

What is depression?

Assalamu Alaikum Wa Rahmatullahe Wa Barakatuhu.

Bismillahir Rahmanir Rahim.

Today's topic of discussion is "What is Depression?"

The answer of this question is "Depression" can be explained as "Distance between you and your creator".

- ❖ Hazrat Khadija (r.a) was very rich, when she married Prophet Mohammad (P buh). Even she became more-richer by trade, which was conducted by Prophet Mohammad (P buh). Naturally she never faced any financial hardship and her life was like life of a richer woman. When Quraish confined Muslim in a cave, where Prophet Mohammad (P buh), his wife Khadija (r.a) and other Muslims including children for 2.5 years, and faced hunger even they used to eat leaves of trees. But still, no Muslim including Khadija (r.a) were depressed.
- ❖ Hazrat Bilal (r.a) was a Habshi slave. He was tortured and put on the sand on middle of scorching heat of sun. His skin, muscle used to burn in the heat, but he never was depressed. Depression was defeated by the remembrance of Allah SWT.
- ❖ Imam Ibn Tayimiah was jailed for 8 years by the ruler but never compromised with the teaching of Quran and Hadith. Even he died in jail. He said, there is heaven in this world. I found that heaven in my heart. Enjoying songs, watching movies, reading motivational books, gossip with people can never save one from "Depression". If that could, then why (a) famous singer Linking park took his life by suicide? (b) Famous movie actor Sushant Singh Rajput committed suicide? (c) The king of motivational writer Dale Carnegie committed suicide?

Those who committed suicide by depression they didn't believe in Allah, the one & only ilah they were non believer.

When a Muslim is afflicted with depression, then he/she must take account of Iman. He/She must try to bolster Iman by performing Salat, Saum, studying Quran and Sahih Hadith. He/She must make Tauba and ask Allah SWT to forgive his/her sins. He/She must seek help from Allah SWT to save rom depression. He/She must practice tawakkul to Allah SWT.

Your family problem, your wife is not good. The wives of Prophet Lut (alaihis salam) & Prophet Nuh (alaihis salam) were not good. The Prophet did not suffer from depression. They had complete tawakkul to Allah SWT.

ضَرَبَ اللهُ مَثَلًا لِلَّذِينَ كَفَرُوا امْرَأَتَ نُوحٍ وَامْرَأَتَ لُوطٍ كَانَتَا
تَحْتَ عَبْدَيْنِ مِنْ عِبَادِنَا صَالِحِينَ فَخَانَتُهُمَا فَلَمْ يُغْنِيَا
عَنْهُمَا مِنَ اللَّهِ شَيْئًا وَقِيلَ ادْخُلَا النَّارَ مَعَ الدَّٰخِلِينَ ﴿١٠﴾

Allah sets forth, for an example to the Unbelievers, the wife of Nuh and the wife of Lut: they were (respectively) under two of our righteous servants, but they were false to their (husbands), and they profited nothing before Allah on their account, but were told: "Enter you the Fire along with (others) that enter!" (Surah-Tahrim 66:10)

Your husband is not good. The husband of Hazrat Asia was pharaoh. She was tortured by pharaoh & his men. She had complete tawakkul to Allah SWT. She prayed to Allah SWT.

وَضَرَبَ اللهُ مَثَلًا لِلَّذِينَ آمَنُوا امْرَأَتَ فِرْعَوْنَ إِذْ قَالَتْ رَبِّ
ابْنِ لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ وَنَجِّنِي مِنْ فِرْعَوْنَ وَعَمَلِهِ وَ
نَجِّنِي مِنَ الْقَوْمِ الظَّالِمِينَ ﴿١١﴾

And Allah sets forth, as an example to those who believe the wife of Pharaoh: Behold she said: "O my Lord! Build for me, in nearness to Thee, a mansion in the Garden, and save me from Pharaoh and his doings, and save me from those that do wrong"; (Surah-Tahrim 66:11)

Hazrat Nuh (alaihi salam) preached Islam for about one thousand years, but very few people accepted Islam. His near relatives gave him trouble. He was not depressed, he had complete trust on Allah SWT.

Hazrat Yusuf (alaihis salam) was thrown by his brothers into a well, when he was little boy. One businessman purchased Yusuf, the wife of that businessman invited Yusuf to have illicit relation with her, as he refused he was put to jail for few years. He was not depressed and had complete trust on the decision of Allah SWT.

When Ibrahim (alaihis salam) was given the good tidings to have son at old age, he was astonished to hear the news from Angels. The Angles said, are you disappointed from the mercy of Allah. Ibrahim said that he is not depressed & disappointed. Ibrahim have full tawakkul to Allah SWT.



They said: "Fear not! We give thee glad tidings of a son endowed with wisdom."
(Surah-AL Hijr 15:53)



He said: "Do you give me glad tidings that old age has seized me? Of what, then, is your good news?" (Surah-AL Hijr 15:54)



They said: "We give thee glad tidings in truth: be not then in despair!" (Surah-AL Hijr 15:55)



"He said: And who despairs of the mercy of his Lord, but such as go astray?" (Surah-AL Hijr 15:56)

Yakub lost two sons Yusuf and Binyamin by the conspiracies of their brothers. When Allah made Yusuf the ruler of Egypt. Yusuf's brother became poor because of famine, so they came to Yusuf to get help/crops. Yakub asked the brothers of Yusuf and Binyamin to search for them (Yusuf and Binyamin).



"O my sons! Go you and enquire about Yusuf and his brother, and never give up hope of Allah's Soothing Mercy: truly no one despairs of Allah's Soothing Mercy, except those who have no faith." (Surah-Yusuf 12:87)

Hadith narrated by Abdullah Ibn Masud (Habru Hajihil Ummat learned man of this ummat): "Shirk with Allah is big (kabira) Sin, and also who thinks that Allah will not catch him for his sins and despair from the blessings of Allah also big (kabira) Sin.

So, Recreational songs, movies, books cannot relieve you from Depression.
Return to the path of Allah is the only way one can get rid from Depression.

So, brothers and sister, let us try to be near to Allah SWT, not far away from him. All our worries, depressions will be removed by Allah SWT.

Let Allah help us.

Amin

Assalamu Alaikum Wa Rahmatullahe Wa Barakatuhu.

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