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بسم الله الرحمن الرحيم

(12) Depression : Islamic prevention and treatment

(4) Satan : a major cause of depression.
~~Satan's whispers during Majahs, Fast's and Zakat~~

Today, InshaAllah we will continue to learn about

Satan rule as a major cause of depression and the Islamic ways to prevent its effect on the believer's spirit.

Again, at the beginning we need to

review : A. Islamic ways to prevent and treat depression.

B. Satan whispers as a cause of depression.

∴ At the beginning, let's revise: Islamic ways to prevent and treat depression :-

- 1- The sincere belief in Allah's Oneness.
- 2- The true belief in Allah's decree.
- 3- patience.

4- Understanding the reality of the worldly life.

5- Remembrance of Allah (Salat, Quran and Dua)

Regarding Satan battle with Adam and his offspring :-

① Allah The Allhighly expelled Satan out of Paradise as he refused to obey the command of Allah - it was the

InshaAllah, today we will learn about how Satan is attacking our spirits from all the ways :-
Satan approach of the believer through acts of worship:

- 1- Satan the main enemy of mankind is plotting with his party to destroy each person's eternal happiness, thus causing sorrow, anxiety and despair.
2. Acts of worship in Islam i.e As-Salat- Fasting- Zakat and Hajj are obligations and commands from Allah The Allmighty. Fulfilling these obligations with the goal of pleasing Allah The Allmighty is a source of Peace - trust - tranquillity and happiness of the spirit and the great reward in the Hereafter.
3. These acts of worship results in distancing oneself from Satan and his whispers.

Let's learn today in details about:-

- The role of Satan regarding deviating muslims from acting the Prayer, fasting, Zakat and Hajj i.e the five pillars of Islam.

Also his approach to muslims during performing these acts.

Satan's approach to the believer regarding acts of worship

1. As-Salat (Prayers)

• As-Salat is the most important worship performed in the name of servanthood to Allah.

• Faith and the five daily prayers are like twins.

• Satan was tested with prostration, which is part of the prayer, but he failed by opposing the command.

3. Prophet Mohamed (S.A.W) said: "When the children of Adam recite the *sajda* (prostration) verse and prostrate - Satan moves into a corner, begins to weep, and then he says "Woe to me! Allah commands man to bow down, and thus he obeys. (He is victorious). Paradise awaits him. Whereas I was also commanded to bow down. but I refused and rebelled. My fate is fire

Although Satan appears to be regretful he has never taken to step back or repented, instead he continues to move the believers away from the Right Path.

at the beginning of preparation for Prayer:

Satan uses his whispers of suspicion during the performance of ritual ablution (Wudu).

1- Prophet Mohamed (S. A. W) said: "There is no virtue in using excessive water during ablution because this is from Satan!"

2. One hadith warns us about an evil one by the name of "Wala han" who uses ablution water to whisper doubts

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3- Prophet Mohamed (S. A. W) said: when adhan is called, satan turns his back and flees from the scene. He returns upon the completion of adhan but flees once again during qamat. Then he comes back again to whisper deception into one's heart. He says "Remember this and remember that".

4- Satan also approaches those who perform their prayers in congregation. If he finds a gap between them, he squeezes in to harass them.

Prophet Mohamed (S. A. W) says: "Keep your

Line solid, straighten the shoulders and fill the gaps.

Be kind to your brothers, Do not leave gaps for Satan to fill.

Whoever fills a gap in the line will attract Allah's mercy.

Whoever causes a break in the lines, Allah will break ties with him."

5. Satan is sinister in finding ways to keep us away from prayer e.g, when someone intends to get up and performs

a prayer at night, Satan comes during his sleep, as

Prophet Mohamed (S.A.W) said: When one of you is

asleep, Satan ties 3 knots behind his neck, then he

strokes each knot and says "sleep, there is a long night

ahead of you". If the person wakes up and remembers

Allah, one of the knots comes undone. Then, when he

takes ablution, another knot comes undone. Finally,

the third knot is undone as one stands before Allah

to worship. From that point on, one reaches the

morning in total joy, tranquility and peace.

The opposite is waking up as an indolent person whose heart is filled with blemish.

6. As Performing prayer reflects one's submission to Allah, therefore, the prayers should be performed with extreme care and total sincerity.

A prayer performed with sincerity is one of the Satan's greatest hates, as he approaches man during prayer trying by all the means to break their concentration.

Satan always tries to push the believers into

useless thoughts and feelings during prayer so that they lose the link with Allah i.e. lose sincerity and concentration. Aisha explained: I asked the Prophet about

turning the head to glance around during prayer.

He (S. A. W) replied "That is Satan thieving from your prayers".

A scholar said: turning the head around during a prayer is related to Satan because it breaks

the momentum of spiritual connection with Allah.

Yes, young or old, Satan approaches all those who pray, for that, Prophet Mohamed said:

"If any of you becomes suspicious of his prayer

he should quickly remove all doubts out of his head.

Then he should perform 2 extra sajdahs (prostration of forgetfulness). If the prayer was correct, the 2 Sajdahs become super-erogatory prayer, however, if the prayer was inadequate, then the extra 2 Sajdahs will make it complete. These 2 extra sajdahs rub

1 Satan's nose on the ground.

7- Also, walking in front of a person when he is performing a prayer will distract him causing a loss of concentration, so one must screen oneself during prayer by using a cover or a book in front ^(garment) of him so that he can prevent people from looking around during prayer. Prophet Mohamed (S.A.W) said: "When one of you is praying, do not let anyone pass in front of you, try to stop him the best of your ability, because this is from Satan". The meaning is that Satan

is trying to break your prayer through diverting your attention towards a person walking in front of you.

Satan's approach of the believers regarding acts of worship-

II Fasting (SAWM)

(8)

- 1- The true meaning of worship is obedience to Allah
- 2- This obedience pleases the Lord and showers the spirits with peace and tranquility.
- 3- Disobedience is a sin which causes a feeling of guilt and sadness
- 4 Satan is trying to deviate the muslims from the Right Path i.e to disobey Allah, becomes sinners, Living the feeling of upset and sorrow.
- 5- As he tries with the prayer, he also tries to impede fasting.
- 6- Fasting is abstaining from eating, drinking and intimate relations from dawn to sunset.
- 7- Fasting trains muslims to control their desires i.e close the gates of satan to their spirits i.e
- 8- to be always close to Allah and obeying his commands.
- 9- Still, Satan is trying to make fasting difficult

for the muslims through his deceiving whispers:

- (9)
- You are too young to fast!!
 - You are too old to fast!!
 - The day is too long and you may be over exhausted or may faint because of fasting, and since Allah is the most merciful so forget about fasting and do not worry, Allah will forgive you!!
 - Do not eat suhur (night meal)!! an advice which is against Prophet Mohammed (S.A.W) recommendations regarding the importance of suhur also an advice which makes fasting more difficult!!
 - Try to sleep the whole day, so that you can tolerate fasting!! an advice which is against the goal of fasting which is the living and the feeling of the poor people and so feeling sympathy towards them and also appreciating Allah's blessing

So, Dear Muslim, be aware of Satan whispers.

Zakat:

(10) • Another form of worship which Satan tries to stop.

so that the muslim will become a sinner, disobeying Allah's commands, living away from Allah's Mercy, a life of worry, sorrow and anxiety.

• "Zakat" is "the purification of wealth".

• In religious terminology: Zakat is "the process of giving a certain percentage of your wealth for Allah's sake.

• Zakat is the right of the poor in the wealth of the rich.

• Zakat is a form of thanks of Allah for the wealth He has granted.

• As in all the forms of worship, we have to fight with the whispers of Satan, who is threatening muslims with poverty, in Surat (2) - V(268).

• Not only does Satan obstructs the path of Zakat and charity with threats of poverty, but he also encourages us to spend our money on things which Allah is displeased with

So be aware and give Zakat to feel peace

4 Hajj

(11)

1- No matter where we go or in which time zone we live, Satan's intervention will never vanish.

2- Humans are vulnerable to Satan's attacks when they are circulating around the Ka'ba where he (Satan) will ^(eg) deceive the Hajj regarding the number of circles he did around the Ka'ba. Also on the Mountain of Arafat, still Satan will whisper his deceptions

. Satan had also appeared to Abraham in human form when he was taking Ismael to the place of sacrifice by the order of Allah.

. Satan tried to influence Ibrahim into disobeying the command of Allah.

Accordingly → one of the corners of Hajj is the stoning of Satan, for three days - with 7 stones each day.

So it is clear that Satan is trying to deviate Muslims from obeying Allah and guiding them to disobey Him.

Conclusion

(12)
So, it is clear that Satan uses many ways to approach humankind. He wishes to lead humans astray with different strategies. He whispers into their heart. He forms a barrier before good deeds. He decorates and then presents all evil deeds as if they were attractive acts. He tries to push the soul and the heart into disobedience, dragging people into stress and dark desires.

But, since we can't, never fulfill all of our desires, on Satan's path we will face ongoing psychological problems..e.g
MS
Houston
Saddness, despair, anxiety and depression.

So, Satan stands on the side of evil, he is destructive. So the best form of protection against Satan's evil is to be spiritually equipped by attaining inner and outer unity.