

WHEN LIFE BREAKS YOU,
ALLAH BUILDS YOU.

Allah Never Forgot You

HOPE, HEALING, AND TRUST IN ALLAH'S
PERFECT PLAN—EVEN WHEN YOU CAN'T SEE IT

“...AND PUT YOUR
TRUST IN ALLAH.
AND ENOUGH IS
ALLAH AS DISPOSER
OF AFFAIRS.”

— QUR'AN 33:3

FIND PEACE
IN HIS PROMISES.
HOLD ON TO
HIS PLAN.



FOR YOUR
HEARTBREAK



FOR YOUR
DUAS



FOR YOUR
HARDSHIPS



FOR YOUR
HEALING



FOR YOUR
TOMORROW

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Allah Never Forgot You



Finding Hope When Life Doesn't Make Sense

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Finding Hope When Life Doesn't Make Sense

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Qur'anic meanings and hadith translations are the author's renderings, presented for reflection. Readers are encouraged to return to the original sources and qualified scholars for precise wording and rulings.

This book offers faith-based comfort and reflection for those passing through hardship. It is not a substitute for professional medical, psychological, or therapeutic care. If you are struggling with grief, depression, anxiety, illness, or thoughts of harming yourself, please reach out to a qualified professional and to people you trust. Seeking help is an act of strength, fully in keeping with putting your trust in Allah.

First edition.

*For the heart that wondered if it had been forgotten —
you never were.*

ما ودعك ربك وما قلى

“Your Lord has not forsaken you, nor does He hate you.”

Sūrah aḡ-Ḍuḥā 93:3

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INTRODUCTION

The Question Nobody Wants to Admit

It comes in the quiet hours, when the lights are off and the distractions have finally run out. You have prayed. You have been patient. You have waited, and waited, and waited. And still the hardship sits on your chest like a stone, the dua goes unanswered, the door stays shut, the pain refuses to lift. And in the dark, a thought rises that you would never say aloud, that you feel ashamed even to think — a question so frightening you push it down the moment it surfaces: *Has Allah forgotten me? Does He even see what I am going through? Does He still care?*

If that question has ever crossed your heart, I want you to know something before we go a single step further: you are not a bad Muslim for feeling it. You are a human being in pain. The most beloved people to Allah have stood exactly where you are standing now, in the dark, wondering if they had been left behind. This book does not begin by scolding you for the question. It begins by sitting down beside you in it — because the answer to that question is the



most healing truth you will ever receive, and you deserve to hear it gently, not preached at from a distance.

Here is something astonishing that few people realise. There was a time when even the Prophet Muhammad ﷺ felt the silence. Revelation, which had been coming to him, suddenly paused for a period. The people around him began to whisper that his Lord had abandoned him, had grown displeased with him, had left him. Imagine the weight of that on his heart. And then Allah revealed a short, tender sūrah — not a rebuke, but a caress — that has comforted broken hearts ever since:

والضحى ۞ والليل إذا سجى ۞ ما ودعك ربك وما
قلی

*“By the morning brightness, and by the night when it grows still
— your Lord has not forsaken you, nor does He hate you.”*

Sūrah aḍ-Ḍuḥā 93:1–3

Your Lord has not forsaken you, nor does He hate you. Notice that Allah swears by the morning light and the still night before He says it — by the very fact that after every darkness, the dawn returns without fail. The silence you are experiencing is not absence. The delay is not abandonment. The night, however long and however dark, is not the end of the story; it is the part of the story that comes *before* the morning. And the same Lord who promised the Prophet ﷺ that He had not left him is the One making that promise to you, tonight, in your own darkness.



The title of this book is its entire message, and I want it to sink past your defences and into the wounded place where the frightening question lives: *Allah never forgot you*. Not for one moment. Not in the hardship you cannot explain, not in the dua you have repeated a thousand times, not in the grief that has hollowed you out, not in the loneliness that no one else can see. The God who counts the falling of every leaf, who hears the footsteps of the ant on a black rock in the black night, has not lost track of you. Your pain is not a sign that He looked away. Often, as we will discover together, it is a sign that He is doing something with you that you cannot yet see.

I will not insult your pain with simplistic answers, because deep wounds deserve more than slogans. We will not pretend that hardship is easy, or that faith makes the ache disappear. Instead, over the pages ahead, we will walk slowly through the hardest seasons of life — the closed doors, the unexpected pain, the long delays, the losses — and we will hold them up to the light of the Qur'an and the lives of the Prophets, who suffered more than any of us and were never, not once, forgotten by Allah. We will sit with Yūsuf in the well, with Ayyūb in his illness, with Yūnus in the darkness, with Hājar in the desert, with Maryam in her loneliness — and we will discover that the God who held them is holding you.

So let the frightening question come out of the dark, where it has been festering, and into the light, where it can finally be healed. You wondered if Allah forgot you. By the end of this book, by His mercy, you will know — not as a slogan you repeat, but as a truth you feel in your bones — that He never did, that He never could, and that the very pain you are carrying may one day become the thing you thank Him for most. Take my hand. Let us begin, together, in the dark — and walk slowly toward the morning that He has promised always



comes.

REFLECTION QUESTIONS

1. Have you ever felt, in your hardest moments, the frightening question of whether Allah had forgotten you? What brought it on?
2. What hardship are you carrying right now that you most want to make sense of by the end of this book?
3. How does it change things to know that even the Prophet ﷺ experienced a season of silence — and that Allah answered it with tenderness, not rebuke?

ACTION STEPS

- ◆ Tonight, instead of pushing the painful question down, say it honestly to Allah in your own words. He already knows it; speaking it to Him is the beginning of healing.
- ◆ Read or listen to Sūrah ad-Ḍuḥā (93) this week, slowly, as a personal message to your own heart.
- ◆ Keep a small note somewhere you will see it daily for the length of this book: *Allah never forgot me.*

REMEMBER THIS

Your Lord has not forsaken you, nor does He hate you. The silence is not absence; the delay is not abandonment; the night is the part of the story that comes before the morning. You wondered if Allah forgot you — He never did, and He never could. Take His hand, and let us walk toward the dawn He has promised always comes.



PART ONE

When Allah Says Not Yet



On closed doors and the pain you did not choose



CHAPTER ONE

The Door You Wanted Closed

When the thing you begged for is taken away

“But perhaps you hate a thing and it is good for you.”

— Sūrah al-Baqarah 2:216

She had prayed for that job for months. She could see her whole life arranged around it — the security, the title, the proof, finally, that her years of effort had meant something. She made dua in every sujūd, fasted, gave charity, did everything right. And then the email came, and it was a no. She sat on the kitchen floor and wept, not just from disappointment but from something deeper and more frightening: the sense that she had asked Allah for one specific thing, and He had shut the door in her face. What she could not know that night — what she would only understand two years later — was that the company she had begged to join would collapse within the year, and that the closed door had not been a punishment at all. It had been protection wearing the disguise of rejection.