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بسم الله الرحمن الرحيم

(9) Depression (Islamic Prevention and treatment)

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"Be aware, Satan is trying to depress you!!"

Insha Allah we will continue today, to learn about the Islamic rules of prevention and treatment of "depression"

In reality I like every week to revise in summary with you the complete line of prevention and treatment of depression, as this weekly revision will be a reminder for your spirit also by time these rules will be more clear and more fixed in your heart and mind.

The rules of Islamic prevention and ttt of 'Depression'

- I The sincere belief in "Allah's Oneness"
- II The true belief in "Allah's Decree"
- III Patience
- IV Understanding the reality of the worldly life
- V Remembrance of Allah (Salat - Quran - Du'a)
- VI Avoiding whispers of Satan e.g. avoiding sins
- VII A healthy way of life (Food - exercise - sleep)

Insha Allah we will revise each rule in few words so that the complete plan will be more clear

2) I The true belief in the "Oneness of Allah"

This true belief is the most important for the spirit, as it provides it with the feeling of being a servant of the Lord of the heavens and the earth.

This feeling is the real belonging to Allah, The Lord of the heavens and the earth. This belonging is the link which, provides the spirit with the hope, support, power, identity, dignity, balance, peace and confidence.

So it is the duty of every muslim to learn the basics of the belief in the "Oneness of Allah" from the verses of the Holy Quran and the Sunna of Prophet Mohamed (S.A.W).

This belief is based on the following:-

Allah is the Creator, Owner, All knower, Planner Decider, and Controller of all the affairs. Allah The Allmighty is the only Power and only Will.
Allah is the Source of all the Mercy on the Earth.

3) II Belief in Allah's Decree

This belief is based on the following Quranic Rules:-

- a) 'All hardships and afflictions are recorded before their creation' Surat(57) - V(22-23).
- b) None can interfere with Allah's Decree Surat(41) - V(4)
- c) Life is run by the word (Be) Surat(36) (V82).
- d) Allah burdens not a person beyond his scope Surat(2) V(286)
- e) It may be that you hate a thing and it's good for you Surat(2) - V(216).
- f) Verily with every hardship, there is ease Surat(94) - V(5-6).
- g) Trials expiate sins Surat(117) - V(114).
- h) The Declaration of the believer regarding Allah's Decree Surat(9) - V(51)
Say "Nothing shall ever happen to us except what Allah has ordained for us. He is our Lord. And in Allah let the believers put their trust."

4. Patience :-

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Allah said in Surat (2) - V(155).

255, And certainly we shall test you with something of fear, hunger, loss of wealth, lives and limbs, but give glad tidings to As-Sabirun (the patient).

Allah is teaching us that the As-Sabeereen i.e. The Patient believers are the ones whom they have total submission to Allah's Decree and so when they have hard times in their lives, they immediately remember their Lord, remember the reality of the worldly life and so they say: "to Allah we belong and to him we shall return"

For these patient believers Allah is sending glad tidings of the great reward they will receive. Indeed they share in the same type of reward the Prophet himself receives, i.e. the blessings and mercy of their Lord and the testimony by God that they are right guides.

This is (As-Sabr) - patience which is the best attitude to prevent sadness - despair and Depression.

(5) (1) Understanding the reality of the worldly life

This is based on the following Quranic Rules:

- a) Life is a test where hardships and trials are part of it Surat (29) - V (1-2-3).
- b) life is a deceiving enjoyment Surat (57) - V. (20).
- c) life is a farm for the hereafter Surat (23) - V (101-104).
- d) Worldly life is very short to be wasted in anxiety and sadness Surat (23) - V (112-114),
- e) life is run by the "Decree of Allah" - none of mankind can interfere Surat (33) - V (36)
- f) So the muslim strategy will be.
 - 1- To Make the Hereafter the main concern.
 - 2- To Focus on what matters today.
 - 3- To appreciate the blessings of Allah.
 - 4- To Look at those who are below, not those who are above you.
 - 5- To keep your self busy with work that you like.

According to this strategy, you can live the worldly life with a healthy spirit.

Avoid Shaitan (Satan) whispers^{and}, avoid sins

Today Insha Allah, and over the next coming classes,

we will learn about Satan "Shaitan or Iblis" in full details, regarding his whispers to mankind, which have different forms and also are major cause of anxiety, sadness, despair and depression.

And because of the importance of this topic and the need to have a clear plan to avoid all Shaitan (Satan) whispers, we will insha Allah learn the following

1. What is the meaning of word Shaitan?
2. What is the nature of Shaitan (Satan)?
3. What is his relation with mankind?
4. Why he is the plain enemy of mankind?
5. What are the different forms of Shaitan whispers and how they affect human spirit?
6. What is the Islamic Rules to protect the muslim spirit against Shaitan?
7. How to treat the depressed spirit which the Shaitan causes its depression?

Q 1 - What is the meaning of the word (Shaitan) ?

A (1) The word (Shaitan) = Satan (in English).

This arabic word (Shaitan) means : the one who has actually distanced himself from the Lord (Allah) and his "mercy".

Abu- Ubayda states " The word "satan" is general term used to refer to those who display evil cunning , deceiving and misleading behaviour. Those who are of extreme wickedness and stubbornness.

Q 2 - What is the nature of shaitan (Satan) ?

سؤال 2

A . Let's read from the Holy Quran :

In Surat AL- kahf (50):

Prophet Mohamed (S.A.W) said:

"The angels were created from light, Iblis (Satan) was created from smokless fire and Adam was created from that which has been described to you"
Prophet Mohamed (S.A.W) said : "Anger comes from Satan and Satan was created of fire".

Q What is the reason for his enmity of Satan to mankind?

(4) A Allah informs us about the battle between Satan and mankind in many verses of the Holy Quran. It is essential for every muslim to know the facts, rules of the Quran in relation to the creation of mankind and Satan so that they can realize his serious effect on their lives.

We will read from Surat Al-Baqara(2) - V 30-34.

is an 2 lessons from the previous verses :-

- 1- The highest regard for man is that Allah declared him as a his vicegerent on the earth.
- 2- Man's role on the earth is of highest importance.
- 3- To fulfill this role, Allah has given Adam and his offspring the great secret of knowledge and cognition, as well as the ability to assign names for the persons and the objects which serve as a symbol for them. It is the ability to know and name objects, that has had the most profound effect on man's life on the earth.

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Actually, without such ability i.e to refer to things by names and symbols, human life will not function because all communications would have necessitated the presence of the subject matter.

4) Regarding the angels, they have no use of such ability, because it is not required for their role which is only to worship and obey Allah. So this ability was not given to them.

5) :: In the scene of these verses, there were 2 kinds of creations:-

A) The angels : creation of light, their role is absolute obedience of Allah and spread of the good.

B) man kind (Adam), a creation of dual nature : clay and Divine breath. and dual ability. This dual ability is man's distinctive quality. Man has the ability to maintain

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justice and acquire great knowledge in the same way as he has the ability to be unjust and sink into ignorance.

5) But, there was a third creature in the scene, this is Iblis who refused to prostrate to Adam i.e. refused to obey the command of Allah.

Actually, and, In order to know about this creation we will find the knowledge in Surat the Heights 7 12(12).

12. (Allah) said: "What prevented you (O Iblis) that you did not prostrate yourself, when I commanded you?" Iblis said: "I am better than him (Adam), You created me from fire and him You created from clay."

This is Iblees (Satan) reality i.e. he wants to base his actions on what appears to him to justify himself, and he (Iblees) evaluated him self better than Adam as he is created from fire, which

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is from his point of view better than the clay.

It is the arrogance and the ignorance which were the basics of Iblees refusal to obey the command of Allah to prostrate to Adam.

∴ This is the third creature: absolute disobedience and arrogance and jealousy from Adam (the mankind).

It is because of his (Iblees) wicked attitude, that he was expelled from the heavens and deprived of Allah's grace, as we will

Learn from Surat AL-Araf (7) the heights 1.(13-

13. (Allah) said: "(O Iblis) get down from this (paradise), it is not for you to be arrogant here. Get out, for you are of those humiliated and disgraced."

14. (Iblis) said: "Allow me respite till the Day of Resurrection."

15. (Allah) said: "You are of those respited."

16. (Iblis) said: "Because you have sent me astray, surely, I will sit in wait against them (human beings) on your straight path."

17. "Then I will come to them from before them and behind them - and from their right and from their left, and they will not be dutiful to you."

(12) (18) Allah said (to Iblis): "Get out from this (paradise), disgraced and expelled. Whoever of them (mankind) will follow you, then surely, I will fill Hell from you."

So the whole story can be revised from Surah (15) N/28 → 40)
We learn from these verses that:

1) Allah expelled (Iblis) from the paradise because of his refusal to obey Allah's command for him (Iblis) to prostrate to Adam.

2) Accordingly, Iblis requested his Lord to give him a respite until the Day of Resurrection and he

(Iblis) announced that: he will concentrate his efforts in leading astray Adam and his offspring

as he (Iblis) believes that Adam was the cause of his expulsion from the paradise

3) Iblis plan was that, he will tempt them (mankind)

away from Allah's path i.e he (Iblis) will

close the Right Path from all the directions,

so that they can not believe in Allah or show gratitude to him.

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4- Iblis request has been granted by Allah, who has willed human beings to find their way since their nature is susceptible to good and evil.

Furthermore: man has been given a mind to think, reflect and choose and he has been given reminders and warning through Allah's messengers. Also he has been given the means to control and correct himself. It is the will of Allah that good and evil should have their fight within him so that his faith is determined in accordance with the law of Allah.

In conclusion: Allah has granted Iblis and his offspring the chance to lead mankind astray, but Allah also has given Adam and his offspring the freedom of choice, so that He (Allah) can put them to test of this worldly life i.e. It is this choice between good and evil

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Iblis (Satan): the source of all the troubles in
our life... Are we aware ??? (1)

Allah's warnings against Iblis..... try to listen !!!

The battle between Adam and Iblis

Iblis requested his Lord to give him respite until the Day of Resurrection so that he can concentrate his efforts in leading Adam and his offspring astray, as he thought that Adam was the cause of his expulsion from the paradise and God's displeasure with him.

Accordingly: Iblis is the ~~pain~~ everlasting enemy of man who is whispering to him, making his deeds fair seeming to him and turning him away from the Right Path and leading him to

→ And so, It is the mercy of Allah to warn mankind regarding Iblis battle, and to clarify many times in different Surahs of the Quran

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(15) that the battle with Iblis is a major fight, because it is a fight against desire, evil and corruption which leads to sadness, despair, anxiety, sins and depression. This Fight takes place within man's conscience. ^{وإلهنا الله} and his daily life, as prophet Mohamed (peace be upon him) said: Shaytan has an effect on the son of Adam, and the angel also has an effect. As for the effect of the Shaytan, it is by his promise of an evil end and rejecting the truth. As for the effect of the angel, it is by his promise of a good end and believing in the truth.
∴ Law: Man's single enemy is Iblis (Satan)

∴ Be aware all the time !!!

2. To remind man kind of the above Law, A Mah the Allmighty revealed many verses of the Quran which proof this fact:

A) Surat AL-BaqARA (The Cow) verse (208)

"O, you who believe! Enter perfectly in Islam, and follow not the footsteps of Iblis (Satan). Verily he (Iblis) is to you a plain enemy.

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This verse means that: Islam is the religion of Peace and Guidance and so it has to be followed in a way that believers submit to Allah in all matters i.e. their intentions, actions, desires, and their total destiny, and accept Allah's judgment without hesitation and with total trust and self-assurance that this path (Islam) will lead them to happiness in this life and the life to come.

Regarding Iblis (Satan) whose goal is to turn believers away from the right path of Islam, Allah is warning them to follow him as he (Iblis) is their plain enemy.

Allah said in Surat 6 - AL-An'am, verse (153).

"And verily, this is My straight path, so follow it, and follow not (other) paths, for they will separate you away from His Path."

Regarding the meaning: Prophet Mohamed (Peace be upon him) drew a line with his hand (in the sand) and said, "This is

(17) Allah's path, leading straight" he then drew lines to the right and the left of that line and said "there are other paths, on each path there is a devil who calls to it.

Law: The Only true Right Path is Islam -
other paths are Iblis (Satan's) paths, which we have to avoid believing that Iblis is our

plain main enemy who wants to destroy our worldly life with sins and then to make Hell our final destination. Again in Surat AL-An'am (verse 142) - Surat AL-Araf

Heights V-(22) - Surat-Yusuf (12) V-(5) - Surat (17) AL-Tsra V-(53)
Surat AL-QASAS (28) V-(15) and Surat Az-Zukhruf V-(62) ⁽⁴³⁾

In all the above Surats, Allah the Most Merciful reminds us of the enmity of Iblis, and that we need to learn all the ways to avoid his whispers, and never to follow him, other wise we will just blame our selves for our bad Destiny.

Forms of Shytan's whispers.

How Satan controll's man's heart?

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Prophet Mohamed (peace be upon him) said:

Shaytan has an effect on the son of Adam, and the angle also has an effect. As for the effect of the Shytan it is by his promise of an evil and rejecting the truth, As for the effect of the angle, it is by his promise of a good end and believing in the truth.

In order to analysis the above Hadith, we need to know that the heart of man has 2 gates i.e. outer (external) - and inner ones.

Regarding the outer gates of man's heart, these are the five senses: vision, hearing, ^{tasting} listening, touching and smiling. When any of these senses are affected by an external stimulation, they will send the message to the heart, which in turn will show its response (Feeling) towards that external stimulation, e.g

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when you see a big dog running towards you (vision) so immediately you will feel fear inside your heart, also when you see a beautiful baby, you will feel happy. The meaning is that: these senses are the outer (external) gates for man's heart.

Regarding the inner (internal) gates of man's heart, these are the ones mentioned in the previous Hadith of prophet Mohamed (peace be upon him). To make it more clear, let us realize: First: that there are whims or ideas, which we feel internally (in our heart and mind). These ideas are the motivators of man's will. These ideas are of two types:

1. An idea calling for the evil and rejection of the truth.
2. This is called: the whisper of the Shytan.
3. The cause of whisper is Shytan who is Allah's creation that is spreading evil.
4. The reason for loss is to follow the whisper of Shytan.

1. An idea calling for the good and the truth.
2. This is called: guidance.
3. This is caused by an angel who is Allah's creation for spreading of good.
4. The reason for win is to follow the guidance.

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Accordingly, inside man's heart (consciousness) is a battle between: the angel who is calling for good, promising the good and the Paradise, and Shytan who is calling for evil, disbelief and corruption - promising evil, loss, and Hell Fire. This battle is going on every second inside every one of us. So it is the duty of every one who is looking for good and paradise to follow the angel who is calling for the obedience of Allah, and also to reject completely the Shytan who is calling for the disobedience of Allah i.e. to the Hell Fire.

We realized that the whisper of Shytan is a call for evil. This whisper has many forms as mentioned in the Quran. We need to learn about the forms of Shytan's whisper to man - as they are the ways to control man's heart, knowing them will allow

us to avoid them completely as these are the gates to sins i.e. to anxiety - despair and depression, also they are the gates to the Hell Fire.

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