

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا، وَجَعَلَ لِمَنْ اتَّقَاهُ  
فَرَجًا وَمَخْرَجًا، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْزَلَ  
الْقُرْآنَ هِدَايَةً وَنُورًا، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ،  
فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيَّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ  
الطَّيِّبِينَ الطَّاهِرِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah. He revealed the Book and has not made therein any deviance. He also provided relief and a way out for those who obey Him. I bear witness that there is no deity save Allah, having no associates. He sent down the Quran as a guidance and enlightenment to His Creation. I also bear witness that our Master Mohammed is the servant of Allah and His Messenger. May the peace and blessings of Allah be upon our Master Muhammad, his pure family, companions, and all those who follow them in righteousness till the Day of Judgment.

- Surah Ad-Duha was revealed to Prophet after a 6 month pause. The Prophet became distressed, down & thought that Allah was displeased.
- Don't we have similar feelings in our lives? When our imaan is low, our Khushoo in Salah wavers. We feel like our duas are not being answered, our Salah is not having a positive impact on our hearts, that Allah doesn't love us or doesn't care about us anymore?
- Surah Ad-Duha was revealed to the Prophet to relieve him of these negative feelings and to give him hope, positivity, to reassure him that Allah is with him no matter what.

*وَالضُّحَىٰ - By the morning brightness*

- This is the first thing you need to hear when you're depressed: Wake up, look at the sunshine! Everything in life is not doom and gloom.

*وَاللَّيْلِ إِذَا سَجَىٰ - And by the night when it covers with darkness,*

- Why is this Aayah immediately talking about darkness? A reminder, the night is meant to cover and give us comfort, rest and ease our distress.

*مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ - Your Lord has not forsaken you nor does He dislike you!*

- A powerful verse that Allah doesn't hate us and hasn't forgotten us—reminding the depressed person that He is always by their side!

**وَلَا خَيْرَ لَكَ مِنَ الْأُولَىٰ - And the Hereafter is better for you than the first life.**

- When we're depressed we think; is this all my life is going to be? Can I never catch a break. Life and problems are temporary; understand the reality of this world, look forward to Jannah, rest, happiness, eternity...

**وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ - And indeed your Lord will give, that you will be pleased.**

- A promise from Allah that very soon he will give us a massive reward. Hope, smile, support, so look up, stay strong and persevere in life.

**أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ - Did He not find you an orphan and give you refuge?**

- **Here Allah gives us reason to believe His declarations and promises.** Remember when you were sick, lonely, depressed, and felt like nobody cared you? Who was & is the only one always by your side?

**وَوَجَدَكَ ضَالًّا فَهَدَىٰ - And He found you wandering and guided you.**

- Despite being born Muslims, we can become misguided, stray and wander away from Islam? It is Allah who give us **Hidaya** and **Istiqama**.

**وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ - And He found you poor and made you self-sufficient.**

- Many of us have gone through periods in our lives when we have been short of money and wealth. Only to realise later that it was only Allah who gave us that Rizq in some form and got us through.

**فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ - So as for the orphan, do not oppress him.**

- Look at people who are in far worse situations than yourself. Look at the orphans, who have no family or loved ones and nobody to care for them. We have families and parents who love us, a roof over our heads and food on the table and we still think we're in a bad situation?

**وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ - And as for the petitioner, do not repel him.**

- Another example is of the beggar – to once again remind us of the many material blessings that Allah has given us that we take for granted – food, clothing and shelter. How many of us have ever gone to sleep hungry? How many of us don't have clothes to wear? Or don't have a home to go to? Be thankful for the numerous blessings Allah has given us, get over our depression and feel connected to Allah again.

**وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ - And abundantly proclaim the favours of your Lord.**

- This final aayah is about maintaining that renewed faith and bond with Allah – by pondering, glorifying and talking about the blessings of Allah! So the next time you feel disconnected, disheartened or depressed with your level of Imaan and your connection with Allah – read Surah Duha and ponder over its meanings – In sha Allah it will restore your faith and increase your belief in the greatness and power of Allah.