

Avoiding a Depressed Life

PodSeries - Vol 230



Achieve Noble Character

Avoiding a Depressed Life

ShaykhPod Books

Published by ShaykhPod Books, 2023

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Avoiding a Depressed Life

First edition. April 14, 2023.

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Acknowledgements

All praises are for Allah, the Exalted, Lord of the worlds, who has given us the inspiration, opportunity and strength to complete this volume. Blessings and peace be upon the Holy Prophet Muhammad whose path has been chosen by Allah, the Exalted, for the salvation of mankind.

We would like to express our deepest appreciation to the entire ShaykhPod family, especially our little star, Yusuf, whose continued support and advice has inspired the development of ShaykhPod Books.

We pray that Allah, the Exalted, completes His favour on us and accepts each letter of this book in His august court and allows it to testify on our behalf on the Last Day.

All praise to Allah, the Exalted, Lord of the worlds and endless blessings and peace be upon the Holy Prophet Muhammad, on his blessed Household and Companions, may Allah be pleased with them all.

Compiler's Notes

We have tried diligently to do justice in this volume however if there are any short falls found then the compiler is personally and solely responsible for them.

We accept the possibility of faults and shortcomings in an effort to complete such a difficult task. We might have unconsciously stumbled and committed errors for which we ask for indulgence and forgiveness of our readers and the drawing of our attention thereto will be appreciated. We earnestly invite constructive suggestions which can be made to ShaykhPod.Books@gmail.com.

Introduction

The following short book discusses the importance of Avoiding a Depressed Life. This discussion is based on Chapter 20 Taha, Verses 123-127 of the Holy Quran:

"[Allah] said, "Descend from it [i.e., Paradise] – all being enemies to one another. And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind." He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allah] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring."

Implementing the lessons discussed will aid a Muslim to Achieve Noble Character. According to the Hadith found in Jami At Tirmidhi, number 2003, the Holy Prophet Muhammad, peace and blessings be upon him, has advised that the heaviest thing in the Scales of Judgment Day will be Noble Character. It is one of qualities of the Holy Prophet Muhammad, peace and blessings be upon him, which Allah, the Exalted, complimented in Chapter 68 Al Qalam, Verse 4 of the Holy Quran:

"And indeed, you are of a great moral character."

Therefore, it is a duty on all Muslims to gain and act on the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him, in order to Achieve Noble Character.

Avoiding a Depressed Life

Chapter 20 – Taha, Verses 123-127

قَالَ أَهْبِطَا مِنْهَا جَمِيعًا بَعْضُكُمْ لِبَعْضٍ عَدُوٌّ فَأِمَّا يَا أَيُّهَا الَّذِينَ آمَنُوا فَاتَّقُوا اللَّهَ إِنَّهُ كَفَّرَ عَنْكُمْ سَيِّئَاتِكُمْ وَأَنِتَّى يُبَيِّنُ اللَّهُ لِقَوْمٍ يُهْتَدُونَ

هُدًى فَمَنْ أَتَّبَعَ هُدَايَ فَلَا يَضِلُّ وَلَا يَشْقَى ﴿١٢٣﴾

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَامَةِ أَعْمَى ﴿١٢٤﴾

قَالَ رَبِّ لِمَ حَشَرْتَنِي أَعْمَى وَقَدَكُنْتُ بَصِيرًا ﴿١٢٥﴾

قَالَ كَذَلِكَ أَنْتَ أَعْمَى أَيُّهَا الَّذِينَ آمَنُوا فَاتَّقُوا اللَّهَ إِنَّهُ كَفَّرَ عَنْكُمْ سَيِّئَاتِكُمْ وَأَنِتَّى يُبَيِّنُ اللَّهُ لِقَوْمٍ يُهْتَدُونَ

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وَكَذَلِكَ نَجْزِي مَنْ أَسْرَفَ وَلَمْ يُؤْمِنْ بِآيَاتِ رَبِّهِ وَلَعَذَابُ الْآخِرَةِ أَشَدُّ وَأَبْقَى

﴿١٢٧﴾

“[Allah] said, "Descend from it [i.e., Paradise] – all being enemies to one another. And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer.

And whoever turns away from My remembrance - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind.”

He will say, "My Lord, why have you raised me blind while I was [once] seeing?"

[Allah] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten."

And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring.”

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

This verse reminds Muslims the importance of remaining steadfast whenever they are attacked by their enemies namely, the Devil, their inner Devil and those who invite them towards the disobedience of Allah, the Exalted. A Muslim should not turn their back on the obedience of Allah, the Exalted, whenever they are tempted by these enemies. They should instead remain steadfast on the obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience. This is achieved by avoiding the places, things and people who invite and tempt them towards sins and the disobedience of Allah, the Exalted. Avoiding the traps of the Devil is only achieved through gaining and acting on Islamic knowledge. The same way traps on a path are only avoided by possessing knowledge of them similarly; Islamic knowledge is required to avoid the traps of the Devil. For example, a Muslim might spend much time reciting the Holy Quran but because of their ignorance they might destroy their righteous deeds without realising it through sins such as, backbiting. A Muslim is bound to face these attacks so they should therefore prepare for them through the sincere obedience of Allah, the Exalted, and in return gain an uncountable reward. Allah, the Exalted, has guaranteed right guidance for those who struggle in this way for His sake. Chapter 29 Al Ankabut, verse 69:

“And those who strive for Us - We will surely guide them to Our ways...”

Whereas facing these attacks with ignorance and disobedience will only lead one to difficulties and disgrace in both worlds. The same way a soldier that possesses no weapons to defend himself would be defeated; an ignorant Muslim will have no weapon to defend himself when facing these attacks which will result in their defeat. Whereas, the knowledgeable Muslim is provided with the most powerful weapon which cannot be overcome or beaten namely, sincere obedience of Allah, the Exalted. This is only achieved through sincerely gaining and acting on Islamic knowledge.

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

This verse means that people will be enemies to one another as well as enemies to the Devil. In a Hadith found in Sahih Bukhari, number 5534, the Holy Prophet Muhammad, peace and blessings be upon him, described the difference between a good and bad companion. The good companion is like a person who sells perfume. Their companion will either obtain some perfume or at least be affected by the pleasant smell. Whereas, a bad companion is like a blacksmith, if their companion does not burn their clothes they will certainly be affected by the smoke.

Muslims must understand that the people they accompany will have an effect on them whether this affect is positive or negative, obvious or subtle. It is not possible to accompany someone and not be affected by it. A Hadith found in Sunan Abu Dawud, number 4833, confirms that a person is on their companion's religion. Meaning, a person adopts the characteristics of their companion. It is therefore important for Muslims to always accompany the righteous as they will undoubtedly affect them in a positive way meaning, they will inspire them to obey Allah, the Exalted, by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience. Whereas, bad companions will either inspire one to disobey Allah, the Exalted, or they will encourage a Muslim to concentrate on the material world over preparing for the hereafter. This attitude will become a great regret for them on Judgment Day even if the things they strive for are lawful but beyond their needs.

Finally, as a person will end up with those they love in the hereafter according to the Hadith found in Sahih Bukhari, number 3688, a Muslim must practically show they love for the righteous by accompanying them in this world. But if they accompany bad or heedless people then it proves and indicates they love for them and their ultimate destination in the hereafter. Chapter 43 Az Zukhruf, verse 67:

“Close friends, that Day, will be enemies to each other, except for the righteous.”

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

This verse is connected to chapter 29 Al Ankabut, verse 38:

“...And Satan had made pleasing to them their deeds and averted them from the path...”

As mentioned in this verse the Devil fools people into committing sins and making wrong decisions by beautifying the incorrect choice for them. This occurs in situations when a person must make a choice between two or more options. It also occurs when the choice is between the lawful and unlawful and even between two lawful options. If the Devil cannot guide someone to a sin then he attempts to guide them to the inferior option, even if it is lawful, hoping it will lead to some sort of a sin, such as a person complaining about life and destiny. The Devil beautifies a choice by causing one to focus on its apparent benefit to such a degree that they lose focus on the bigger picture and the consequences of the choice. An adult then behaves like a child who makes choices without reflecting over the consequences of their actions. This is one of the main reasons why people commit sins. In reality, if one truly reflected on the punishment of sins they would never commit them.

Something which helps in situations like this is to mentally take a step back and assess the options by comparing their long-term benefits and harms. Only when the lawful benefits of something outweighs the harm should a person proceed. The other thing which helps is to deeply reflect on the consequences of the potential options. Some choices might be lawful but if one goes ahead with them it may make their life difficult in the long run. For example, sometimes people rush into marriage with someone they apparently love. They base their decision solely on their feelings instead of reflecting on other more important aspects, for example, if their potential future spouse will make a good life partner or a good parent and if they will help them in their obedience to Allah, the Exalted. Many marriages have ended in divorce because the couple did not reflect on the long term implications of a potential marriage. Many people often claim their spouse was very different before they got married but in most cases they have not changed at all. The truth is that before marriage they did not spend so much time with them so they did not observe certain characteristics which became obvious after marriage.

Some often rush into action and later have regrets as their choice caused them more trouble and in many cases the issue was not a big deal in the first place. This type of action can only be avoided when one reflects on the situation and observes the bigger picture meaning, the wider and long-term implications and consequences of taking a step forward.

One should not only assess if something is lawful or unlawful before making a decision. Even though, this is the most important thing to consider yet, it is not the only thing. As many lawful incorrect choices, which are beautified by the Devil, can lead to trouble further on in life.

To sum up, before making any choice a person must take a step back and reflect deeply over its lawfulness and its potential long-term benefits and harms under the guidance of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Whoever acts like this will rarely make a wrong choice they later regret.

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

It is important to understand that no matter how much religious knowledge one obtains or how much worship and righteous deeds they perform they will never be safe from the attacks and traps of the Devil. This is because the Devil attacks each person according to how much knowledge they possess and how much righteous deeds they perform. For example, he will try to convince the muslim who is strict in offering their obligatory prayers not to offer them in congregation at the Mosque or by convincing them to delay their obligatory prayers beyond their starting times as he knows he will not be able to convince them to completely abandon the obligatory prayers. Whereas, in respect to the muslim who is struggling to establish their obligatory prayers he will attempt to convince them that they are too difficult to establish therefore they should only offer them when they are completely free. He tries to convince those who perform many voluntary righteous deeds not to gain and act on Islamic knowledge in order to improve their character so that they continue to destroy their good deeds through bad characteristics such as, lying and backing.

The Devil aims to prevent a person from reaching a higher level if he cannot convince them to fall in rank through disobedience to Allah, the Exalted. Therefore, muslims should always be on guard against his attacks and traps by persistently striving to increase in rank, improve their character and avoid acts of disobedience which is all achieved by gaining and acting on Islamic knowledge.

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

The Devil tries to convince muslims to always observe those who are worse than them in behaviour in order to justify their lack of striving in the obedience of Allah, the Exalted, and improving their character and behaviour for the better. For example, a muslim who offers their obligatory prayers once in a while will observe someone who does not pray at all in order to make themselves feel better. A thief will look at a murderer and convince themselves stealing is not so bad. The examples are endless. It is very strange how these muslims so easily observe those who appear worse than them in order to justify their lack of effort in obeying Allah, the Exalted, but these same people will not observe those who are in a worse off position than them when they face difficulties. For example, the person who suffers from back pain will not observe the one who is physically disabled so that it prevents them from complaining. This attitude has specifically been advised by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 2513.

In addition, if observing those who appear worse in their behaviour does not save one from punishment in a worldly court, such as a thief being pardoned by a judge because there are many murderers in the world, how can one imagine this excuse will hold up in the court of Allah, the Exalted?

Muslims should therefore avoid this trap of the Devil by observing those who appear better than them so that they are inspired to improve their

character and behaviour progressively for the pleasure of Allah, the Exalted. This is what Allah, the Exalted, demands meaning, He does not demand perfection.

“[Allah] said, "Descend from it [i.e., Paradise] – all [Holy Prophet Adam, peace be upon him, his wife and the Devil], being enemies to one another...””

A Hadith found in Sahih Bukhari, number 3294, advises that whichever path the second rightly guided Caliph of Islam, Umar Bin Khataab, may Allah be pleased with him, took the Devil would take a different path, meaning, out of fear of him. One of the reasons why the Devil acted in this way was because he had little influence over Umar Bin Khataab, may Allah be pleased with him. The Devil cannot physically force someone to commit sins. He instead encourages them to do so through whisperings. But in order for them to be effective he requires a person to possess some sort of worldly desire. Then through his whisperings he encourages the growth of this worldly desire until it drives the person to act on it thereby committing a sin. The reason the Devil had little effect on Umar Bin Khataab, may Allah be pleased with him, was because he had removed worldly desires from his heart. His only desires were connected to pleasing Allah, the Exalted. Therefore, if muslims desire to minimise the effect the Devil has on them they should remove unnecessary desires from their heart. This only occurs when one refrains from indulging in the excess and unnecessary aspects of this material world. The more they do this the more these worldly desires will leave their heart until they reach a point where they only desire to please Allah, the Exalted, in all their actions. The Devil will flee from this person as he knows he will have little effect on them. But the more one indulges in the unnecessary aspects of this material world the more worldly desires they will possess and therefore, the more influence the Devil will have over them.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...And thus do We recompense he who transgressed and did not believe in the signs of his Lord...”

The two greatest sources of guidance from Allah, the Exalted, are the Holy Quran and the Holy Prophet Muhammad, peace and blessings be upon him. This verse makes it clear that one will only overcome the difficulties they face in life after they practically act on the two sources of guidance. People will always face genuine concern about the future but this concern will never become intense fear which can prevent them from sincerely obeying Allah, the Exalted. For example, the extreme fear of poverty can drive one to seek provision from unlawful sources. In addition, learning and acting on the two sources of guidance will prevent one from becoming overly sad (grief) over the difficulties they have faced in life. They will face sadness but this will not prevent them from sincerely obeying Allah, the Exalted, throughout their difficulties. Whereas, severe sadness meaning, grief, can easily encourage one to disobey Allah, the Exalted. For example, a person suffering grief and depression is more likely to abandon their obligatory prayers than the one who only experiences sadness.

The guidance obtained from Islam will allow one to obtain success in both worlds. But this true guidance will only be granted to the one who sincerely obeys and acts on the two sources of guidance. In a Hadith found in Sahih Muslim number 196, the Holy Prophet Muhammad, peace and blessings be upon him, advised that Islam is sincerity towards the Holy Quran and the Holy Prophet Muhammad, peace and blessings be upon him.

Sincerity towards the Holy Quran includes having deep respect and love for the words of Allah, the Exalted. This sincerity is proven when one fulfils the three aspects of the Holy Quran. The first is to recite it correctly and regularly. The second is to understand its teachings through a reliable source and teacher. The final aspect is to act on the teachings of the Holy Quran with the aim of pleasing Allah, the Exalted. The sincere Muslim gives priority to acting on its teachings over acting on their desires which contradict the Holy Quran. Modelling one's character on the Holy Quran is the sign of true sincerity towards the book of Allah, the Exalted. This is the tradition of the Holy Prophet Muhammad, peace and blessings be upon him, which is confirmed in a Hadith found in Sunan Abu Dawud, number 1342.

It is important to understand that even though the Holy Quran is a cure for worldly problems a Muslim should not only use it for this purpose. Meaning, they should not only recite it in order to fix their worldly problems thereby, treating the Holy Quran like a tool which is removed during problems and then placed back in a toolbox. The main function of the Holy Quran is to guide one to the hereafter safely. Neglecting this main function and only using it to fix one's worldly problems is not correct as it contradicts the behaviour of a true Muslim. It is like the one who purchases a car with many different accessories even though it fails to fulfil its primary function of creation namely, to drive. There is no doubt that this person is simply foolish.

The next thing mentioned in the main Hadith under discussion is sincerity towards the Holy Prophet Muhammad, peace and blessings be upon him. This includes striving to acquire knowledge in order to act on his traditions.

These traditions include the ones related to Allah, the Exalted, in the form of worship, and his blessed noble character towards the creation. Chapter 68 Al Qalam, verse 4:

"And indeed, you are of a great moral character."

It includes to accept his commands and prohibitions at all times. This has been made a duty by Allah, the Exalted. Chapter 59 Al Hashr, verse 7:

"...And whatever the Messenger has given you - take; and what he has forbidden you - refrain from..."

Sincerity includes to give priority to his traditions over the actions of anyone else as all paths to Allah, the Exalted, are closed except the path of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 3 Alee Imran, verse 31:

"Say, [O Muḥammad], "If you should love Allah, then follow me, [so] Allah will love you and forgive you your sins..."

One must love all those who supported him during his life and after his passing, whether they are from his Family or his Companions, may Allah be pleased with them all. Supporting those who walk on his path and teach his traditions is a duty on those who desire to be sincere to him. Sincerity also includes loving those who love him and disliking those who criticise him irrespective, of one's relationship with these people. This is all summarised in a single Hadith found in Sahih Bukhari, number 16. It advises that a person cannot have true faith until they love Allah, the Exalted, and the Holy Prophet Muhammad, peace and blessings be upon him, more than the entire creation. This love must be shown through actions not just words.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

Disbelief can be a literal rejecting of Islam or through actions, which involves disobeying Allah, the Exalted, even though one believes in Him. This can be clearly understood by an example. If an unaware person is warned by another of an approaching lion and the unaware person takes practical steps to obtain safety they will be considered someone who believed in the warning given to them as they adapted their behaviour based on the warning. Whereas, if the unaware person does not practically change their behaviour after being warned, people will suspect that they do not believe in the warning given to them even if the unaware person verbally claims belief in the warning given to them.

Some people claim that their belief and obedience to their God is in their hearts and they therefore do not need to demonstrate it practically. Unfortunately, this foolish mentality has infected many Muslims who believe they possess a pure faithful heart even though they fail to fulfil the obligatory duties of Islam. The Holy Prophet Muhammad, peace and blessings be upon him, has clearly declared in a Hadith found in Sunan Ibn Majah, number 3984, that when one's heart is pure the body becomes pure

which means their actions become correct. But if one's heart is corrupt the body becomes corrupt which means their actions will be corrupt and incorrect. Therefore, the one who does not obey Allah, the Exalted, by fulfilling their duties practically can never have a pure heart.

In addition, demonstrating one's faith in Allah, the Exalted, practically is their proof and evidence which is required on Judgment Day in order to be granted Paradise. Not having this practical evidence is as silly as a student who hands back a blank exam paper to their teacher claiming their knowledge is in their mind so they therefore do not need to write it down by answering the exam questions. The same way this student would undoubtedly fail so will a person who reaches Judgment Day without the obedience of Allah, the Exalted, in the form of fulfilling His commands, refraining from His prohibitions and by facing destiny with patience, even if they possess faith in their heart.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

It is important for Muslims to strive in the obedience of Allah, the Exalted, by learning and acting on the two sources of guidance namely, the Holy Quran and the traditions Holy Prophet Muhammad, peace and blessings be upon him, as Allah, the Exalted, has guaranteed a good life in both worlds for the one who behaves in this manner. Chapter 16 An Nahl, verse 97:

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”

This good life will protect a Muslim from severe grief, depression and other extreme moods and mental disorders which can destroy a person's life. Even though, Muslims will face difficulties which will sadden them but if they obey Allah, the Exalted, this sadness will never become extreme and

effect their entire life on a long term basis. This is because a Muslim who strives in the obedience of Allah, the Exalted, has an excellent reason to continue moving forward through their difficulty without giving up and turning to depression and even suicide. For example, they look forward to the countless reward which will be granted to the patient. Chapter 39 Az Zumar, verse 10:

“...Indeed, the patient will be given their reward without account [i.e., limit].”

Whereas, the Muslim who does not strive in the obedience of Allah, the Exalted, and only claims the title of being a Muslim with their tongue will not be granted this attitude and a good life. And whenever they face difficulties it will drive them to extreme moods and mental disorders which will destroy their entire life.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

It is a universal aim and goal for all people, irrespective of their faith or social class, to achieve peace of mind in this world. It is the ultimate reason why people strive in this material world, work long hours and dedicate the majority of their efforts to this world. People desire to obtain such a life whereby they have no stresses or worries such as financial difficulties. But it is strange how people, especially muslims, look for peace of mind in the wrong place. Just like a person who desires to watch a football game yet, goes to a cricket match. Allah, the Exalted, has made it clear that true peace of mind only lies in His obedience which involves fulfilling His commands, refraining from His prohibitions and being patient with destiny. Chapter 13 Ar Ra'd, verse 28:

“...Unquestionably, by the remembrance of Allah hearts are assured.”

Whenever a person seeks peace of mind in the material world it will only lead them further away from their goal. Whenever a person sets a target in respect to this material world that target will only lead onto more targets. This continues until the person departs this world without obtaining what they were looking for. It is obvious that the rich do not obtain true peace of mind as they stress more than normal people and whatever they obtain of the world ends up becoming a burden for them. It is why the Holy Prophet Muhammad, peace and blessings be upon him, advised in a Hadith found in Jami At Tirmidhi, number 2465, that the one who focuses on the hereafter will be blessed with a rich heart and Allah, the Exalted, will organize their affairs meaning, they will obtain peace of mind. But the one who focuses on the material world will only see their poverty and their affairs will become scattered meaning, they will not achieve peace of mind. The one who obeys Allah, the Exalted, will find peace of mind even if they possess little of this world. But the one who is lost in the material world will go from one worldly door to another but will never find true peace as it has not been placed there. If a person wants to watch a football game they should not go to a cricket match and if a muslim desires peace of mind they should not search for it in the material world as it lies only in the obedience of Allah, the Exalted. It is important to note, that those who adhere to the teachings of Islam will encounter difficulties throughout their lives as this is guaranteed but through their obedience Allah, the Exalted, will remove fear and grief from them so that they remain firm and steadfast on the correct path. This is similar to the one who only feels slight discomfort from a medical procedure as they have been anaesthetised.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

In a Hadith found in Jami At Tirmidhi, number 2465, the Holy Prophet Muhammad, peace and blessings be upon him, advised that whoever prioritises the hereafter over this material world will be granted contentment, their affairs will be corrected for them and they will receive their destined provision in an easy way.

This half of the Hadith means that whoever correctly fulfils their duties in respect to Allah, the Exalted, and to the creation, such as providing for their family in a lawful manner while avoiding the excess of this material world will be granted contentment. This is when one is pleased with what they possess without being greedy and actively striving to obtain more worldly things. In reality, the one who is content with what they possess is a truly rich person even if they possess little wealth as they become independent of things. Independence of anything makes one rich in respect to it.

In addition, this attitude will allow one to comfortably deal with any worldly issues which may arise during their life. This is because the less one interacts with the material world and focuses on the hereafter the less worldly issues they will face. The less worldly issues a person faces the more comfortable their life will become. For example, the one who possesses one house will have fewer issues to deal with in respect to it, such as a broken cooker, than the one who possesses ten houses. Finally, this person will easily and pleasantly obtain their lawful provision. Not only this but Allah, the Exalted, will place such grace in their provision that it will cover all their responsibilities and necessities meaning, it will satisfy them and their dependents.

But as mentioned in the other half of this Hadith the one who prioritises the material world over the hereafter meaning, by neglecting their duties or striving for the unnecessary and excess of this material world will find that their need, meaning greed, for worldly things is never satisfied which by definition makes them poor even if they possess much wealth. These people will go from one worldly issue to another throughout the day failing to achieve contentment as they have opened too many worldly doors. And they will receive their destined provision with difficulty and it will not give them satisfaction and never seem enough to fill their greed. This may even push them towards the unlawful which only leads to a loss in both worlds.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

In a Hadith found in Sunan Abu Dawud, number 4606, the Holy Prophet Muhammad, peace and blessings be upon him, warned that any matter which is not based on Islam will be rejected.

If muslims desire lasting success in both worldly and religious matters they must strictly adhere to the teachings of the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Even though, certain actions which are not directly taken from these two sources of guidance can still be considered a righteous deed it is important to prioritize these two sources of guidance over all else. Because the fact is that the more one acts on things which are not taken from these two sources even if it is a righteous deed the less they will act on these two sources of guidance. An obvious example is how many muslims have adopted cultural practices into their lives which do not have a foundation in these two sources of guidance. Even if these cultural practices are not sins they have preoccupied muslims from learning and acting on these two sources of guidance as they feel satisfied with their behaviour. This leads

to ignorance of the two sources of guidance which in turn will only lead to misguidance.

This is why a muslim must learn and act on these two sources of guidance which have been established by the leaders of guidance and only then act on other voluntary righteous deeds if they have the time and energy to do so. But if they choose ignorance and made up practices even if they are not sins over learning and acting on these two sources of guidance they will not achieve success.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life.

In a Hadith found in Sahih Bukhari, number 6407, the Holy Prophet Muhammad, peace and blessings be upon him, advised that the difference between the person who remembers Allah, the Exalted, and the one who does not is like a living person compared to a dead person.

It is important for muslims who desire to create a strong connection with Allah, the Exalted, so that they can overcome all difficulties in this world and in the hereafter successfully to remember Allah, the Exalted, as much as possible. Put simply, the more they remember Him the more they will achieve this vital goal.

This is achieved by practically acting on the three levels of the remembrance of Allah, the Exalted. The first level is to remember Allah, the Exalted, internally and silently. This includes correcting one's intention so that they only act in order to please Allah, the Exalted. The second is by

remembering Allah, the Exalted, through one's tongue. But the highest and most effective way of strengthening one's bond with Allah, the Exalted, is practically remembering Him with one's limbs. This is achieved by fulfilling His commands, refraining from His prohibitions and by facing destiny with patience according to the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. This requires one to gain and act on Islamic knowledge which in turn is the root of all good and success in both worlds.

Those who remain on the first two levels will receive reward depending on their intention but they are unlikely to increase the strength of their faith and piety unless they move to the third and highest level of the remembrance of Allah, the Exalted.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life. This involves using the blessings one has been granted in ways pleasing to Allah, the Exalted.

In reality, in most cases nothing in this material world in itself is good or bad, such as wealth. What makes a thing good or bad is the way it is used. It is important to understand that the very purpose of everything which was created by Allah, the Exalted, was for it to be used correctly according to the teachings of Islam. When something is not used correctly it in reality becomes useless. For example, wealth is useful in both worlds when it is used correctly such as being spent on the necessities of a person and their dependents. But it can become useless and even a curse for its bearer if it is not used correctly, such as being hoarded or spent on sinful things. Simply hoarding wealth causes wealth to lose value. How can paper and metal coins one tucks away be useful? In this respect, there is no difference between a blank piece of paper and a note of money. It is only useful when it is used correctly.

So if a muslim desires all their worldly possessions to become a blessing for them in both worlds all they have to do is use them correctly according to the teachings found in the Holy Quran and the traditions of the Holy

Prophet Muhammad, peace and blessings be upon him. But if they use them incorrectly then the same blessing will become a burden and curse for them in both worlds. It is as simple as that.

“...And if there should come to you guidance from Me - then whoever follows My guidance will neither go astray nor suffer. And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life...”

These verses makes it clear that Islamic teachings must be acted on in order to achieve success. Simply verbally declaring faith is not good enough to gain protection from a depressed life. This involves using the blessings one has been granted in ways pleasing to Allah, the Exalted. One can adopt the correct attitude when they understand the purpose of these blessings.

Every worldly blessing a muslim possesses is only a means which should aid them in reaching the hereafter safely. It is not an end in itself. For example, wealth is a means one should use in order to obey Allah, the Exalted, by fulfilling the commands of Allah, the Exalted, fulfilling their necessities and the necessities of their dependents. It is not an end or an ultimate goal in itself.

This not only aids a muslim in maintaining their focus on the hereafter but it also aids them whenever they lose worldly blessings. When a muslim treats each worldly blessing, such as a child, as a means to please Allah, the Exalted, and reach the hereafter safely then losing it will not have such a detrimental impact on them. They may become sad, which is an acceptable emotion, but they will not become grieved which leads to impatience and other mental problems, such as depression. This is because they firmly believe the worldly blessing they possessed was only a means so losing it

does not cause a loss in the ultimate goal namely, Paradise, the loss of which is disastrous. Therefore, still possessing and concentrating on the ultimate goal will prevent them from becoming grieved.

In addition, they will understand that just like the thing they lost was only a means they firmly believe they will be provided with another means to reach and fulfil their ultimate goal by Allah, the Exalted. This will also prevent them from grieving. Whereas, the one who believes their worldly blessing is the end instead of a means will experience severe grief when losing it as their whole purpose and objective has been lost. This grief will lead to depression and other mental issues.

To conclude, muslims should treat each blessing they possess as a means to reach the hereafter safely not as an end in itself. This is how one can possess things without being possessed by them. This is how they can keep worldly things in their hands and not in their hearts.

“And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind. He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allāh] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring.”

Even though there is no doubt that the mercy of Allah, the Exalted, is infinite and can overcome all sins. And giving up hope in the infinite mercy of Allah, the Exalted, is defined as unbelief in chapter 12 Yusuf, verse 87:

“...Indeed, no one despairs of relief from Allah except the disbelieving people.”

Yet, none the less it is extremely important for muslims to understand a fact. Namely, a muslim has not been guaranteed to leave this world with their faith meaning, a muslim is in danger of dying as a non-muslim. This is the greatest loss. If this happens it does not take a scholar to conclude where this person will reside in the hereafter. This can occur when a muslim persists on sins especially, major sins, such as drinking alcohol and failing to offer their obligatory prayers and reaches their end without sincerely repenting from their sins. This is the reason why muslims must sincerely repent from all their sins and strive to fulfil all their obligatory

duties as this is a task they can undoubtedly fulfil. Chapter 2 Al Baqarah, verse 286:

“Allah does not charge a soul except [with that within] its capacity...”

They should not be fooled into believing they possess hope in the mercy of Allah, the Exalted. As true hope in the mercy of Allah, the Exalted, is supported by obedience to Allah, the Exalted, through actions. This involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience. Failing to do this and then expecting the mercy and forgiveness of Allah, the Exalted, is not hope in His mercy it is merely wishful thinking which has no weight or significance. This has been clearly warned by the Holy Prophet Muhammad, peace and blessings be upon him, in a Hadith found in Jami At Tirmidhi, number 2459.

“And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind. He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allāh] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring.”

Using the senses one has been granted, such as sight, in this world correctly leads to the sincere obedience of Allah, the Exalted. The one who fails to behave in this way may well be raised without their senses in the next world.

It is important for muslims to develop the correct perception so that they can increase their obedience to Allah, the Exalted, which involves fulfilling His commands, refraining from His prohibitions and facing destiny with patience. This is what the righteous predecessors possessed and it encouraged them to avoid the excess luxuries of the material world and instead prepare for the hereafter. This is an important characteristic to possess and it can be explained with a worldly example. Two people are extremely thirsty and come across a cup of murky water. They both desire to drink it even though it is not pure and even if it means they have to argue over it. As their thirst grows the more focused on the cup of murky water they become to the point they lose focus on everything else. But if one of them shifted their focus and observed a river of pure water which was only a short distance ahead they would immediately lose focus on the cup of water to the point they would no longer care about it and no longer argue

over it. And instead they would endure their thirst patiently knowing a river of pure water is close. The person who is unaware of the river would probably believe the other person is crazy after observing their change in attitude. This is the case of the two types of people in this world. One group greedily focuses on the material world. The other group has shifted their focus to the hereafter and the pure and eternal blessings therein. When one shifts their focus to the bliss of the hereafter worldly problems do not seem like such a big deal. Therefore, patience becomes easier to adopt. But if one keeps their focus on this world then it will seem like everything to them. They will argue, fight, love and hate for it. Just like the person in the example mentioned earlier who only focuses on the cup of murky water.

This correct perception is only achieved through gaining and acting on Islamic knowledge found within the Holy Quran and the traditions of the Holy Prophet Muhammad, peace and blessings be upon him. Chapter 41 Fussilat, verse 53:

“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth...”

“And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind. He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allāh] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring.”

Using the senses one has been granted, such as sight, in this world correctly leads to the sincere obedience of Allah, the Exalted. The one who fails to behave in this way may well be raised without their senses in the next world.

It is important for a muslim to be observant in their daily life and avoid being too self-absorbed in their own worldly matters so that they become heedless over the things which are occurring around them and the things which have already occurred. This is an important quality to possess as it is an excellent way to strengthen one's faith which in turn helps one to remain obedient to Allah, the Exalted, at all times. For example, when a muslim observes a sick person they should not only aid them by whatever means they possess, even if it is only a supplication, but they should reflect on their own health and understand that they too will eventually lose their good health either by an illness, ageing or even death. This should inspire them to be grateful for their good health and show this through their actions by taking advantage of their good health in both worldly and religious matters which are pleasing to Allah, the Exalted.

When they observe the death of a rich person they should not only feel sad for the deceased and their family but realise that one day which is unknown to them they will die also. They should understand that just like the rich person was abandoned by their wealth, fame and family at their grave so will they too be left only with their deeds in their grave. This will encourage them to prepare for their grave and the hereafter.

This attitude can and should be applied to all things one observes. A muslim should learn a lesson from everything around them which has been advised in the Holy Quran. Chapter 3 Alee Imran, verse 191:

“...and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.””

Those who behave in this manner will strengthen their faith on a daily basis whereas those who are too self-absorbed in their worldly life will remain heedless which may lead them to their destruction.

“And whoever turns away from My remembrance [obedience] - indeed, he will have a depressed [i.e., difficult] life, and We will gather [i.e., raise] him on the Day of Resurrection blind. He will say, "My Lord, why have you raised me blind while I was [once] seeing?" [Allāh] will say, "Thus did Our signs come to you, and you forgot [i.e., disregarded] them; and thus will you this Day be forgotten." And thus do We recompense he who transgressed and did not believe in the signs of his Lord. And the punishment of the Hereafter is more severe and more enduring.”

Using the senses one has been granted, such as sight, in this world correctly leads to the sincere obedience of Allah, the Exalted. The one who fails to behave in this way may well be raised without their senses in the next world.

It is important for a muslim to understand a key truth namely, nothing in creation occurs without a wise reason even if people do not observe this wisdom immediately. A muslim should treat everything which occurs, whether they are in times of ease or difficulty, as a message in a bottle. They should not get too caught up in assessing and examining the bottle as it is merely a messenger which delivers the important message. This occurs when muslims either exult over the good things which occur thereby becoming heedless to the message within the good thing. Or they become grieved during difficulties thereby becoming too distracted to understand the message within the difficulty. They should instead concentrate on following the advice of the Holy Quran and approach each situation in a balanced way. Chapter 57 Al Hadid, verse 23:

“In order that you not despair over what has eluded you and not exult [in pride] over what He has given you...”

This verse does not prohibit being happy or sad in different situations as this is a part of human nature. But it advises a balanced approach whereby one avoids extreme emotions namely, exultant which is excessive happiness or grief which is excessive sadness. This balanced approach will allow one to focus their mind on the more important message inside the bottle meaning, inside the situation whether it is a situation of ease or difficulty. Through assessing, understanding and acting on the hidden message a muslim can improve their worldly and religious life for the better. Sometimes the message will be a wakeup call to turn back to Allah, the Exalted, before their time runs out. Sometimes it will be a way of raising their rank. Other times a way of erasing their sins and sometimes a reminder not to attach themselves to the temporal material world and the things in it. Without this assessment one will merely journey through events without improving their worldly or religious life.

“...And the punishment of the Hereafter is more severe and more enduring.”

The thing to remember is that in reality each person who will end up in Hell takes the fire, which they will encounter in Hell, with them from this world in the form of their sins. When a muslim engraves this reality into their mind they will observe each sin, major or minor, as a piece of unbearable fire. The same way a person avoids fire in this world they should avoid sins as in reality sins are like hidden fire which will be shown to them in the hereafter.

In addition, a muslim should not live in heedlessness and believe they can simply claim love for Allah, the Exalted, the Holy Prophet Muhammad, peace and blessings be upon him, and the Companions, may Allah be pleased with them, without supporting this verbal declaration with actions. If this was true then the Companions, may Allah be pleased with them, would not have strived so hard in the obedience of Allah, the Exalted, and they undoubtedly understood Islam and Judgment Day better than the people after them. Simply put, a declaration of love without actions will not save one from Hell. In fact, it has been made clear that some muslims will enter Hell on Judgment Day. The muslim who abandons acting on Islamic teachings should understand that their attitude may cause them to lose their faith before their death so that they enter Judgment Day as a non-muslim, which is the greatest loss.

The same way one would not enter a battle without armour and a shield a muslim should not enter Judgment Day without the armour and shield of righteous deeds. Otherwise, the same way the soldier who has no

protection will most likely be harmed so will a muslim who reaches Judgment Day without the protection provided by the obedience of Allah, the Exalted, which involves fulfilling the commands of Allah, the Exalted, refraining from His prohibitions and facing destiny with patience. A muslim should remember that the luxuries and pleasures of the material world they enjoyed will not make them feel better if they end up in Hell. In fact, it will only make them feel worse.

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