

7 December 2009

10 - Depression (Islamic Prevention and treatment)

(2) ~~Beware~~, Satan is a major cause of depression.

title Be ware of False Promises and deception.

InshaAllah, we will continue today to learn about the role of the Shaitan as a major cause of anxiety and depression.

⇒ It is very important for every muslim to realize the ways of the Shaitan to attack the spirits so that we can protect our spirits against the Shaitan and its effect on the spirit.

First, We need to have a clear understanding regarding all Forms of Shaitan whisppers and their relation with the anxiety and depression.

• Let's remind our selves with the following facts which we learn last week :-

1- Allah the Allmighty expelled Iblis (Satan) out of Paradise as he refused to obey Allah's Command ^{prostrate} to obey to Adam.

2- It was the arrogance and Pride of Satan that

prevents him from bowing to Adam. As Satan believes that he is a better creation than Adam as he is created of fire, while Adam is created of clay.

2- Adam became the enemy of Iblis (Satan), who decided to deviate Adam and his offsprings away

(2) from the right path by all the means i.e to guide them to the wrong path, the path of sins and disobedience of Allah.

3- The Shaitan (Satan) became the main enemy to mankind - Allah informed and warned us against Satan in many verses of the Quran.

4- Satan is trying through the outer and inner gates of man's heart to achieve his goal of destroying man in this life and the hereafter.

5. Accordingly this destruction will lead to sadness, anxiety and depression, disobedience of Allah.

Today insha Allah we will continue to

learn in details about Shaitan ways to attack man's heart.

Q Is there is a human-being without a caten?

A No, there is no human-being without a satan, but the distinction lies in obeying or opposing him.

Aisha (radiaa - Allah -Anha) asked the noble Messenger,

(3) "Is Satan with me?" - "He is with every human-being"
he replied. Then she asked "Do you also have one"?

Prophet Mohamed (S.A.W) answered: Yes, with the help of Allah, mine has surrendered to me," he only commands good deeds."

Ways of Shaitan to human's heart and its relation to anxiety and depression:-

1- Ordering evil and wickedness = ordering disobedience of Allah

Ordering sins :-

In the Quran, Allah teaches us about Satan:

a) In Surat AL-Nour (24) V(21),

How the Shaitan controls man heart and guides

it to make sins :-

(a) False promises :-

Satan promises his followers unrealistic things which will never happens. He works on their imagination and desires.

In Surat (4) AN-Nisa V(120)

"He [Satan] makes promises to them, and arouses in them false desires, and (Satan) promises are nothing but deceptions."

- An example of the false promises of Satan is in Surat (2) - V(268)

"Satan threatens you with poverty and orders you to commit evil deeds and sins, whereas Allah promises you forgiveness from Himself and bounty. And Allah is sufficient for His creatures' needs. All-knowing"

It is the false promises of the main enemy (Satan), which aims

at deviating the believers from doing good deeds. He threatens them with poverty to prevent them from spending for Allah's sake and also trying Haram means to collect wealth.

Sins the cause of anxiety - sadness - despair - grief
and depression:

4 Prophet Mohamed (S.A.W) said:

"If a slave sins increase and he does
not have enough good deeds which would
wipe these out, then Allah will afflict
him with grief and sorrow in order
to wipe them out".

∴ Satan commands man to do sins



Sins will lead to sorrow, grief



man will become upset, lazy,
hopeless.



depression,

-(1) This is Satan plan against man.

(2) for this plan to be active, satan uses different
ways, which we need to learn.

2. Deception by decoration

The holy Quran describes Satan's ability to decorate with the words, his evil commands.

In Surat Mohamud(47) V.(25)

Those are the hypocrites, who denied the Quran instead of taking Allah's Word as Guidance
(وَالَّذِينَ كَفَرُوا)
Also in Surat AL-Ankabut(29) - V 38

These two communities had minds and could see the Right Path but Satan tempted them away, making their deeds seem fair to them so they were turned away from guidance.

Also

• Also in Surat An-Nahl(16) - V(63) - Allah teaches us about the deception of Satan, who presents falsehood as truth causing confusion.

• Also Satan attempts to persuade people to accept superstition as truth or reality.

All of the above i.e confusion, deception and doubt are sources of despair, worry and anxiety.

Causing forgetfulness

In the Quran in Surat AL-Kahf (18) - V 63.

Allah teaches us that Prophet Moses decided to visit the knowledgeable man AL-Khidr, taking along a young man. When they stopped on the way, Moses asked the youth to take out the fish they had brought along to eat. The young man explained that it was Satan who was behind forgetting about the whole issue.

The Prophet Mohamed (S.A.W) confirms that Satan is the cause of forgetfulness. Abu Huraira explains "One day Allah's Messenger came to the Masjid and walked over to his usual place of prayer. There were 2 lines consisting of men and a line of women waiting for him. He then turned towards them and said "if Satan causes me to forget something from my prayer, men should say tasbeeh (reciting subhanallah) and women should clap their

hands. The noble Messenger (S. A. W) then led the prayer and did not forget anything from his prayer.

This is the Shaitan (Satan) who is trying to upset and cause sorrow and anxiety to mankind through making them to forget important events in their lives e.g. a student who has an examination at 9 AM but he forgets the time and goes at 10 AM. So you can imagine the despair and sadness of which he has especially if it is final examination. A mistake which may destroy his plans and causes depression.

Causes Forgetfulness of the Remembrance of Allah

In Surat (58) - V (19) :-

Those who ignore Allah and turn a blind eye to His Remembrance and close their ears to the Quranic truth are in reality controlled totally by Satan. So they never

feel tranquility or peace instead they live the real confusion, sorrow and depression. They are the real dead.

~~S. A. W~~
~~Shaitan~~