

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الْقُرْآنَ كِتَابًا كَرِيمًا، وَهَدَانَا بِهِ صِرَاطًا مُسْتَقِيمًا،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا
مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، خَاتَمُ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ
وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ
تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah Who endowed upon us the favour of wellness. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master and Prophet Muhammad is the Servant of Allah and His Messenger. His Lord sent him with that which is best in this world and the Hereafter. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

We have certainly created man into hardship. لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ (90:4)

- Sadness is needed in life; Ya'qub عليه السلام felt sad when he lost his son Yusuf عليه السلام. Fatimah رضي الله عنها felt sad when she lost her father the Prophet صلى الله عليه وسلم. The Prophet صلى الله عليه وسلم lost his uncle Abu Talib and his wife Khadijah رضي الله عنها and felt extremely sad - historians named this year **'The Year of Sadness.'**
 - Sadness is part of life, but Islam teaches us how to regulate it.
 - In Arabic, sadness is termed Ikti'ab, which comes from the root word Ka'iba, meaning to be dejected, dispirited, downcast or sad.
 - 3 types of sadness; Past = **HUZN**, Present = **GHAM**, **HAMM** = Future.
 - A trick of shaytan is to isolate oneself when feeling sadn. Isolation is not the cure – Engagement is. **DUA Removes Saddingness.**
 - The Prophet said **“The believer who mixes with people and endures their injury is better than the person who does not mix with people nor endure their injury.”** (Adab al-Mufrad)
- “And he called out within the darkness, ‘There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers.’” (21:87)**

فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنَجِّي الْمُؤْمِنِينَ

So We responded to him and saved him from the distress. And thus do We save the believers.” (21:88)

- The ideal du’as when sad - the Prophet ﷺ said **“Indeed, no Muslim supplicates with it for anything, ever, except Allah responds.”**(Tirmidhi)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرِّجَالِ

“O Allah! I seek refuge with You from worry and grief, from incapacity and laziness, from cowardice and miserliness, from being heavily in debt and from being overpowered by [other] men.” (Bukhari)

- This du’a covers the past & future sadness, **HUZN** and **HAMM**
- **Walking Removes Sadness** - Whenever the Prophet ﷺ felt distressed & sad, he would walk extensively. Studies show that walking and physical activity decreases overall levels of anxiety, elevates and stabilises the mood, improves sleep and self-esteem.
- **Salah Removes Sadness** - **وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ**

Seek aid through patience and salah. Verily it is difficult except for the humbly submissive ” (2:45). (53:43) وَأَنَّهُ هُوَ أَضْحَكَ وَأَبْكَى.

- **Optimism Removes Sadness** - When the enemies of the Prophet twisted his name to “Mudhammam” (meaning the “dispraised” instead of praised one), he said to his companions, **“Doesn’t it astonish you how Allah protects me from the Quraish’s abusing and cursing? They abuse “Mudhammam” and curse “Mudhammam” while I am Muhammad.”** (Bukhari)
- **The Prophet ﷺ flipped the propaganda and attacks on him through positive thinking. Similarly, we must be optimistic in all scenarios.**
- Whenever you feel sad about the past, present or future, practice what Allah and the Prophet ﷺ taught us to regulate your mind, body & heart.
- The cure for sadness and pursuit of happiness lies within the believers. Know that Allah is ***al-Mu’akhir, The Delayer*** He delays certain things so we become more patient, so be patient. Know that Allah is ***al-Hafeedh, The Preserver***. When you feel down, know that Allah is ***al-Wali, Your Friend and Protector*** – You are never alone, you always have Him.

“...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 (sad) life”
(20:123-124)