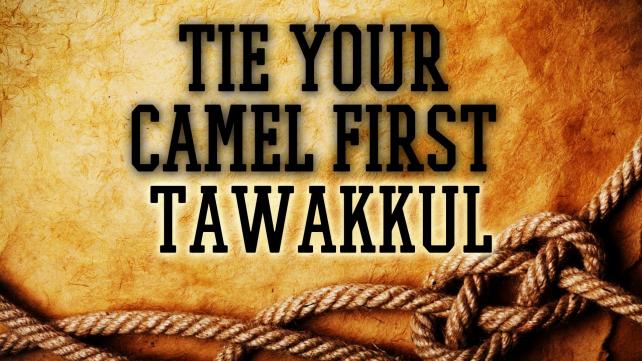
**Principle *Tie your camel, then put your trust in God***



Thusday | Safar 10, 1438 AH | November 10, 2016

Assalamu Alaikum.  
  
Prophet Muhammad, peace and blessings be upon him, whom we love so much, would get all sorts of questions. One day, while sitting in the wilderness, someone asked him about trust in God: “Should I trust in God and not tie my camel?”   
  
The camel was the primary mode of transportation at the time in Arabia. If you lost your camel, you’d lost one of your key assets. And if you were traveling far in the desert, losing your camel could mean death.    
  
The Prophet’s answer: *Tie your camel, then put your trust in God.*  
That principle does many things for us.   
  
As Muslims, we have been become political footballs, first in Europe, then in Canada, and now in America. We are the number one victims of ISIS, as well as war and terror. Yet, we are blamed for causing terrorism.   
  
We had two choices in this election: Someone who hit us where it hurt us the most. Then there was the other presidential candidate who swung right back, defending Muslims and the diversity of this country.   
  
For many of us Muslims, who spent millions of dollars and votes supporting Hillary Clinton, we tied the camel - I guess.   
  
Now is the time to trust God. He controls the world. We do not. He sees the whole picture and truly knows the best for everyone. We love Him, we trust Him. He is the Creator of us all. He created you and I, as well as Hillary Clinton and Donald Trump. He strategizes and He is the best strategizer (Quran 8:30).  
  
Houston Rockets NBA star Hakeem Olajuwon illustrated this beautifully. He had always been a good basketball player, and was always a Muslim. However, when he truly embraced his faith in a mosque in Houston in the 1990s, he transformed.   
  
He would still lose games, but he ultimately led the Rockets to victory. And this is what he told me about trusting God (Tawakkul).   
  
"Before I started practicing my faith, I used to completely rely on myself,” he said. “When I had done my best, I would be extremely frustrated if I didn't win. It would irritate and anger me. And that was causing me to be bad to others by fighting and swearing.  
  
"But when I started practicing my faith, I learned that results are not my property. I started doing my best but then I left success and failure to my Creator. Now I was not irritated by failure and was not overinflated by success. That caused me to calm down and improve my behavior towards others on my team and we became a team."  
  
So trust God. Don’t despair (Quran 39:53), and don’t give up. That is not Sabr (patience). Sabr is to do your utmost and endure whatever it takes to achieve that goal.   
  
I have a personal goal. And I would like you to be my partner in achieving that goal. To liberate America from fear, hate, and anger, which were there before Trump, and may not end with this election cycle.   
  
We must engage with America to end the cycle of war, terror, and hate, which has caused us to lose trillions, kill millions, and dehumanize each other, despite all of us being God’s creation, Who created us from the same man and woman (49:13).  
  
Seek help with Sabr (patience) and Salat (prayer). That increases trust in God. Open your hearts and minds for your neighbor, white, blacks, and all shades in between.   
  
And pray that God opens the hearts of our neighbors toward us.   
  
It is time for reflection as well. It will take many Sajdas (prostrations to God) and many Duas to achieve balanced, thoughtful conclusions. But for now, I will say this: American Muslims are achievers. They achieve what they set their mind to. We wanted to build mosques and we have doubled the number of mosques since 9/11; we wanted to build Muslim schools and we have tripled the number of Muslim schools since 9/11; following the beautiful example of the Prophet, we have responded to disasters in America and abroad by rushing to help, thus multiplying our relief organizations.   
  
But what we have not done is devote resources to take America forward. We have not invested even one percent or .01 percent in what we have invested in mosques, schools, and relief organizations.   
  
So for now, I would just say, let’s do a personal audit: An audit of our personal time and money. What percentage are you committing to your empowerment to take this country forward? That is the camel that still needs to be tied before we expect God to do miracles for us. Peace  
Abdul Malik Mujahid  
Sound Vision

Trusting God & Tying the Camel

[**Compiled by Sound Vision Staff Writer**](http://www.soundvision.com/authors/compiled-by-sound-vision-staff-writer)

Thursday | Safar 10, 1438 AH | November 10, 2016

Assalamu Alaikum.  
  
Prophet Muhammad who we love so much, would get all sorts of questions, God’s peace and blessings be upon him. One day someone asked him, “Should I tie my camel and trust in God or trust in God without tying my camel?”  
  
The camel was the primary mode of transportation at the time in Arabia.  
  
The Prophet’s answer: *Tie your camel, then put your trust in God.*  
  
That principle does many things for us.  
  
As Muslims, we have become political footballs, first in Europe, and now in America. We are the number one victims of war and terror. Yet, all of us are blamed for the whole set.  
  
We had two main choices in this election: One who was attacking us and other minorities. Then there was the other presidential candidate who swung right back, defending Muslims and the diversity of this country.  
  
Most Muslims supported the one who defended us but lost the elections.  
  
Now is the time to trust God while we reflect, think and plan. He controls the world. We do not. He sees the whole picture and truly knows the best. He is the Creator of us all. He created you and I, as well as Hillary Clinton and Donald Trump. We love Him. We trust Him. God plans. And God is the best of planners (Quran 8:30).  
Muslims call this trust in God, Tawakkul: Doing your best and leaving results to God.  
  
Houston Rockets NBA star Hakeem Olajuwon illustrated this beautifully. Here is what he told me about trusting God (Tawakkul).

"Before I started practicing my faith, I used to completely rely on myself,” he said. “When I had done my best, I would be extremely frustrated if I didn't win. It would irritate and anger me. And that was causing me to be bad to others by fighting and swearing.  
  
"But when I started practicing my faith, I learned that results are not my property. I started doing my best but then I left success and failure to my Creator. Now I was not irritated by failure and was not overinflated by success. That caused me to calm down and improve my behavior towards others on my team and we became a team."

So trust God. Don’t despair (Quran 39:53), and don’t give up. That is not Sabr (patience). Sabr is to do your utmost and endure whatever it takes to achieve that goal.  
I have a goal. And, may be, we can work together in achieving this goal:

To liberate America from the fear, hate, and anger which was there before Trump, and will not end with this election cycle.

We must engage with America to end the cycle of war, terror, and hate which has caused us to lose trillions, kill millions, and dehumanize each other, despite all of us being God’s creation, Who created us from the same man and woman.  
  
God has asked us to strengthen ourselves with Sabr and Salat (Quran 2:45). That increases trust in God. Open your hearts and minds for your neighbor, white, blacks, and all of the shades in between.  
  
And pray that God opens the hearts of our neighbors toward us.  
  
It is time for reflection as well. It will take many Sajdas, many Duas and many calm and silent spaces to achieve balanced, thoughtful conclusions to guide our future actions.  
  
But for now, I will say this: American Muslims are achievers. They achieve what they set their mind to with the blessings of God.

* We wanted to build mosques and we have doubled the number of mosques since 9/11;
* We wanted to build Muslim schools and we have tripled the number of Muslim schools since 9/11;
* We wanted to respond to disasters, so we multiplying our relief organizations.

And now these mosques, schools, and relief organizations have thousands of full time staff doing their job professionally.  
  
But what we have not done is devote resources to take America forward. We have not invested even .01 percent in our political empowerment and civic engagement as compared to our investment in mosques, schools, and relief organizations.  
  
So for now, I would just say, let’s do a personal audit: An audit of our personal time and money. What percentage are you committing to your empowerment to take this country forward? That is the camel that still needs to be tied before we expect God to do miracles for us.  
  
Peace,  
Abdul Malik Mujahid  
  
**p.s.**We will be issuing talking and thinking points soon insha Allah.  
**p.p.s.** Please keep hugging your children, listen to them, they will listen to you. Share with them the story of Tawakkul and Hakeem Olajuwon. Children know what is going on. Many parents are sharing that their children are scared and crying. One mother reported that in one school many children were crying thinking that their Latino and Muslim class fellows will be deported.

***[10 Tips to Liberate Yourself from Fear](http://org2.salsalabs.com/dia/track.jsp?v=2&c=FMOI51O6vJKXz7O9hzJe7drOWKPSjD0m" \t "_blank)***

As-salaamu alaykum.

Based on many requests from community leaders and parents for guidance on how to address post-election anxieties and concerns, CAIR is calling on khatibs (Islamic prayer leaders) and imams (Islamic religious leaders) to address those concerns during their Friday khutbas (sermons) for the normal congregational prayers (jummah).

To assist those preparing to offer sermons for the Friday prayers, CAIR is offering an initial outline prepared by **Sh. Omar Suleiman**, president of the Yaqeen Institute for Islamic Research in Texas. CAIR is also preparing a more comprehensive community toolkit to be released at a later date.

CAIR is urging the community to refocus and strengthen Muslim organizations that protect the rights and interests of American Muslims.

[DONATE TO CAIR](http://r20.rs6.net/tn.jsp?f=001CXRWWEgFEu5JzvuvRXndlNLnOkjKeQf3Mjp2cdC4cBIq4QRqGAj-J7dUxCHvRgcw3itiJyvKMCkf7a7MO47fIpsKsl1eAZBleKsx10l0fApLpHH8qqYcyITfx1DOaqxchHX9iOUA0fN-aOegszSuwqEXZTPYmQbNOebdoYvAFh2YYLLaon_c2q_kIpm3vjPvW7YW-4qGB32QyslR6wUGEFVneLEdFKJ-CaGBavmJ2OPC-hfz2vVd6w==&c=DscV61eN-qxeEHIXizkGjeURcn2mKWzkg3HDcoDdJeHvBYRvmJj_lw==&ch=JmTCo1vR-BzHVJ4Vv7P4bkQTwRmpqDikAsAZb0QVnMZZmxtyfj5q5g==)

Yesterday, CAIR issued a statement calling on President-elect Donald Trump to respect the rights of all Americans and pledging to work with the new president to strengthen the nation.

**SEE:**[CAIR Calls on President-Elect Trump to Respect the Rights of All Americans, Pledges to Work to Strengthen the Nation](http://r20.rs6.net/tn.jsp?f=001CXRWWEgFEu5JzvuvRXndlNLnOkjKeQf3Mjp2cdC4cBIq4QRqGAj-J056nspjNiJod6l_ep-o7gAPc6t71tQUAnZ_rQRmI-BR-fKqMbAMRc5o68a4HLKx0bt0UxdoAGcqlimSzC0sPg-WpZopXhW-GQRhnJ6bZDB2Qih3RzoLg2TKzvamJv0AWKGv1Jh40acVMxBUH3RaETdODXaAbuWcb3ZSP2l5Ki6GwvOUdeW6KItG9XeG6WCgFn_-moUj1uYTuFpPO9-rOldKwKejwLmwCS7dMHp5yDLP12MUBFt8iGS2pj-Jb9Q5yhAMU46HBFN09wafxkTc8iNICl5gQv6LdfJesAn5Z-WdxB3sIA9BFZw44CqnYGanjhtS2cedJHmA&c=DscV61eN-qxeEHIXizkGjeURcn2mKWzkg3HDcoDdJeHvBYRvmJj_lw==&ch=JmTCo1vR-BzHVJ4Vv7P4bkQTwRmpqDikAsAZb0QVnMZZmxtyfj5q5g==)**WATCH:** [CAIR News Conference with Muslim, Interfaith Leaders Reacting to Election of Donald Trump](http://r20.rs6.net/tn.jsp?f=001CXRWWEgFEu5JzvuvRXndlNLnOkjKeQf3Mjp2cdC4cBIq4QRqGAj-J056nspjNiJo4Yp6RzLT11AqIorF3QcphYi7aff_fN57iZxvMXazMuzkzED7Q9OlrsJg4bWqanyI6XkMM_YrdjiZaxA73-cD5Skp2Es4dhlLzc1nTVx0gp_lun4iaf2KVoELAIgs5Y6XLPC0qWYr9tU=&c=DscV61eN-qxeEHIXizkGjeURcn2mKWzkg3HDcoDdJeHvBYRvmJj_lw==&ch=JmTCo1vR-BzHVJ4Vv7P4bkQTwRmpqDikAsAZb0QVnMZZmxtyfj5q5g==)

Along with the points offered by Sh. Omar Suleiman, CAIR urges prayer leaders to stress the need for the American Muslim community to organize, to be engaged, to build coalitions with groups and individuals promoting social justice, and to get involved with community organizations.

**Post-Election Khutbah Talking Points**

**Allah Is, and Always Was, In Control**

*The Prophet (peace be upon him) taught us to say "La howla wala Quwwata Ilaa BIllah" which means that all power and might belongs solely to Allah. This statement is one of the treasures of Paradise and brings paradise through the heart through certainty in Allah's ultimate plan.*

*"Say: Nothing shall befall us except what Allah has willed for us. He alone is our Protector, so in Allah let the believers place their trust." (Quran 9: 51)*

*Remembering that Allah is in control is the core of tawakkul (trust). Reliance upon Allah requires that you trust in His plan. Tawakkul is not to be used as an excuse to not do your part, but as comfort after you've done it. As the Prophet (peace be upon him) said to his young cousin Abdullah Ibn Abbas, "know that if all of the nations were to gather together to benefit you with a single thing, they would not be able to do so unless Allah has written it for you. And if all of them were to gather together to harm you with a single thing, they would not be able to do so unless Allah has written it upon you." (Bukhari)*

**Stay Committed and Nothing Can Phase You**

*"And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to As-Sâbirin (the patient ones.)." (Quran 2:155)*

*We have to come to terms with the idea that will be faced with some level of hardship with our faith regardless of the circumstances. Part of ending harm towards the community collectively is individually being ready to dispel stereotypes. In Makkah, the public display of the faith was the protest of the Companions. We must also continue to publicly be unapologetically Muslim.*

**Ease Often Breeds Complacency**

*Of the benefits of hardship is that it breeds a renewal of purpose. The best Muslims were the ones who suffered persecution in Makkah and sacrificed for their faith. In that hardship, Allah crafted a generation that would inspire us all for the better. On a community level, this forces us to organize and institutionalize in an unprecedented fashion. Sometimes, we need to feel the heat from the outside to get ourselves better equipped on the inside. On an individual level, difficult times bring precious rewards to those who bear them with patience. Allah says "Indeed, the patient will be given their reward without account." (Quran 39:10)*

**Don't Lose Hope in the People**

*It's very easy for us to say that they all hate us, and there is no good left in the people. Instead let us remind ourselves that the Prophet (peace be upon him) prayed for the people most sincerely when their rejection for him was most severe. He prayed for them at Ta'if when they struck him in the face, and at Uhud when they almost killed him.*

*The Messenger of Allah, may Allah bless him and grant him peace, said, "When you hear a man say, 'The people are ruined,' he himself is the most ruined of them all." (Muslim)*

*Have hope in the people, because Allah may turn their hearts toward you. Repel [evil] by that [deed] which is better; and thereupon the one whom between you and him is enmity [will become] as though he was a devoted friend. (Quran 41:34)*

**Time is On Our Side**

*The under 25 voters were almost unanimous in expressing what type of America they wanted to live in. And it is not one of bigotry or xenophobia. We have to make sure we continue to invest in the younger generation so that they don't repeat the mistakes of the past (and in this case, the present). We must continue to build institutions that will stand for justice and peace for generations to come. The Day of Judgment has not come yet, and even if it had, we would still be required to finish planting what is in our hands.*

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Subscribe to CAIR's [Email List](http://r20.rs6.net/tn.jsp?f=001CXRWWEgFEu5JzvuvRXndlNLnOkjKeQf3Mjp2cdC4cBIq4QRqGAj-J-mm8k_l8rerLTcEfIWkY_n7m5mqOzyOwaORgjKur-FVs7fBtZuzqKrKsMKjlbTeGDP0YWWY1ffuBN018vpi0kumB4abRhPZcL76uUdQZ0ic0--kxfChdoJHzyAWXAcDrg==&c=DscV61eN-qxeEHIXizkGjeURcn2mKWzkg3HDcoDdJeHvBYRvmJj_lw==&ch=JmTCo1vR-BzHVJ4Vv7P4bkQTwRmpqDikAsAZb0QVnMZZmxtyfj5q5g==)  
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Subscribe to CAIR's [YouTube Channel](http://r20.rs6.net/tn.jsp?f=001CXRWWEgFEu5JzvuvRXndlNLnOkjKeQf3Mjp2cdC4cBIq4QRqGAj-J6T6sTI6utBXFrN_0l0Pl4UyTeqaBUrK90xzfAqcx20EspcECbK7yNT1vza-QleJRGJUx-NGQJz7oHt24UcXnRUQZAGHzfbCtlXD_rNb9S1y3czDEZ4h6LF8dq4VgS-ipw==&c=DscV61eN-qxeEHIXizkGjeURcn2mKWzkg3HDcoDdJeHvBYRvmJj_lw==&ch=JmTCo1vR-BzHVJ4Vv7P4bkQTwRmpqDikAsAZb0QVnMZZmxtyfj5q5g==)  
  
**- END –**

*By Jana Mott*

How do you describe peace? Can you feel at peace if you feel threatened? No. True peace comes from a sense of security. What better source of peace and security is there besides Allah? To fear is human, but we cannot internalize it and lock ourselves up in our homes.

10 tips to liberate yourself from fear

[**Jana Mott**](http://www.soundvision.com/authors/jana-mott)

My mother says that “two things cannot exist in the presence of each other. Where there is fear, there cannot be faith in God.” You might balk at this statement, thinking it’s too simple. But doesn’t Allah guide us to the same truth? Through numerous examples, He pours courage into our hearts like water on a thirsty plant.  
  
How do you describe peace? Can you feel at peace if you feel threatened? No. True peace comes from a sense of security. What better source of peace and security is there besides Allah? To fear is human, but we cannot internalize it and lock ourselves up in our homes.

1. Leave Home Without It

Allah has promised you His Mercy:  
“When Allah decreed the Creation He pledged Himself by writing in His book which is laid down with Him: My mercy prevails over my wrath.” (Muslim, Bukhari, an-Nasa'i and Ibn Majah).  
  
He is aware of everything that occurs to you, and will reward you for being patient:  
  
“For any trouble, illness, worry, grief, hurt, or sorrow which afflicts a Muslim, even the prick of a thorn, Allah removes in its stead some of his (minor) sins." (Hadith Qudsi)  
  
He knows that you enjoy life and above all, that you don‘t want to die:  
“...I do not hesitate about anything as much as I hesitate about [seizing] the soul of My faithful servant: he hates death and I hate hurting him.”(Hadith Qudsi).

2. Know Your Limitations

Are you really the master of your own destiny? Happiness lies in understanding the difference between those things you can control and those things which are beyond your control. The concept of Qadr (predestination) is central to this understanding:  
  
'No slave of Allah will truly believe until he believes in Al Qadr, its good and bad, from Allah, until he knows that what has befallen him was not going to miss him and that what missed him was not going to befall him.’(Tirmidhi)  
  
The Prophet Mohamed (peace and blessings be upon him) said to Ibn Abbas: "if the whole nation were to gather together to benefit you they would only benefit you with that which Allah had already written [for] you, and if the whole nation were to gather to harm you they could only harm you with that which Allah had already written to harm you. The pen has been lifted and the ink has dried". (5)  
  
Psychologists also realize that an excessive need for control can lead to anxiety and a paralyzing fear:  
  
“There is basically one thing that stands out from my research, anxiety," says Dr. Les Parrott III in an interview in the October 2000 edition of Psychology Online Journal. Anxiety is the fuel that runs the engine of every control freak. That translates into fear... that leads them to become over-controlling.”

3. "Fear" The Creator Only

“(False) security and despair are ways leading out of the folds of the community of Muslims. The right attitude for the people of the Qiblah lies between the two. That is to say, a slave should remain between fear and hope. For, the right and the approved kind of fear is that which acts as a barrier between the slave and the things forbidden by Allah. But, if fear is excessive, then the possibility is that the man will fall into despair and pessimism.”(from the article Salvation Lies Between Fear and Hope by Imam Ali Ibn Abi al `Izz al Hanafi).  
  
Consider the verses of the Quran and the Hadith below.

"Be ye not afraid of them, but fear Me, if ye have faith." [3:175]  
  
“A man sinned greatly against himself, and when death came to him he charged his sons, saying: When I have died, burn me, then crush me and scatter [my ashes] into the sea, for, by Allah, if my Lord takes possession of me, He will punish me in a manner in which He has punished no one [else]. So they did that to him. Then He said to the earth: Produce what you have taken- and there he was! And He said to him: What induced you to do what you did? He said: Being afraid of You, O my Lord... and because of that He forgave him.” (Bukhari, Muslim, An-Nasai and Ibn Majah)  
  
“Call upon Him with Fear and Hope.” [7:56]

4. Increase Your Worship

We all fall short, in one way or another. One Muslim may excel in salaat but forgets about charity. Another fasts easily, but doesn’t read Qur’an. We could all use some improvement, especially myself. The further “behind” I am in my worship, the more fearful I am of death. I’m like a basketball team, down by 20 points with three minutes to go. The clock is ticking down. When there’s time, they’re hopeful. But, when the clock reads 0:00, time is up. They are watching the clock so much that they can’t shoot straight. On the opposite side, the team that’s leading by 20 points is not afraid of the clock. They are calm, because they’re not playing catch-up. Only Allah knows our final “scores” but we know how many prayers we’ve missed, how many frivolous things we’ve bought instead of feeding the poor, and so on.  
  
We become acutely aware of the “game clock” during times of war and danger. These times force us to check our own internal scoreboards. The further behind we are, in our own assessment, the more we will fear 0:00. Increase your worship so that you feel balanced; neither self-righteous nor despairing of Allah‘s Mercy, but doing your best to please Him:  
  
Allah the Almighty said: O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins nearly as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it. (Tirmidhi)

5. Avoid Things That Make Your Angry

Fear and anger go hand in hand.  
  
He who can overpower others in wrestling is not really a strong man. True strength is in that individual who can control himself at the time of anger’ (Bukhari)  
  
“Remember that anger stems from fear and a sense of helplessness...," writes Dr. Tom G. Stevens in his book You Can Choose To Be Happy. "You may not want to admit feeling hurt or fear. (You may think such an admission is a sign of weakness.) Yet these are the underlying feelings that will help you identify which values and goals are being threatened.”

6. Stay Informed

Ignorance increases fear. It may also make you fearful of the wrong things, thereby placing you in more danger. But, see tip #5. Turn off the TV if the pundits are insulting Islam, making you feel angry. Listen to international radio and read news from various sources (internet, etc.)

7. Speak Up!

Always let someone know what your plans are for the day. If you plan to go somewhere after school or work, it is important that you let someone know beforehand. This is not a limitation on your freedom, but a protection for all of us, both males and females. In discussing your plans, the other person may point out something you forgot, reminding you “there's a game this afternoon, so the subway might be crowded with people who have been drinking."  
  
Besides planning, it's good to share your thoughts (and fears) with others who understand your point of view. Arrange a halaqah to study or just invite a few Muslims to your place for a discussion. It's good to talk with others. They need you to listen, too. Don't keep things bottled up inside.

8. Stick Together

We are commanded to stick together and to watch over each other, especially in times of danger:  
"And hold firmly to the rope of Allah together and do not disunite." [3:103]  
  
“When you (O Messenger Muhammad(SAAS)) are among them, and lead them in prayer, let one party of them stand up (in prayer) with you taking their arms with them; when they finish their prostrations, let them take their positions in the rear and let the other party come up which has not yet prayed, and let them pray with you taking all the precautions and bearing arms...” [4:102]  
  
Teamwork gives each of us a greater sense of comfort and security.

9. Forget About It

Fear can lead to depression. One of the best cures for depression is to throw yourself into service on behalf of others. Whether it be organizing a masjid donation to help refugees throughout the world, or putting in a few hours at your local hospital, helping other people is a very soothing activity. Offer to babysit for a sister with small children. Little kids will keep you so busy that you won't have time to worry about anything else...

10. Create A Contingency Plan

Accepting Allah's Qadr does not mean that you should become careless. You should accept His Qadr, but still look both ways before crossing a busy street. These things are not mutually exclusive. Instead, the instinct for self-preservation is one of the things that Allah has given you to protect yourself. Creating a contingency plan is a little like doing your chores. Once you get this mundane thing out of the way, you can go ahead and enjoy yourself.  
  
Continuing to be fearful after you have prepared yourself as much as possible is a sign that one of two things is wrong; (a) either you haven't organized your "chores", or (b) you have an unrealistic view of your own powers.  
  
Organize your "chores" by making a list. Write down everything related to protecting yourself that you feel you can control. This may include small things such as fixing the lock on your screen door, or deciding not to travel alone for a while. Developing a realistic view of your own powers is possible through prayer, reading the Qur'an, staying in touch with other Muslims, or simply paying attention to the examples around you. Pay attention to nature, watch the sunrise, feed the squirrels, and notice how life marches on, no matter what we humans do.

The Prophet (saas ) said: "Verily, the greatness of the reward is tied to the greatness of the trial: When Allah (swt ) loves a people, he puts them to trial. Whoever accepted it, will enjoy Allah's Pleasure and whoever is displeased with it, will incur Allah's Displeasure." (Tirmidhi)