

Huffington Post - Ramadan Reflection Day #16: How To Cope with the Death of Loved Ones?

This Ramadan, Imam Khalid Latif, Executive Director and Chaplain of the Islamic Center, will for a second year in a row be keeping a daily journal for the Huffington Post. His sixteenth article, entitled "Ramadan Reflection Day 16: How To Cope with the Death of Loved Ones?" was published earlier today. To read the entire article in full, please [click here](#)

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Imam Khalid Latif

Ramadan Reflection Day 16: How To Cope With Death of Loved Ones?

Imam Khalid Latif is blogging his reflections during the month of Ramadan, featured daily on HuffPost Religion. For a complete record of his previous posts, click over to the Islamic Center at New York University or visit his author page, and to follow along with the rest of his reflections, sign up for an author e-mail alert above, visit his Facebook page or follow him on Twitter.

There is a narration that is found in the Islamic tradition in which a companion of the Prophet Muhammad, peace be upon him, named Abdur Rahman ibn Awf speaks about visiting the Prophet's infant son, Ibrahim. In this particular narration, he mentions that the Prophet kisses Ibrahim and takes him close, and then later begins to shed tears because Ibrahim is in his last breaths. Abdur Rahman asks about these tears to which the Prophet responds "Oh Ibn Awf, this is mercy."

The Prophet then cries more and says: "The eyes are shedding tears, and the heart is grieved, and we will not say except what pleases our Lord. Oh Ibrahim! Indeed we are grieved by your separation."

Losing someone close to us is always a hard situation to deal with. Just as hard is also knowing how to help and support someone who has lost someone close to their hearts. The pain of that separation causes even the hardest of hearts to tremble and puts us in a place where we at

times don't know what to do. The reality of this life being something that is finite comes as a secondary thought as we begin to deal with the aftermath of a heaviness placed upon our hearts. How do I cope or help someone to cope with this loss?

Primarily we want to understand that feeling grief at the loss of loved one is not somehow an absence of faith or a deficiency of it. Faith can actually become a potential source of making sense of the loss, and we lose out on it if we tell ourselves getting sad is somehow wrong. For the Muslims who are reading this, the Prophet Muhammad cried when his son died. None of us would say he is lacking in faith. We shouldn't tell ourselves or each other that we somehow are simply because we are responding the way most humans would respond.

There is no set amount of time that one has to reconcile the loss of a loved one. One can very subjectively make a determination as to how much time they need and telling yourself or someone else that because a certain number of days have passed they should now move forward doesn't necessarily make sense. Although time is an important factor, reconciliation isn't purely a product of time and making yourself or someone else feel as if they are doing something problematic by taking the time they need isn't going to help the situation....to continue reading please [click here](#)