

Anxiety & It's Remedies

Examples of Anxiety

1. Constant sinning and distancing from the remembrance of Allah:

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَىٰ

"But whosoever turns away from this Admonition from Me shall have a straitened life; We shall raise him blind on the Day of Resurrection," [TaHa, 124]

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ يَشْرَحْ صَدْرَهُ لِلْإِسْلَامِ وَمَنْ يُرِدْ أَنْ يُضِلَّهُ يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

"So whomsoever Allah wills to guide, He opens his breast for Islam; and whomsoever He wills to let go astray, He causes his breast to become strait and constricted, as if he were climbing towards the sky. Thus Allah lays the abomination (of aversion from Islam) on those who do not believe" [Al-An'aam, 125]

2. Through calamities:

أَمْ حَسِبْتُمْ أَنْ تَدْخُلُوا الْجَنَّةَ وَلَمَّا يَأْتِكُمْ مَثَلُ الَّذِينَ خَلَوْا مِنْ قَبْلِكُمْ مَسْتَهْمُونَ
الْبِأْسَاءِ وَالضَّرَّاءِ وَزُلْزَلُوا حَتَّى يَقُولَ الرَّسُولُ وَالَّذِينَ آمَنُوا مَعَهُ مَتَى نَصْرُ اللَّهِ أَلَا
إِنَّ نَصْرَ اللَّهِ قَرِيبٌ

3. Anxiety experienced by those who call to the path of Allah:

Allah's Messenger said: "I found myself near the Ka'bah, and Quryash were asking me about my Night Journey, questions about Bayt al-Maqdis that I was not sure of. I felt more distressed and anxious than I had ever felt, and then Allah raised it for me so that I could see what they were asking me about and answer all their questions..." [Muslim]

4. Due to false accusations:

"O 'Aa'ishah, I have heard such-and-such about you. If you are innocent, Allaah will prove your innocence, and if you did commit a sin, then ask for Allaah's forgiveness and repent to Him, for when the slave admits his sin and repents to Allaah, Allaah will accept his repentance. When the Messenger of Allaah (SAWS) had finished what he had to say, her tears stopped completely, and she said to her father: 'Respond to what the Messenger of Allaah (SAWS) has.' He said, 'By Allaah, I do not know what I should say to the Messenger of Allaah (SAWS)' then she said to her

mother: 'Respond to what the Messenger of Allaah (SAWS) has said.' She said, 'By Allaah, I do not know what I should say to the Messenger of Allaah (SAWS).' 'Aa'ishah(R) said " I am only a young girl and I do not know much of the Qur'aan. By Allaah, I have nothing to say to you except the words of the father of Yoosuf: " ... So (for me) patience is most fitting. And it is Allaah (Alone) Whose help can be sought against that which you assert." [Yoosuf 12:18].' She then turned away and laid down on her bed. Then Allaah revealed (interpretation of the meaning): ' Verily! Those who brought forth the slander (against 'Aa'ishah) are a group among you. Consider it not a bad thing for you...' [al-Noor 24:11 – see complete passage, aayat 11 to 20]. [Bukhari & Muslim]

5. Anxiety over debt

Narrated Abdullah ibn al-Zubayr that his father said: "...My greatest concern is my debts – do you think that any of our wealth will be left after paying off our debts? O my son, sell our property and pay off our debts." 'Abd-Allaah said: "He started to advise me what to do about his debt, and told me: 'O my son, if you are unable to pay off anything, seek the help of my Master [i.e Allah].' By Allaah, I did not know what he meant until I asked, 'O my father, who is your Master?' He said: 'Allaah.' By Allaah, every time I felt distress because of difficulty in paying off his debt, I prayed, 'O Master of al-Zubayr, pay off his debt,' and Allaah paid it off..." [Bukhari]

6. Earnings of Money and Wealth in general:

"Whoever fears Allah, he will find a way out of every difficulty..."

"And there is not a creature on this earth except that Allah has its Rizq for it." " Wa fis-Samaai rizqukum wa am to-adoon.

Remedies for Anxiety

1. Dhikr-il-Leh (Is it not with the remembrance of Allah that the hearts become tranquil?)

2. إِذَا حَزَبَهُ أَمْرٌ فَأَرْزَعْ إِلَى الصَّلَاةِ

3. ١/: كان رسول الله صلى الله عليه وسلم يقول عند الكرب

" لا إله إلا الله العظيم الحليم , لا إله إلا الله رب العرش العظيم , لا إله إلا الله رب

السموات و

" رب الأرض و رب العرش العظيم

4. ٢/: وعن النبي صلى الله عليه وسلم قال : ما أصاب عبداً هم ولا حزن , فقال :-

اللهم إني عبدك , و ابن عبدك , و ابن أمتك , ناصيتي بيدك , ماضٍ في حكمك , عدل في قضاؤك , أسألك بكل اسم هو لك سميت به نفسك أو أنزلته في كتابك أو علمته أحد من خلقك أو استأثرت به في علم الغيب عندك , أن تجعل القرآن ربيع قلبي , و نور صدري , و جلاء حزني , و ذهاب همي - إلا أذهب الله همه و حزنه , و أبدله مكانه فرجا "

رواه أحمد و أبو يعلى و الطبراني و صححه الألباني في الكلم و السلسلة الصحيحة [449].

5. The dua of the Prophet (SAW)

اللهم أني أعوذوبك من الهم و حزن، و العجز و الكسل، و البخل و الجبن، و ضلع الدين و غلبت الرجال.

6. Saying prayers upon the Prophet:

Al-Tufayl ibn Ubayy ibn Ka'b reported that his father said: "When two-thirds of the night had passed, the Messenger of Allaah (peace and blessings of Allaah be upon him) got up and said: 'O people, remember Allaah, remember Allaah. The first blowing of the Trumpet has come, and will be followed by the second blowing. Death has come, with all that it implies, death has come with all that it implies.' I said: 'O Messenger of Allaah, I pray a lot for you. How much of my prayers should I devote to you?' He said, 'As much as you want.' I said, 'A quarter?' He said, 'As much as you want, and if you increase it, it will be good for you.' I said, 'Half?' He said, 'As much as you want, and if you increase it, it will be good for you.' I said, 'Two-thirds?' He said, 'As much as you want, and if you increase it, it will be good for you.' I said, 'I will devote all my prayer to you.' He said, 'Then your worries will be taken care of and your sins will be forgiven.'" [At-Tirmidhi].

7. Medicine: mention the woman who the Prophet prescribed barley and honey.