

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَى عَبْدِهِ الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا، نَحْمَدُهُ سُبْحَانَهُ حَمْدًا كَثِيرًا طَيِّبًا، جَعَلَ سُبْحَانَهُ لِمَنْ اتَّقَاهُ مِنْ كُلِّ هَمٍّ فَرَجًا، وَمِنْ كُلِّ ضِيقٍ مَخْرَجًا، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،

وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، صَلَّى اللَّهُ وَسَلَّم وَبَارَكَ عَلَيْهِ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, who has sent down upon His Servant the Book and has not made therein any deviance. We thank Him as it pleases Him. He offers to bring relief to those who obey Him and dissolve their distress. I bear witness that there is no deity worthy of worship, except for Him alone without any partners or peers. To Him belongs the dominion of the heavens and the earth and whatever is within them. And He is over all things Mighty.

I also bear witness that Muhammad is His Servant and Messenger. May the peace and the blessings of Allah be upon him, his companions and all those who will follow them in righteousness till the Day of Judgment.

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا إِذَا مَسَّهُ الشَّرُّ جَزُوعًا وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا...

“Indeed Man was created anxious, he is fretful in bad times, miserly in good times.
(70:19-21)...(35)

What is Worrying?

- The Arabic word **لَع** means to fret, be distressed, worried, bitter and indignant because of a particular difficult circumstance, it leads to anxiety or unease, allowing the mind to dwell on a difficulty or a trouble and eventually producing a disturbed state of mind.

Statistics

- 40% of the things we worry about never happen
- 30% are in the past and can't be helped
- 12% involve the affairs of others that are not even our business
- 10% relate to sickness, real or imagined
- Only 8% of the things we worry about are likely to happen! There's a 92% chance that you're worrying about something that will never happen to you. Scientists at Yale University have actually identified a 'worry gene.' But they say that while you may have inherited it, you can overcome it. Here is what the glorious Quran tells us about this dangerous human condition:

The Prophet ﷺ Worry

- Surat al-Dhuha reveals a serious worry of the beloved Prophet ﷺ
- Early days of Prophethood, Jibreel عليه السلام stopped coming to him; Makkan's began to say his Satan has abandoned him. This really upset the Prophet ﷺ, he was worried and anxious, however the Allah ﷻ wanted to relieve him and calm his nerves.
- The Surah addressed him and said to him; don't worry! The lord has not forsaken you nor is he annoyed with you, your future is brighter than the past and you will be blessed with so much that you will be happy.
- Then it reminded him of his three wonderful past successes; how as an orphan he was lovingly cared for, how he was poor and God made him wealthy through his wife and finally how he was engrossed in the Divine love and he was given the mantle of Prophethood.
- **1.** First challenge the obsessive negative thought and start looking at things in a positive light.
- **2.** Remind yourself of past successes in your life, the race you won, the flying colours in the exam, etc.
- **3.** Take action, do something good and engage yourself in a project, a lot of anxiety is caused by lack of asserting your control, not managing the affairs and lack of action.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ

“O Allah, I seek refuge with You from worry and grief, from incapacity and laziness.”
(Bukhari)

Mother Of Musa عليه السلام Is Worried

وَأَوْحَيْنَا إِلَىٰ أُمِّ مُوسَىٰ أَنْ أَرْضِعِيهِ فَإِذَا خِفْتِ عَلَيْهِ فَأَلْقِيهِ فِي الْيَمِّ وَلَا تَخَافِي وَلَا تَحْزَنِي إِنَّا رَادُّوهُ إِلَيْكَ
وَجَاعِلُوهُ مِنَ الْمُرْسَلِينَ

And We inspired to the mother of Moses, "Suckle him; but when you fear for him, cast him into the river and do not fear and do not grieve. Indeed, We will return him to you and will make him [one] of the messengers." (28:7)

- When Musa عليه السلام was born the Pharaoh had issued an order to kill every new born child amongst the Israelites, so you can imagine the intense worry and fear of Moses mother, the Quran tells her “don’t worry and don’t fear.” We will take care of this baby, and how He did so is so wonderful. The Quran describes this besieged young mother’s dilemma: **“the next day, Moses mother felt a void in her heart-if we had not strengthened it to make her one of those who believe, she would have revealed everything about him”** (28:10).
- So the Divine strength comes to us if we believe in Allah.

Rumi's Story Of Schoolboys Who Made Their Teacher Worried

- 5 school boys got together to get rid of their teacher who was harsh on them. They agreed to repeat similar statements over a period of time.
- Day 1 Teacher Arrives - "Sir why are you very pale today? I hope you are well, your colour is not normal you might have fever".
- Day 2 - "Good day sir! I hope all is well with you, your face is rather pale". The teacher said "no there is nothing wrong with me, go and sit down at once and not talk rubbish".
- Day 3 - "Sir you don't look well what's the matter?" " Sir you look weak "" Sir you look frail " .
- Teacher dismisses class and returns home. Wife asks "what's the matter with you? You've come very early today is there no school?" The teacher by now was feeling bad feverish and angry and he said to her "how dare you say that, don't you see my colour and my condition? Even strangers are sympathising with my distress but you at home have no sympathy for me!" The woman tried to explain to him that there was nothing wrong with him, however he shouted at her again and said "bring me my blanket and bring the quilt".
- The moral of this story is that when we worry about something it can really become a reality and have a huge impact on our well-being.

When you worry, you doubt God and give the devil an entry point into your life.

How long have you been doing this? When are you going to stop it?

You can learn to stop these thoughts and have a better emotional health as chronic worry can lead to severe health problems like high blood pressure, headaches, anxiety, depression and heart disease.

Disengaging strategies

- 1. Prayer is the most effective and simple method of disengaging the mind from the obsessive negative thoughts, the example of Prophet ﷺ is that whenever he was worried he would pray earnestly and taught us to do the same.
- 2. Do something good like greeting someone cheerfully, cleaning up, visiting a friend and making a donation for a good cause.
- 3. Turn to Allah with humility, love and reverence praying; **“O lord, protect, cover up our deficiencies and weaknesses and make us feel safe and secure”** (Ahmed).