

9 Nov. 2009

بسم الله الرحمن الرحيم

(6) Depression: Islamic line of prevention, treatment.

"Depression: a waste of your life."

It is the great blessing of Allah to guide

the hearts of the believers to the ways to protect their spirits against sadness, anxiety and depression.

Today, Insha Allah, we will continue to learn about the "Islamic line of prevention and treatment of depression".

We learned over the last weeks about the widespread of depression and its dangerous effects.

We also learned that the line of Islamic Prevention is based on :-

1/ The sincere belief in "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 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(14)

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

Today insha Allah we will learn about the third line of treatment of depression
Understanding the reality of the worldly life

There are some Quranic rules which we must realise regarding the reality of the worldly life so that we can always live a peaceful life with mental and spiritual peace :-

① Life is a test, where hardships and trials are part of it

Surat AL-Ankabut (VI-2-3).

② Life is deceiving enjoyment

Surat AL-Hadid 57 (V. 20)

③ Life is a farm for the hereafter i.e

the winners in this life are the ones who

succeed to collect the biggest numbers of the good deeds through their sincere belief in

Allah and their obedience to His Commands,

their good deeds will make their scale

heavy in the Day of Judgement.

Surat Almuminun (23) - V (101 → 104)

(4) The only way for tranquility and Peace in this life is the "Remembrance of Allah and the true belief"

Surat (13) - V (28).

(5) Worldly life is very short :-

Surat Almuminun (23) {V 112 — 114}

57 (6) Life is run by the "Decree of Allah" - none of man kind can interfere

A Surat (33) - V (36)

∴ According to the above Quranic rules, the believer can reach a strategy which will protect his spirit from either despair or depression.

A) to making the hereafter one's main concern.

(only)
b) to focus on what matters today.

c) life is too short

d) to appreciate the blessings of Allah.

e) to keep yourself busy with work that you like.

Q How to Protect your life against depression ?

A) Making the Hereafter your main concern:

A true believer in the previous Quranic rules will immediately realize that: there hereafter must be his goal and main concern i.e the final destination is the Paradise.

Prophet Mohammed said: "whoever has the hereafter as his main concern, Allah will fill his heart with the feeling of richness and independence, he will be focused and feel content, and this world will come to him in spite of it. Who ever has this world as his main concern. Allah will cause him to feel constant fear of poverty. he will be distracted and unfocused. and he will have nothing of this world except that was already predestined for him."

Ibn-al-Qayyim said: When a person spends his entire day with no other concern but

Allah alone, Allah will take care of all his needs and take care of all that worrying him. Allah will empty his heart ^{so} that it will be filled only with Love of Allah, Also Allah will free his tongue so that it will speak in remembrance of Allah.

But if a person spends his entire day with
no other concern but this world, Allah will make him to live its distress, anxiety and pain. Allah will leave him to set himself out, and cause his heart to be distracted from the Love of Allah towards the Love of some created being, cause his tongue to speak only in remembrance of that creation instead of remembering Allah, so he will strive hard for the sake of this world only.

Allah said in Surat(43)- V 36

" And whosoever turns away from remembrance of the Most Merciful, We appoint for him a shaytaan to be an intimate companion to him "

This verse means

It has been the Will of Allah that when
a man chooses to neglect his remembrance, Satan
will be his companion, whispering to him
and making evil things easy for him

Also, the verse means that this person

who turns away from Allah's Rules, will

be like the one who has significant

blindness so the Shaytan can control

him very easily. That person chooses to

be blind regarding Allah's Rem

in spite of the Blessing of Allah.

According to the great punishment for

that blind is the companionship

of the evil worshippers.

A great punishment for those

who can neglect.

⑧ Focusing on what matters today,

This is the advice of Prophet Mohamed (S.A.W)

to seek refuge with Allah from worry and regret,

Regret for things that have happened in the past which one cannot go back and change.

And Worry about what may happen in the future.

When the believer thinks only about the present, he will focus his energy on doing his best today, because this is what will help him to forget his worries and regrets.

Prophet Mohamed (S.A.W) said: The strong believer is better and more beloved to Allah than the weaker believer, and both are good. Pay attention to that which could benefit you, seek the help of Allah and do not feel incapacitated. If anything befalls you, do not say "If only I had done such and such, such a thing would have happened." Say instead

"It is the decree of Allah, and what He wills, He does." For saying "If only..." opens the way for Shay'at.

This Hadith indicates that: one should try
to eliminate the causes of distress and bring about
causes of happiness, by forgetting about bad things
in the past that cannot be changed. Also by
realizing that the future, whether good or bad,
is something unknown, it is in the hands of
the Almighty, All wise not in the hands of His
slaves, and all they have to do is to strive for the
good things and protect themselves from bad things.

The believer should know that: if he distracts
his mind from worries about the future and
put his trust in his Lord, then Allah take care
of it and his worry and anxiety will
disappear.

(c) Life is too short, your life is too precious.

The believer is aware that the worldly life is too short as death can come at any moment.

Also the believer is aware that he needs to collect as many as good deeds in the worldly life so that he can have their reward in the Paradise

Rule 1. Accordingly the believer will always be aware that: time is too precious to be wasted in stress - anxiety and depression,

As These sad feelings will prevent him from doing his duties towards Allah & his ^{hself} family and his family, He will not be able to worship Allah, to do his work ~~ie~~ to fulfil his responsibilities towards himself or those around him.

Depression is the way of the loser

in this life and the hereafter.

Let's appreciate every minute of our life
as this minute can be the way to a good
deed i.e a way to eternal happiness.

Let's realize that the time losers are
those who waste their life away from the
Rt path because they were not happy
with Allah's Decree so they were always
sad, depressed and despair.

In Surat Al munir 23 (101 → 113)

These verses of the Quran are a
great reminder to every muslim to
try to appreciate the time and to
utilize it for Allah's obedience. and
never to waste any time as losing
the time means losing the self means
Losing the Paradise.

④ Appreciate Allah's Blessings :-

Allah said in Surat (14) - V (34)

Indeed, Allah's Blessings are too many to be
Compared by any one person or by all the human beings.
Allah's Favours and blessings are not only
numerous, but are also unlimited.

3 The sun, the moon, the day and night, the water
(Rain)
pouring down from the skies, the Rivers, seas and
oceans, the Fruits and all the provisions. The healthy body
a, mind and spirit are all of Allah's blessings.

If the believer were to compare the unlimited blessings
of Allah, with any disaster or hardship that has fallen him, he
will realize that: The disaster is as nothing ~~by~~ in comparison
to the blessings.

Let's follow our Prophet Mohammed (S.A.W) advice who said

"Look at those who are below you, not at those who

are above you, so that you will not think little of the blessings that Allah has bestowed upon you".

14 If a believer ^{follows} (keeps) this important advice, he will definitely feel that he is better off than many others when it comes to good health, physical strength and provision such as food, clothing, shelter... no matter what his situation. So his anxiety and distress will disappear and he will feel so thankful to Allah for His Blessings which have raised him above others.

The more you think, remember and appreciate the blessings of Allah, the more you will love your Lord, be content with His Decree and never be sad, despair or worried. Instead you will be always calling on Allah to keep the blessings. The heart which appreciates the blessings is protected against the feeling of depression.

15
(E)

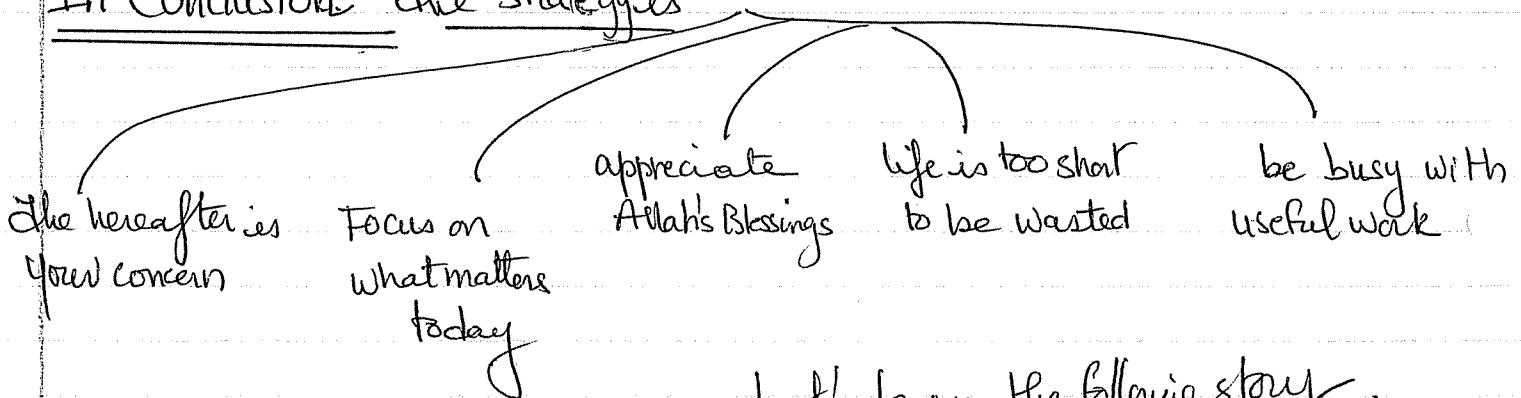
keep yourself busy with useful work.

- 1- This will distract your mind from the matters that has been causing anxiety.
- 2- May be then you will gradually get out of the depressed mode and you will start to feel comfortable and relax.
- 3- By doing so, you are (a) escaping the harmful effects of disasters on the spirit

(b) you are proving your trust in Allah's Mercy i.e your hope in Allah to and cause a solution for the problem.

(c) you become gradually a strong believer.

In Conclusion the strategies



Let's learn the following story.

Inspiring story : The source of our problems.

A group of working adults got together to visit their University lecturer, who was happy to see them.

Conversation soon turned into complaints about stress in work and life.

The lecturer just smiled and went to the kitchen to get an assortment of cups. Some porcelain, some in plastic some in glass, some plain looking and some looked rather expensive. The lecturer offered his former students the cups to get drinks to themselves.

When all the students had a cup in hand with water, the lecturer spoke "if you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal that you only want the best for yourselves, that is the
source of all your problems and stress,

What All you wanted was water, not the cup, but
we unconsciously went for the better cups
Just like in life, if life is water, then the
job, money and prestige are the cups. They are
just tools to hold / maintain life - but the
quality of life doesn't change.

If we only concentrate on the cup,
we won't have time to enjoy, taste
and appreciate the water in it.

(A lesson for those who can reflect)

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