



LET YOUR
FAITH
BE BIGGER THAN YOUR
FEAR

It is human nature to become sad, feel lonely, or lose hope. One who is in a state of depression or anxiety may feel a deeper sense of loneliness, sadness, and despair. We will define the two to illustrate a more clear sense of understanding.

Depression - mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies.

<https://www.merriam-webster.com/dictionary/depression>

Anxiety - an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

<https://www.merriam-webster.com/dictionary/anxiety>

An individual who is depressed or anxious is not lacking in their eeman, belief. According to Dr. Aisha Utz, eeman involves the human "thoughts, emotions and motivations, as well as the psychological state and well-being. Building eeman that is based upon Qur'an and Sunnah will be consistent with the innate nature of the human and thus lead to harmony and tranquility withing the soul." (62) Whether symptoms have been triggered by trauma, caused by a change in ones life, or is caused by genetics, there is a cure. The key is having a bank of coping strategies in place that will work for you.



A few thought to consider are as follows:

1. What coping strategies can help maintain my eeman when my depression feels like it is out of my control?
2. What positive thoughts can I replace with my anxious thoughts that bring me down and make me feel helpless?
3. Who can I talk with to help sort my scattered emotions that are storming through my brain?

Setting A Plan

The number one rule is to know that "Allah is the best of Planners."
(Quran, Suratul Anfal, 30)

Keep reminding yourself that Allah chose to test you with whatever you go through because He Loves you and Knows you are capable of battling what comes your way!

1. Make endless dua' in the moment of ease and unease.
2. Mindfulness in prayers. When you say Allahu Akbar while beginning your prayer, practice mindfulness - thinking of the moment you are in - your salah. Leave the world behind you. This may be difficult, but you got this! When you are mindful during prayers, your breathing naturally becomes steady. Take a deep breathe!
3. Tawakul, tawakul, tawakul. Put your trust in Allah. Everything happens by His decree.
4. You are not alone in this. Million of others face your trials. How you cope with it is what makes the difference.
5. Take 15 minutes a day to read about companions, learn a dua', or any other beneficial knowledge.
6. Do your part in helping yourself. Don't give yourself negative excuses.
7. Know that you are loved more than you will ever know.

Abdullah bin Abbas (May Allah be pleased with them) narrates that Rasulallah (ﷺ) said: "The one who (regularly) says Istighfaar, that is, frequently repent to Allah Ta'aala for sins committed, Allah Azza Wa-Jal will open a path from poverty and difficulties. All sorrow and hardship will be removed, and in its place prosperity and contentment granted. One will receive sustenance from unimagined and unexpected sources."

IstaghfurAllah
IstaghfurAllah
IstaghfurAllah

Allah is As-Samee'. He Hears your cry, and that is sufficient; He is all you need.

Abu Dharr reported: The Messenger of Allah, peace and blessings be upon him, said, "Allah Almighty says: Whoever comes with a good deed will have the reward of ten like it and even more. Whoever comes with an evil deed will be recompensed for one evil deed like it or he will be forgiven. Whoever draws close to me by the length of a hand, I will draw close to him by the length of an arm. Whoever draws close to me the by length of an arm, I will draw close to him by the length of a forearm. Whoever comes to me walking, I will come to him running. Whoever meets me with enough sins to fill the earth, not associating any idols with me, I will meet him with as much forgiveness."
Şaḥīḥ Muslim 2687

May Allah make it easy on you, and everyone else, aameen.



Depression
&
Anxiety

CAN SOMEONE HEAR MY CRY?