

كُنْ فَيَكُونُ Kun Fa Yakoon'

- How It Shapes Our Lives

“Be, and It Is” - What It Means for Us

We have all heard the phrase “*Kun fa yakoon*” - “*Be, and it is.*” It is powerful, and for good reason. These words from the Quran speak to Allah’s unmatched power and authority over all things. While we are often drawn in by how they sound, we do not always pause to reflect on what they truly mean. We recite it, hear it in talks, or come across it while reading but rarely let it sink in.

If we think about it, these two words underlie the existence of everything we know... from the vast cosmos to the tiniest cell in our bodies. No materials. No steps. Just the will of the Almighty. Just a command. And it happens.

In this article, let’s explore what that actually means for us and our lives, and how this understanding can shift the way we deal with stress, fear, uncertainty, and the moments when life feels out of our hands.

Power That Doesn’t Need a Process

We are used to power taking time. Everything we do in life comes with steps. Build a house, you need months. Work toward a career, it takes years. Even changing how we feel or think is not quick. There is always a process.

But when we hear “*Kun fa yakoon,*” we are being shown a completely different kind of power. This is not step by step. It is not bound by time. It is

instant.

Take the birth of Prophet Isa (Jesus), peace be upon him. No father. Just the command. And Maryam conceived him and gave birth to him. Allah says in the Quran,

إِنَّ مَثَلَ عِيسَىٰ عِنْدَ اللَّهِ كَمَثَلِ آدَمَ خَلَقَهُ مِنْ تُرَابٍ ثُمَّ قَالَ لَهُ كُنْ فَيَكُونُ

“The example of Jesus to Allah is like that of Adam. He created him from dust then said to him, ‘Be,’ and he was.” (Surah Aal-Imran, 3:59)

For us, this is a reminder. Just because we do not see a path forward, or do not see a process leading to a result, does not mean there is none. It could be that the path is hidden. Or that it may not even exist yet. And that is exactly the point. The One who says “*Kun (Be)*” is not limited to opening paths. He can create them from nothing.

It Shifts Our View of What's Possible

There is this subtle thing we all do. We think in terms of what is possible and what is impossible, based on our own experience or what we have seen others do. We build an invisible box around what seems likely, and we end up staying inside that box without realizing it. But *kun fa yakoon* is not in that box. It breaks the whole frame entirely.

Take the example of Prophet Nuh, peace be upon him. He spent centuries calling his people to truth, and for the most part, there was no visible progress. Then, Allah asked him to build a ship. At the time, it did not make sense. There was no flood. There were no signs. People mocked him. They could not imagine why someone would build a ship in the middle of dry land. But then, suddenly, the flood came. Everything changed.

So when we find ourselves saying things like, “There is no way out,” or “It is too late,” we are usually saying it because the solution is beyond what we can imagine. And that is fine. We are human. But if we believe in “Kun” -

that Allah says “Be” - and “fa yakoon” follows, then we have to be honest with ourselves: our imagination is not the boundary of what is possible through the might of Allah.

It Shifts How We See Time

A lot of our anxiety comes from time. We become afraid that we are late. That things are not happening fast enough. That we missed our chance or wasted too much of our life. So we rush. We panic. We constantly feel like we are behind.

But *Kun Fa Yakoon* challenges that whole mindset. It reminds us that time is not the one in control, but Allah is. When He wills something to happen, it does not need a long buildup or years of effort. It just needs His command. And that can happen at any moment.

Think about Prophet Zakariya, peace be upon him. He and his wife had reached old age. From every logical angle, the time for having a child was long gone. But then came the moment. It was not a new method, nor a scientific breakthrough. Just a command. And Prophet Yahya, peace be upon him, was born. The timing was not based on human expectations. It was based on divine wisdom.

The Quran tells us,

هُوَ الَّذِي يُحْيِي وَيُمِيتُ فَإِذَا قَضَىٰ أَمْرًا فَإِنَّمَا يَقُولُ لَهُ كُن فَيَكُونُ

“It is He who gives life and causes death; and when He decrees a thing, He only says to it, ‘Be,’ and it is.” - Surah Ghafir (40:68)

So when we feel like something is too late, we have to ask ourselves: who told us that? Who gets to decide when our window has closed? Because if Allah wants something for us, it does not matter if the world says the time has passed. His command does not operate on our deadlines or this world’s limitations.

We still plan. We still work. But we stop thinking that time is the master. It is not. **Time itself is a creation.** And it only moves the way Allah allows it to. If we truly internalize that, we will stop being its prisoner.

It Reminds Us Who Built the System

When we talk about “*Kun Fa Yakoon*,” we are not saying that everything in the world happens by random command without structure. Allah created a system. He designed processes. The sun rises because of set motion. Water boils at a set temperature. Our bodies follow patterns that medicine can study. That is not outside of Allah’s power. **That is His power, expressed through precision.**

But that system itself only came into being through *Kun Fa Yakoon*. Allah said “*Be*”, and the system came into being. He did not need to engineer it step by step like we would. He created the laws, the processes, the order - all of it - through a single act of will. That is what makes it so awe-inspiring.

And once in a while, He suspends that system. Like the fire that cooled for Prophet Ibrahim, or the sea that parted for Prophet Musa. That is when we see *Kun Fa Yakoon* more visibly. The natural order pauses, and something outside of it takes place. Not randomly, but by command.

But even when we do not see miracles with our eyes, *Kun Fa Yakoon* is still behind the scenes, whether in what we call miracles or what we call mechanisms. In the end, both are created. Both are sustained. Both are His. **Whether through an already established process or interruption, they are all expressions of *Kun Fa Yakoon*.**

So when we face something that does not make sense to us, whether it is a sudden crisis, a health issue, or a turn in our life we did not expect, we should remind ourselves that both the system and its exceptions are in His control. He can work within the process or outside of it. And that means no

situation is ever fully out of reach.

The Quran tells us,

إِنَّمَا أَمْرُهُ إِذَا أَرَادَ شَيْئًا أَنْ يَقُولَ لَهُ كُنْ فَيَكُونُ

“His command is only when He intends a thing that He says to it, ‘Be,’ and it is.” – Surah Ya-Sin (36:82)

Not Everything Happens Instantly - And That Is Not a Problem

This is something important to understand. Yes, Allah has the power to say “Be” and something happens immediately. But that does not mean everything in our lives will happen instantly just because He can make it so. That is not a flaw in *Kun Fa Yakoon*. Rather, it is part of how Allah chooses to carry out His will with wisdom.

We were not sent to this world just to witness miracles outside the normal process. We are here to grow as part of the process that Allah has established for us. And growth, by nature, and by design, takes time. **There are things that Allah could give us in a moment and instantly, but He chooses to delay them** - not to hurt us, but to build something in us.

Look at the story of Prophet Ibrahim, peace be upon him. He was not saved *before* being thrown into the fire. He was saved *inside* it. The fire still existed. The fear was still real. But Allah’s command came at the exact moment it needed to. The fire itself was changed by that command.

The same with Prophet Musa (Moses), peace be upon him. The sea did not part while he was still thinking about leaving. It opened *after* he walked to its edge. There was no visible opening ahead. But he walked. And then the path was created.

These were not delays. They were precise timings. Allah was not late. He was preparing something both in them and around them.

What that teaches us is that *Kun Fa Yakoon* does not only apply to the final outcome. It also applies to the growth that happens in the waiting. Sometimes what Allah is creating is not the solution itself, but the person who is ready to receive it with more strength, more clarity, and more understanding than they had before.

The change outside of us matters. But often, the bigger change is what happens inside us while we wait. And that change may be part of the miracle itself.

In the End...

At some point, we all run into situations that remind us we are not in control, no matter how much we plan, prepare, or try. Illness, loss, unexpected turns. These moments strip away the illusion of stability and reveal just how dependent we truly are. But that realization is not meant to crush us. It is meant to bring us back to what is constant.

If Allah says “*Be*” to something in our life, then no wall, no person, no system can stop it. And if He says “*Not yet,*” then no amount of striving will make it happen faster. But that does not mean He is not listening. **It just means the story is still unfolding.**

The key to remember is that we are not meant to control the timeline. We are meant to walk the journey with trust. And that is what *Kun Fa Yakoon* teaches us... not only that Allah is powerful, but that His power is always guided by wisdom.

So we remind ourselves again and again that things can change. Relief can come. Doors can open. Because the One who said *Be* to the heavens and the earth still says *Be* to hearts, to moments, and futures.

And that includes ours as well.