

2 November 2009

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(5) Depression: Islamic Prevention and Treatment

"Depression: can not change Allah's Decree" (B)

All Praise to Allah The Almighty "The One"

Allah "the Creator", is "the Most Merciful"

as He is teaching His believers the way to live the worldly life in a peaceful healthy way in spite of its nature as a test of hardships and trials.

It is the greatest blessing of Allah to guide the hearts of the true believers to the ways to protect their spirits from depression, despair and failure.

Today, ~~wish~~ Allah, we will continue to learn about "Islamic way for Protection ^{from} and treatment the greatest problem in our lives "depression"

We learned last week that the line of Islamic ~~tt~~ and prevention is based on:

1- The sincere belief in the Oneness of Allah

II. The true belief in "Allah's Decree"

III. Patience.

IV. Understanding the reality of the worldly life,
and → Making the hereafter one's main concern.

V. Continuous remembrance of Allah (prayer,
Dues and forgiveness of Allah).

(2) VI. a healthy way of life (food-sleep-exercise)
Last week we learned about the most
important basic fundamental belief in
life which is the belief in the Oneness of Allah.

This belief is the most important
for the spirit, as it provides it with the
feeling of belonging to Allah, The Only Power,
and Only Will, Allah the source of all the Mercy.

This belonging will make the spirit to feel the
Link with Allah all the time i.e. the trust, support
hope, power, peace, tranquility and happiness.

Today, insha Allah we will continue to learn about the Islamic concept regarding prevention and treatment of depression.

Belief in Allah's Decree is

The following Quranic Rules regarding Allah's Decree are a very important for the believer to support him at time of trials and hardships:-

II Life is run by the word (Be) → Surat(36) - V(82)

III None can interfere with Allah's Decree → Surat(71) - V(4)

I (all hardships and afflictions are recorded) before their creation → Surat(57) - V(22-23)

IV "Allah burdens not a person beyond his scope" → Surat(2) - V(286)

VI "It may be that you hate a thing, and it is good for you" → Surat(2) - V(16)

VII "Verily with every hardship, there is ease" → Surat(94) - V(5-6)

VIII - Trials expiate sins → Surat(11) - V(114)

IX The Declaration of the believer regarding Allah's Decree → Surat(9) - V(51)

Belief in the Divine Decree

• Rule I Allah said in Surat (57) - AL Hadid (V 22-23)

"No misfortune can happen on earth or in yourselves but is recorded in a decree before We bring it into existence, that is really easy for Allah, that you may not grieve for what escapes you, nor rejoice in what has come to you. And Allah likes not prideful boasters"

These verses are teaching us the

following facts :-

x a) There is nothing that touches you or happens to you (all sufferings and diseases), but is inscribed in the "Book of Decrees" before the Creation was created and before the start of life.

Prophet Mohamed said:

"Allah ordained the measures of (every things) fifty thousand years before He created the heavens and the earth."

5) We need to realize that: Allah knows all things before they occur, and He records them exactly as they will occur when they occur, and this is easy for him. Verily, Allah knows what happened, what will happen and what did not happen.

So the Logic question is:

Why Allah is informing us that: everything is recorded before its creation?

The answer is that: We must believe that, what has met us, would never have missed us, and what has missed us, would never have met us.

Therefore, do not grieve over for what you have missed of fortune, because had it been deened for you, you would have achieved it. Also do not rejoice about what Allah has favored you with, because it is not you who earned it, rather it is a provision from Allah The All Mighty.

Belief in Allah's Decree

II Life is run by the word "Be"

Surat(36) - V (82).

(82) → "When ^{he} He intends something to happen, He only says to it
"Be" and it is."

(b) This verse means that every thing in the
Universe, i.e. anything in the heavens or any thing
on the earth. It is all the same, requiring
no more than a simple word (B)
and it is.

Nothing is easier or more difficult, near
or far.

Once Allah intends something, it exists whatever
it may be.

This Quranic Rule clarifies the absolute ownership
and the complete authority of Allah The Almighty
over everything in the universe.

Belief in Allah's Decree

III - None can interfere with Allah's Decree.

Surat (71) - V (4).

" Verily, the term of Allah when it comes, cannot be delayed, if you but know "

Allah is the Greatest, Who is controlling the heavens and the earth. If He commands something to happen, it cannot be prevented.

∴ None can prevent a disaster or change any of Allah's Decree.

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

"Be mindful of Allah, you will find him in front of you. Get to know Allah in prosperity and He will know you in adversity. Know that what has passed you by, was not going to befall you, and that what has befallen you, was not going to pass you by." and let's know more about Allah's Will,

Also Allah said about His Will in His creation

Surat(54) - V. 50

"And Our Commandment is but one as the twinkling of an eye".

(18) This verse means that (When Allah wills a thing to happen, He commands it once without the need to repeat it. And whatever Allah commands, comes to existence faster than the blinking of an eye without any delay not even for an instant

Then in V(51) Allah is mentioning the foremen of the earlier nations so that we can realize the reality of the Decree of Allah which none can change or interfere with.

This reality clarifies that none can interfere with Allah's Decree.

Belief in Allah's Decree

Rule IV (4)

Allah said in Surat AL Baqara (2) - (V (286))

"Allah burdens not a person beyond his scope"

It is within the frame of Allah's mercy, that the believer is content in the belief that Allah is fully aware of his abilities and limitations and will not over burden him or subject him to any hardship or trial beyond his scope.

Rule: All the hardships, trials and

problems which we may have in our lives

are within our abilities, a fact which

leads to a feeling of acceptance and submission to all the decree of Allah.

Prophet Mohamed (S.A.W) said:

"How wonderful is the case of a believer, there is goodness for him in everything, and this is the ^{not} the

the case with anyone except for a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him, and if adversity befalls him, he endures it patiently and that is also good for him.

Conclusion: The believer is always content with Allah's

decrees, assured that the most merciful will

not change his soul with more than it can bear.

2- There is always a reward from Allah i.e. at time

of prosperity: being thankful to Allah is a rewardable

deed. And at time of adversity, being patient

with Allah's decrees, is also a rewardable deed.

So, let us prove our belief by living our

lives either (A) thankful to all the great blessings of

Allah (vision - hearing - touching - smelling - tasting - movement

reflection - wealth - marriage - children - parents and family)

or (B) patient at times of adversity.

Belief in Allah's Decree

Rule : I

Let's also Learn from Surah (2) ALBaqara V: (216)

"It may be that you hate a thing, while it is good for you and it may be that you Love a thing, while it is bad for you. Allah knows while you do not know"

This verse is a call from Allah clarifying

that: man cannot pretend to know where his good lies but Allah The All-Knower, knows for certain.

A fact that man must accept and act upon

(1) by 1. submitting himself to Allah's alone.

and 2. Acceptance of Allah's decree, whether he like it or not as he does not know.

It is always noticed that man, weak and short sighted as he is, would reject something which is in fact good for him, or Love something which is in fact evil and harmful

∴ Rule: By accepting that 1) Allah alone has the knowledge of everything and 2) whatever Allah ordains (decrees) is always

For the best, this motives him to be patient at the time of adversity, because a pleasant and favourable outcome might be waiting for him. This comforting thought revives man's hopes and optimism, getting him more closer to Allah with more reassurance and acceptance.

Belief in Allah's Decree
Rule (6) VI.

(12) The Fifth rule in the belief in 'Allah's Decree'

Allah said in Surat (Ash-Sharh)

Surat (94) - V (5, 6)

- 5- "Verily with difficulty (the hardship),
there is relief".
- 6- "Verily with the difficulty (the hardship)
there is relief".

In this verse, Allah is teaching us the following

lessons " (1) Allah is strongly emphasising the statement by repeating it twice.

(2) Hardship never comes absolute, without some ease accompanying it. When your burden became too heavy, be sure that Allah will lift up your heart and relieve the sting of hardship for you.

(13) This verse is a message of relief and comfort to every believer, who will be sure that at time of hardship, he must keep his spirit up as he is

is Allah Promised. Be sure that there is ease around. As this is a Promise from Allah, the One who controls our affairs. Maybe we don't know that ease, but it is around. Let's try to find "ease" with hardship.

(1) It is that during hardship, the

ease is always around.

- Allah the Almighty is teaching also.
is surat At-Talaag 65(7)

"Allah puts no burden on any person beyond what he has given him, Allah will grant after hardship, ease.

I am sure that each and everyone of us is feeling that life is one difficulty after another. One task after another.

(14)
(15)[†]

But according to the above Quranic rule we must believe that:

"Tough times only means that the times of ease are near"

The fact is that ① nothing remains the same

② nothing remains for ever

∴ After hardship, there is ease

As Allah said in the Quran

"The morning light after the stillness of dark
ness"

Belief in Allah's Decree

Rule VIII Rule (7) Trials expiate sins

Allah said in the Quran Surat (11) - V (114).

We must know that: Complaining about Allah

to his creatures and weeping about things that one has missed out in the worldly life ^{are} is the characteristic of the worst of creatures because they do not trust their Lord, The Most Merciful, All Forgiving Who never cause a soul to change more than it can.

These are the true losers in both lives:-

16 In the worldly life: They always feel despair and they

fear the worst possible outcome when any

problem or trial befalls them. So they are

always sad, worried, losing patience and very

nervous. Due to their stress, their sorrows

multiply, which leads them to stray away

from the truth, and from Allah, so the Shaitan

will control them completely. A way to both, a

miserable worldly life and to the hell fire.

But, the true believes in Allah and

His decree must always remember the following Hadiths
of Prophet Mohamed (S.A.W)

1- Never is a believer stricken with a discomfort,
an illness, an anxiety, a grief or mental worry or
even the pricking of a thorn except that some of
his sins are expiated for him

2- The believing man or woman will continue to be
afflicted by hardships in themselves, their

(17) families and their wealth until they meet
Allah with absolutely no sins

3- The amount of reward from Allah is proportional
to the amount of hardship, and if Allah loves a

4- If Allah wills good for his slave, he tries him

in this world, but if He wills evil for him then

He does not hasten to punish him for his sins, but
will delay him until he is called to account
on the Day of Judgment

"If Allah has decreed a rank for one of his servants to reach, but his deeds would not suffice him to reach this rank, then Allah will afflict him with hardship in his body, wealth and offspring therefore he will persevere through this until he reaches the rank that Allah has decreed for him to reach."

15. "Those who face the toughest trials are the prophets then those who are nearest to them and a person will be tested according to the strength of his faith."

The message of all these Hadiths of Prophet Mohamed (S.A.W) is that: the one who

is distressed or worried should know that whatever psychological or body pain afflicts him is not wasted, but serves a purpose in increasing his good deeds and expiating his bad deeds.

Belief in Allah's Decree:-
Rule VIII

The declaration of every believer, with regard to

Allah's decree is in Surat AL-TAWBA 9-V 51

18" 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

This is the command of Allah to Prophet
Mohammed (S.A.W) and his followers (muslim believers)
to say and declare that : all the affairs are up to Allah only,

A declaration of the belief in the Oneness
of Allah, His Decree and His Will.

A declaration which makes the Controller
of all the affairs to become the Guardian, Whom
all trust has to put in.

This verse will always encourage the feeling of comfort, relief, tranquility and the feeling of trust in Allah during the very difficult times of life

• Muslims should realize that: if it were not the disasters and hardships, and afflictions, we would come empty handed on the Day of Resurrection.

• When a person understands how the disasters that befall him expiate for his sins, he will rejoice and be thankful to Allah, especially if that happens to him straight after he has committed a sin.

19 • Prophet Mohamed (S.A.W) said: "When Allah

wishes good for His slave, He hastens the punishment for his sin in this world - and if Allah does not wish ^(good) for his slave, He (Allah) withholds the punishment until the Day of Judgement."

So, let us ^(pray to) be from those whom Allah wishes good for us, i.e. whom Allah hastens the punishment of their sins in this worldly life, i.e. before the Day of Judgement.

Islamic concept of prevention and treatment of depression.

III (AL-Sabr) Patience is the cure of every difficulty.

AL-Sabr is the internal power which you need to build so that it will support you to practice your belief.

Through AL-Sabr (being patient) you can control your desires and keep yourself always obeying Allah's commands (to do and not to do) also you will not complain regarding any of Allah's Decree. You will just be looking for the ease and relief from Allah (2) Looking for Paradise as a reward for your patience.

Through your Sabr (patience) with Allah's Decree, you must turn your heart to your Lord (only) calling on Him with all the hope in His Mercy and all the trust in His support and help.

Through your Sabr (patience) you can protect your spirit from any of the bad feelings which accompany disasters such as despair, loneliness, helplessness, loss of self confidence, i.e. you protect yourself from depression.

Ms
Hassan
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