact, Allah Almighty ordered us to both depend upon Him and to work, to take the necessary steps needed to*

*achieve our goals, and so the act of striving for our sustenance is an act of physical worship while trusting and depending upon Allah is faith in Him.”*

## Trust In Allah-The Ever Living

وَتَوَكَّلْ عَلَى الْحَيِّ الَّذِي لَا يَمُوتُ وَسَبِّحْ بِحَمْدِهِ وَكَفَى بِهِ بِذُنُوبِ عِبَادِهِ خَبِيرًا

Trust in that Allah Who is Ever-Living and will never die Glorify Him with His praise, for He alone is sufficient to be aware of the sins of His slaves. Q25/58

*Allah says:*

إِنَّمَا تَعْبُدُونَ مِن دُونِ اللَّهِ أَوْثَانًا وَتَخْلُقُونَ إِفْكًا إِنَّ الَّذِينَ تَعْبُدُونَ مِن دُونِ اللَّهِ لَا يَمْلِكُونَ لَكُمْ رِزْقًا فَابْتَغُوا عِنْدَ اللَّهِ الرِّزْقَ وَاعْبُدُوهُ وَاشْكُرُوا لَهُ إِلَيْهِ تُرْجَعُونَ

**“...So seek provision from Allah and worship Him (alone).”**  
**[Al-‘Ankaboot 29: 17]**

**Tafseer of this Aya is “Look for sustenance and do not sit around in the masaajid claiming that you are putting your trust in Allah. Do not sit in your homes and claim that your**

***daily sustenance will come to you.” This is wrong and a true believer doesn’t say such things.”)***

This obviously applies to not just seeking provisions but in striving to resolve other matters of our lives – just as long we remember and believe that His will is a prerequisite for our matters to get resolved and to accept what He ultimately decrees.

The scholars have also stated that, ***“other than our efforts that we put in, a Muslim should also combine Tawakkul with other means, whether they are acts of `Ibadah (worship) like Du`a’ (supplication), Salah (Prayer), Sadaqah (voluntary charity) or maintaining the ties of kinship, or other material means which Allah has predestined.”)***

Allah (ﷻ), also says in the Quran:

الَّذِينَ قَالَ لَهُمُ النَّاسُ إِنَّ النَّاسَ قَدِ جَمَعُوا لَكُمْ فَاتَّقُوا اللَّهَ فَرَّادَهُمْ إِيمَانًا وَقَالُوا حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

*[There were] those to whom people said: “The people are gathering against you, so fear them.” But it only increased their faith; they said: “For us Allah is Sufficient and He is the best Disposer of affairs” (Qur’an 3:173)*

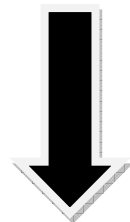
## **Benefits of Tawakkul**

One of the major benefits of Tawakkul is that it can relieve us from unnecessary

anxiety, worry, and resulting depression from the challenges that we may be facing. By believing that all our affairs are in Allah's hands and we can do only what is in our control, we leave the results to Allah and accept His decree whatever it may be.

***“the fruit of tawakkul is the acceptance of Allah’s decree. Whoever leaves his affairs to Allah and then is accepting of what he is given has truly relied on Allah. Al-Hassan and others among the salaf defined tawakkul as ridhaa (acceptance).”***

## **Dua for Putting One’s Trust in Allah**



## Putting One's Trust

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ،  
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

'Bismillaah, Tawakkaltu 'ala Allaah  
wa laa hawla wa laa quwwata illa Billaah'

“When a man leaves his house and says (the above dua) 'In the name of Allah, I put my trust in Allah, and there is no power and not strength except with Allah', it is said: 'You have been guided, taken care of and protected,' and the devils turn away from him. And another devil says to him: 'What you can do with a man who has been guided, taken care of and protected?'”

**Prophet Muhammad's Hadith**

Reported by al-Tirmidhi, 3423; Abu Dawood, 5095; classed as saheeh by al-Albaani

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Let's strive to understand the concept of Tawakkul and to make it part of our belief systems. We will notice that things will not only get resolved easier with His help, but Tawakkul will also relieve us from the day to day anxieties and worries associated with the challenges of this life.