

5952 - Complaining to created beings (i.e., other people)

the question

What is the Islamic ruling on a person who complains to someone other than Allaah after he has complained to Allaah, may He be glorified and exalted? When a person is undergoing some trial it is difficult for him, so is it permissible for one who finds some consolation in other people by “getting things off his chest” to do so and to ask for advice and guidance, or does this imply that he does not have faith that Allaah will respond to him?

Detailed answer

Telling another person about the situation, whether to ask for help and advice, or to find a way to relieve the problem, does not mean that you do not have patience, such as a sick person telling a doctor about his complaint, or a person who is being oppressed or mistreated telling someone who could help him, or a person who is suffering some trial telling someone who he hopes could relieve him of it. When the Prophet (peace and blessings of Allaah be upon him) used to visit the sick, he would ask, “How are you feeling?”

(Narrated by at-Tirmidhi, Ibn Maajah and others. Al-Nawawi said: its isnaad is jayyid). The Prophet (peace and blessings of Allaah be upon him) was asking for information about how they were. (See ‘Uddat al-Saabireen by Imaam Ibn al-Qayyim, 323). And Allaah knows best.