

26th October 2009
(1651)

(4) Depression

Islamic treatment of depression (A)

My belief saved me.

Alhamdulillah, Last week we learned about the

causes of depression from Islamic concept, which are

1. Ignorance of the nature of the worldly life (a test full of hardships and trials).

2. Lack of belief in the Divine Decree and Predetermination.

3. The effect of Satan on the spirits (whispers of Shaitan).

4. Too much attachment to the worldly enjoyments.

5. Sins lead to depression.

Today, inshaAllah we will learn from the Verses of the Holy Quran and the Hadiths of Prophet Mohamed (S. A. W), the ways to treat this problem (depression).

The Islamic line of treatment of depression consists of the following:-

The Islamic line of treatment of depression:-

- 1- The sincere belief in the "Oneness of Allah"
- 2- The true belief in "Allah's Decree"
- 4- Understanding the reality of the worldly life.
- 5- Making the hereafter one's main concern.
- 3- "Patience" is the cure for every disaster.
- 7- ~~Patience~~
- 6- Continuous remembrance of Allah. (get rid of Shaytan
(Alsalat - Asking forgiveness of Allah and Dua" whisper)
Let's learn in details about the

Islamic ways of treatment and prevention of depression.

These rules are based on the verses of the Quran and the Hadiths of Prophet Mohammed (S.A.W).

Allah said in Surat(17) - V 82 (about the Quran)

"And We send down of the Quran that which is a healing and a mercy to those who believe"

"As for Prophet Mohammed (S.A.W), Allah said in Surat(21) V
"And We have sent you O'Mohamed" not but as a mercy for the Alalamin"

1. The true sincere belief in the "Oneness of Allah"

This belief in the "Oneness of Allah" means the following :-

- A) The belief that Allah is the Creator of all in the heavens and on the earth.
- b) The belief that Allah is The Owner of all in the heavens and on the earth.
- c) The belief that Allah is The All Knower of all in the heavens and the earth, the Unseen.
- d) The belief that Allah is the Controller Planner and Decider of all in the Heavens and the earth.

This belief = 1- Allah is the only Power, Will in life

2- Allah is the Source of all the Mercy in life.

This clear belief links the heart of the believer with his Lord, so he will be looking to obey all the commands of his Lord with love, appreciation and sincerity. → The Quran will be his companion, whom he loves and lives his life according to his rules.

It is the Quran which Allah said about it in Surah Yunus (10) V 57 - V 58

57. O mankind, there has come to you a good advice from your Lord (The Quran) and a healing for that (diseases of the heart: ignorance, doubt, sadness, envy, confusion, hatred, hypocrisy and differences) which are in your heart - a guidance and a mercy for the believers

58. "In the bounty of Allah, and in His Mercy (i.e. Islam and the Quran) therein let them rejoice, That is better than what they collect.

The meaning living the Quran as a way of life means to do the

righteous deeds that reform their hearts and characters,
and change their status in this world and the next,

2. to have the basic principles according to which they
deal with every kind of joy and grief.

3. To receive the blessings and joys with acceptance
and thanksgiving.

When they do this, they will

Always feel happy and hope,

that will last and bring them
reward for their gratitude.

when faced with distress, harm
worries, hardships, they will
all the trust in their Lord, The ^{Put}
One, who has All the Power,
trying to be and have
all the hope in Allah



Thus their hardships will be a source of
reward from Allah As prophet Mohamed S.A.W said: "How
marvellous is the affair of the believer! everything that
happens to him is good, and this does not apply to anyone except
the believer. If something good befalls him, he gives thanks

for it, and that is good for him. If something bad befalls him, he bears it with patience and that is good for him."

In conclusion: It is the true belief in the Oneness of Allah^u that supports the believer with the hope, power and patience to tolerate any hardship. . .

II : Belief in Divine Decree.

When a person believes that: there is no way that he could have escaped whatever befall him and that all matters are in the hands of Allah, including ones provisions and death, and that no one will die until he consumes all his decreed provision and until he lives for the whole amount of time, that was given to him, then he will definitely rely on Allah completely, without any worry or grief, also he will face his problems with strength and resolution. Also if people acknowledge that: whatever Allah ^{تقدير}

has decreed resulted from His perfect wisdom, then they will be content with whatever He decrees. One who is discontent will become an easy victim for grief, disease and the following base ^{desires},

AL-Hasan, may Allah have mercy upon him, was asked how he attained his good manners, he replied: "from being content with the decree of Allah."

1 Abu Haatim, may Allah have mercy upon him, reported that some of the Salaf said regarding being content: "There is no rank higher or mightier than being content. It is the peak of Loving Allah." This is exactly why Prophet Zakirya, peace be upon him, supplicated to Allah to grant this to his son, as Allah says that which translates as "And make him, my Lord, pleasing [to you]. Mariam (6)."
Contentment can ^{only} be established when the

slave has firmly in his mind the conviction that whatever Allah decrees results from His wisdom

4 Allah provides and deprives for a wise reason, and this is the only thing that will make a person feel at ease during times of hardships. This also applies during times of prosperity, as Allah informs us in the Quran about Sulaymaan, peace be upon him, with that which translates as "This is from the favour of my Lord to test me whether I will be grateful or ungrateful. And whoever is grateful his gratitude is only for the [benefit of] himself. And whoever is ungrateful - then indeed, my Lord is free of need and Generous". An-Naml(40)

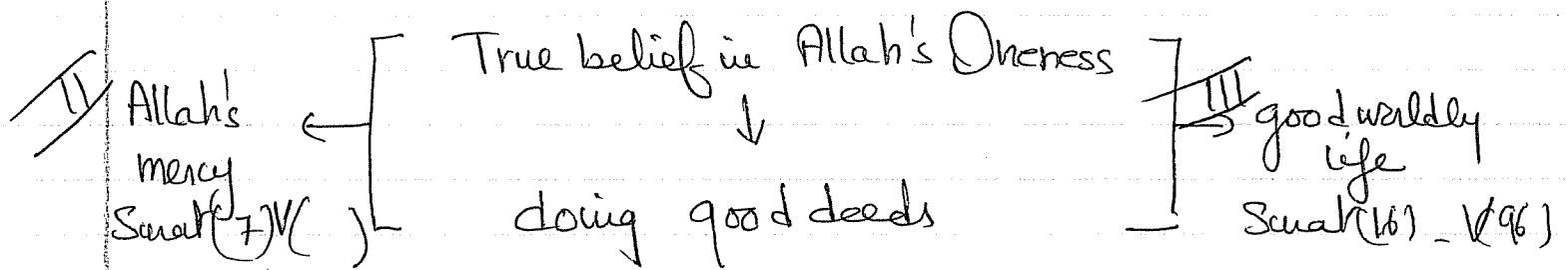
This is also evident in the saying of the Prophet (S.A.W) when his son Ibrahim died "The eyes cry tears, and the heart becomes sad

but, we will not say that which will bring the ^{Wrath} anger of our Lord. If it was not a true promise, and that we will meet in an appointed time and that the Last will eventually follow (die) after the first then we would have cried hard for your death (O Ibrahim). Indeed we are saddened by your departure." By saying this, the Prophet (S.A.W) meant that: had he not known that, there was a wisdom from Allah behind taking his son, he would have extremely been Saddened.

It is the belief in Allah's Decree and His Wisdom behind all the events in our life, that was the manner of all the prophets and righteous muslims.

It is the belief in Allah's Decree which has to be an outlet from all the worries, hardships and calamities.

Belief in "The Oneness of Allah" Protects and saves the spirit of the believer from depression



I Tagwa of Allah
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 Surat (65), (2 → 7)
 (great outlet for the spirit)

In details:

I True belief in Allah's Oneness + good deeds → Tagwa of Allah

Q How The Tagwa of Allah saves the spirit from depression

A In Surat (AlTalaq) V (2-3-4-5-7), Allah clarified and made his duty to Him

that whosoever fears Allah, then

- 1- Allah will make for him a way to get out from every difficulty
- 2- Allah will provide him from sources he never could imagine
- 3- Allah will make the matters easy for him
- ④ Allah will expiate his sins and will enlarge his reward

These multiple promises of Allah always send messages of hope, trust, tranquility, courage for the spirit of the believer to reassure him that he is never alone as Allah will always take care of him, get him out of every difficulty, make outlet for him and make things easy for him. These messages are the cure ~~and~~ healing and Protection for the spirit at time of hardships.

II True belief in Allah's Oneness + good deeds →

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Taqlwa of Allah

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(A way to attain Allah's Mercy)

Surat(7) V(156-157) .

• It is the mercy of Allah, which Allah will bestow on the true believers, who fear Him. It is the mercy of Allah which touches the believer's heart so it fills it with

patience, trust, confidence, hope^{and}, tranquillity; the medicines for every hardship.

III True belief in Allah's Oneness + doing good deed

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good worldly life
(Surat AL-Nahl (16) - V)

This is a general rule about action and reward.

This rule means:-

- 1- The two sexes male and female are equal with regard to their actions and the reward they receive from them.
 - 2- Good action must have a strong foundation which must be faith. Faith provides the axis around which all the good turns.
 - 3- Faith gives good action a motive and an aim.
 - 4 The rule also establishes that when good action is coupled with faith, it is rewarded by good life in this world. It may be a good life with or without a lot of money.
- There are many things in life, other than

money, which provide a good feelings and happiness.

A strong bond with Allah and a feeling of trust in him. life may be blessed by good health, a peaceful living, Love and Compassion.

4 - This general rule also makes clear that a goodly life in this world will not reduce in any way, the good reward in the life to come.

∴ The true belief in Allah is the foundation

Ms Houston of good deeds i.e. of the fear of Allah, a feeling which deserves all the help and support of Allah all the time.

So it is the spirit of the true believer, that is sure that Allah will save her from all the disasters, a feeling will protect it from depression or deep sadness.