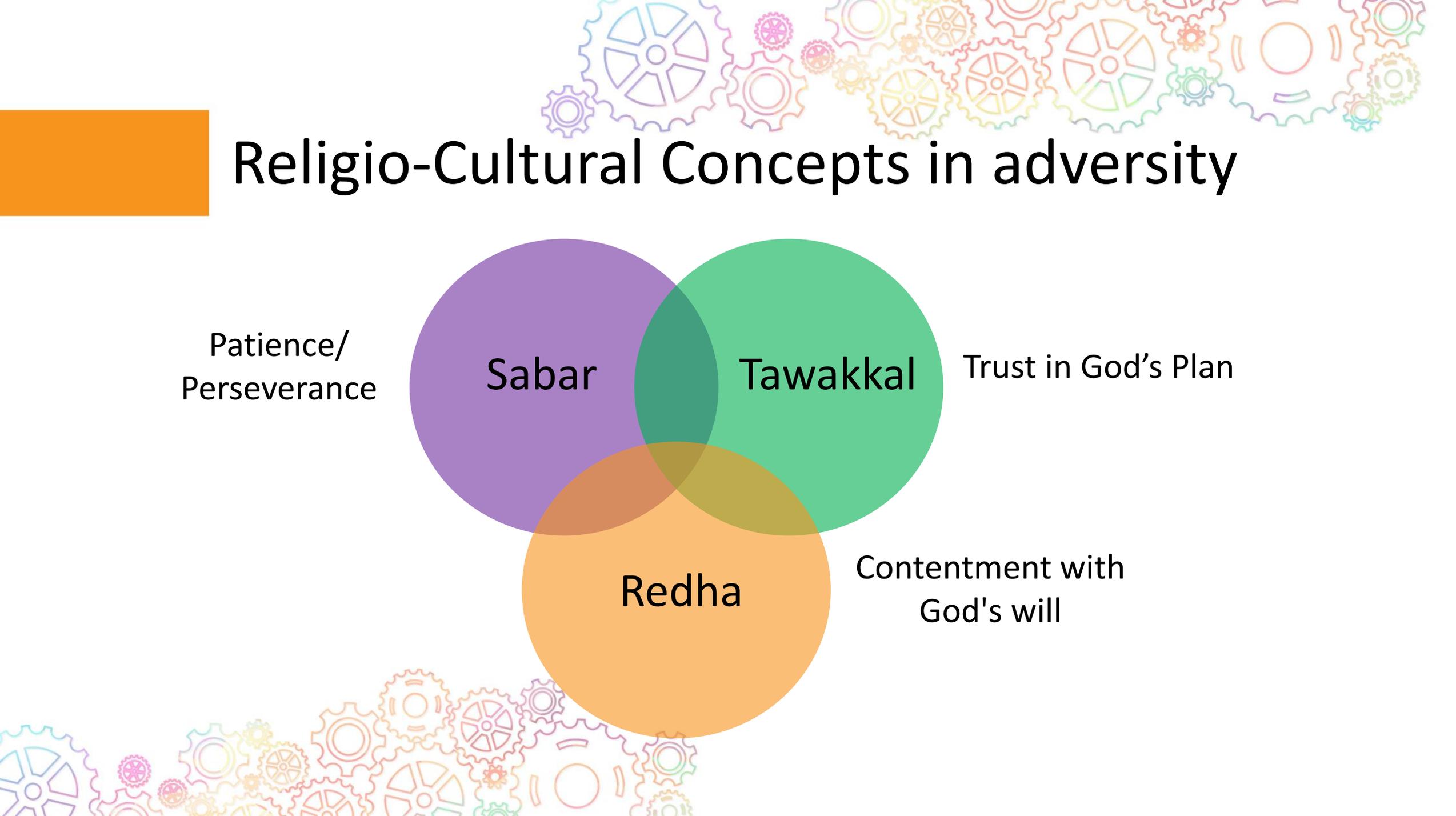


# Religion and Culture as a Resource to Support Multi-Stressed Families

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Islamic Religious Council of Singapore (MUIS)



# Religio-Cultural Concepts in adversity

Patience/  
Perseverance

Sabar

Tawakkal

Trust in God's Plan

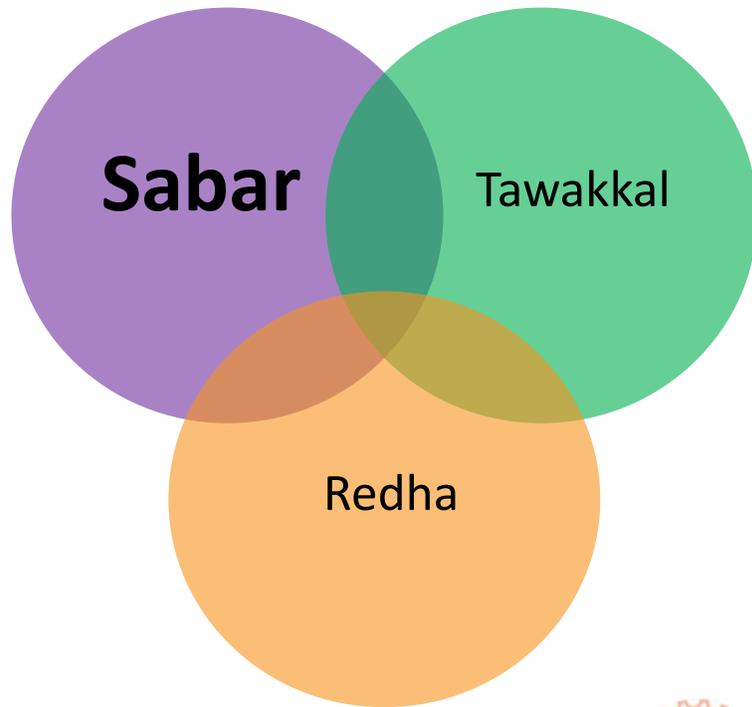
Redha

Contentment with  
God's will



# Religio-Cultural Concepts in adversity

## Patience/ perseverance



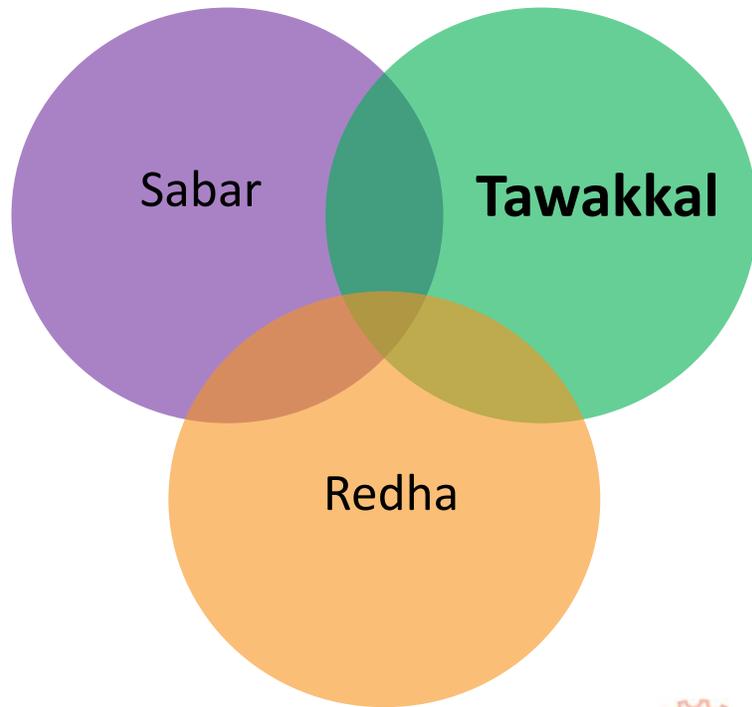
- Patience & perseverance a Prophetic virtue
  - “Those inflicted with the hardest adversities are Prophets”
  - To raise one’s spiritual station
- Seeks to nurture resilience in adversity
- Strengthen one’s resolve to strive for betterment of circumstances





# Religio-Cultural Concepts in adversity

## Trust in God's Plan

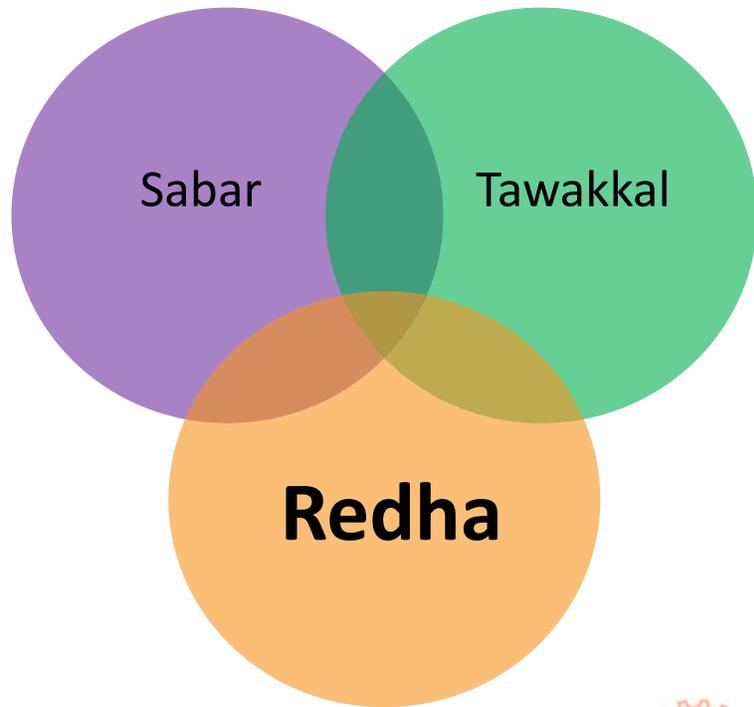


- Entrusting results in Allah after the effort is made
  - Rooted in the Prophetic tradition “Tie your camel and then entrust in God’s care”
  - Help cope & manage anxiety, worry & fear to enable focus on the present, develop mindfulness when faced with adversity.
  - Misunderstanding between non-attachment to temporal world with renouncing material needs
- 



# Religio-Cultural Concepts in adversity

## Contentment with God's will

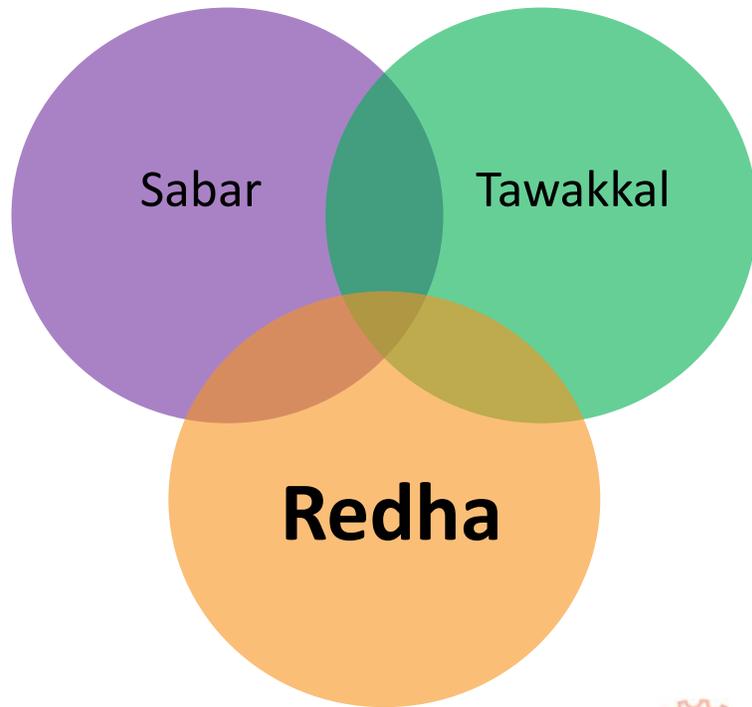


- Closely related to syukr, or gratitude
  - Seek to nurture contentment **so as not to be distracted by too many temporal ambitions to the point of losing joy in the existing ones**
  - To uplift when faced with failure, disappointment & hardship
- 



# Religio-Cultural Concepts in adversity

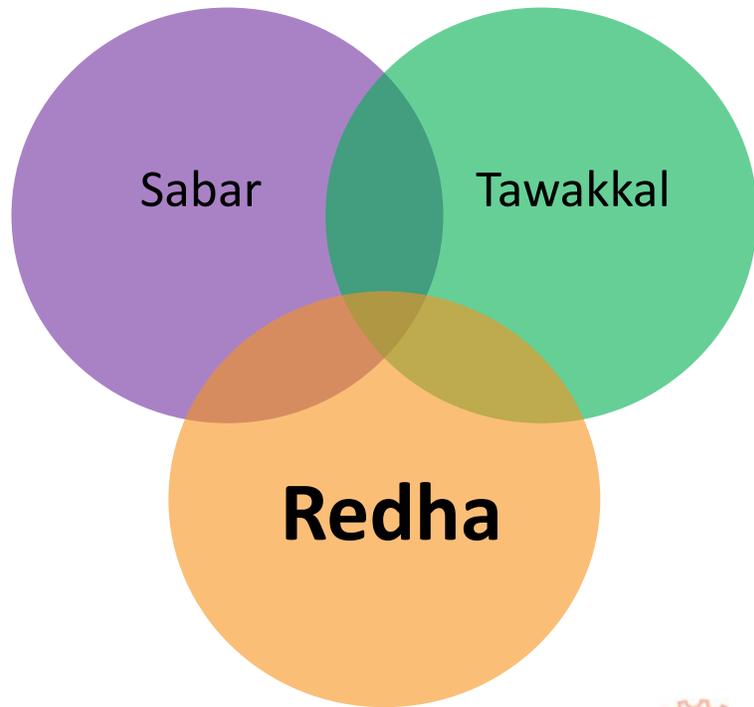
## Issues resulting from misunderstanding



- To try hard to get out of poverty & hardship = as if not contented with fate - **Constant improvement in both temporal & spiritual life is religiously demanded**
  - **Acceptance to the point of complacency** & no sense of urgency as tribulation is perceived as God's way of raising one's spiritual station
    - Family violence – **PROHIBITED! , duty to protect, not disobedience**
    - Delay in seeking financial or social as rooted in as waiting for God's assistance – **against concept of tawakkal after effort**
    - Issue of higher number of children in families needing assistance – **family planning? Blessings which comes with responsibility in parenting.**
- 

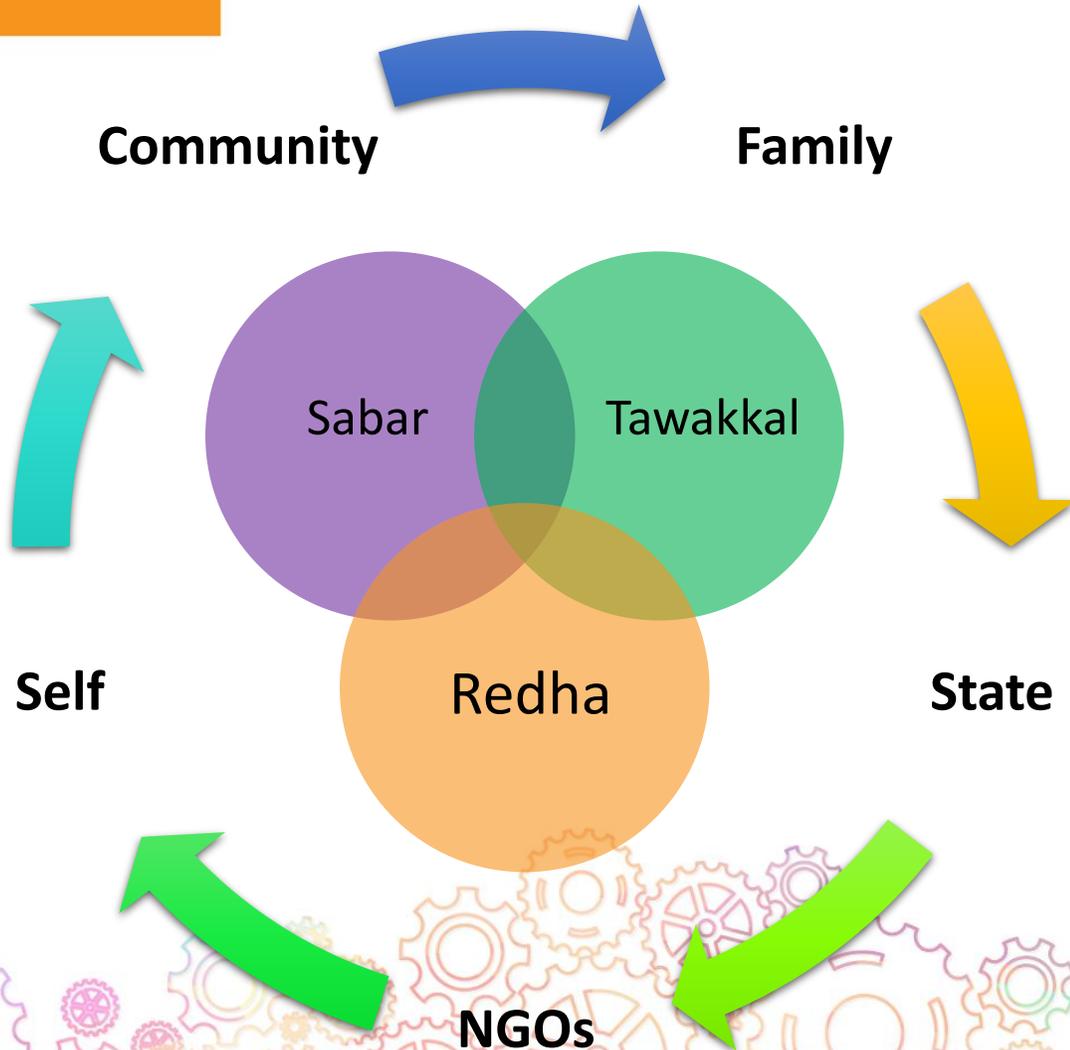
# Religio-Cultural Concepts in adversity

## Issues resulting from misunderstanding



- **Idea of the best form of sustenance is one that a person provides for his own family from their own effort**
  - Worry of dishonouring family – “face” or not wanting to be judged
  - Neglect of spousal duty as husband to provide for family – **need to educate on marriage being a partnership / Attain assistance in any permitted form to provide family’s basic needs is fulfilling duty**
- Contentment with what is already bestowed = no sense of urgency
- God has willed for one to leave in poverty - **Submitting is not giving up – Giving up is religiously frowned upon as it is denying God’s bounties upon oneself & family**

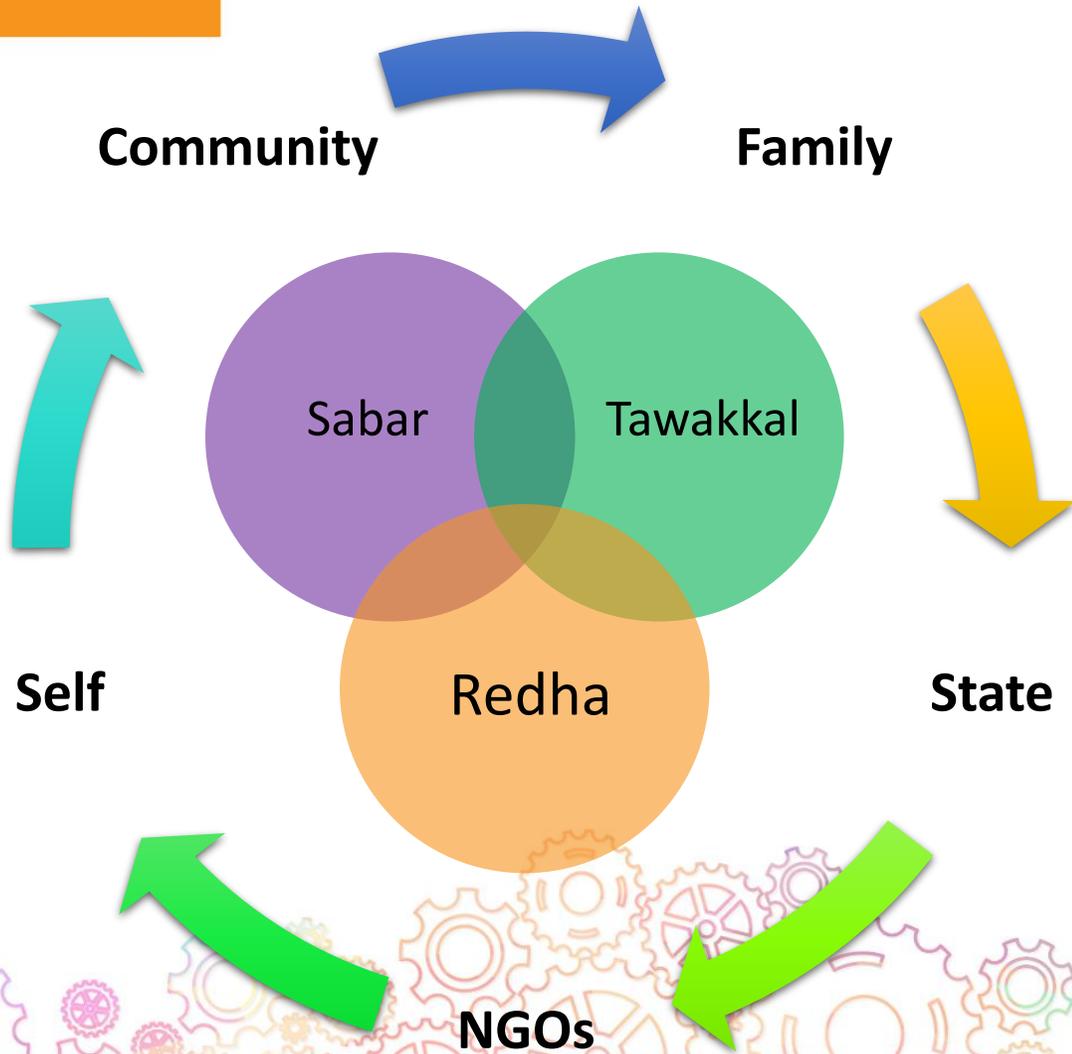
# Reflection Points



Many helping hands to extending the hands in bringing the help to those in need

- Ensuring assistance n help reaches those in need is the basis of social assistance
- synergy between social practitioners n also religious practitioners
- Issue of higher number of children in families needing assistance
- Role of fathers in parenting

# Reflection Points



*Extending the Many Helping Hands  
to bring it to those in need*

- **Social & religious practitioners** – Keeping the hope & empathy alive, “fatigue”
- **Moving the community** to be ears, eyes, hands & legs – befrienders, preventing nimbyism & “social narcissism”
- **Synergy** between social & religious practitioners