

In this current climate, grief seems to be a swamp which we are collectively sinking into. There is so much sadness around us. Many of us have lost close relatives, loved ones, parents, children and colleagues. The pain is raw and deep. What did the Quran say about sadness and how to fight sadness? In Arabic the word for sadness is huzn

1. **Follow My Guidance** – Adam & Eve – On Earth – Direction – Hope

قُلْنَا اهْبِطُوا مِنْهَا جَمِيعًا فَإِمَّا يَأْتِيَنَّكُمْ مِنِّي هُدًى فَمَنْ تَبَعَ هُدَايَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

We said, “Descend from it, all of you. Yet whenever guidance comes to you from Me, whoever follows My guidance—they have nothing to fear, nor will they grieve. (2:38)

2. **Altruism** - golden formula – take mind off – see others difficulty – emotional well being, peace of mind – strength - positivity

مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَعَمِلَ صَالِحًا فَلَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Those who believed in Allah and the Last Day, and acts righteously—will have their reward with their Lord. They have nothing to fear, nor will they grieve. (2:62)

بَلَىٰ مَنْ أَسْلَمَ وَجْهَهُ لِلَّهِ وَهُوَ مُحْسِنٌ فَلَهُ أَجْرُهُ عِنْدَ رَبِّهِ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

In fact, whoever submits himself to Allah, and is a doer of good, will have his reward with his Lord—they have nothing to fear, nor shall they grieve.

3. Submission - Take your mind away from asking, why did this happen? Why me? Why now? And instead submit to Allah's will and trust Him. Whoever submits is not passive, but active, a doer of good.

4. Spend for the sake of Allah – voluntary & obligatory

الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ فِي سَبِيلِ اللَّهِ ثُمَّ لَا يُتْبَعُونَ مَا أَنْفَقُوا مَنًّا وَلَا أَذَىٰ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Those who spend their wealth in Allah's way, then do not follow up their charity with reminders of generosity or with insults—they will have their reward with their Lord—they have nothing to fear, nor will they grieve.

الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ بِاللَّيْلِ وَالنَّهَارِ سِرًّا وَعَلَانِيَةً فَلَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

When you are engaged in good projects it boosts your spirits, & positively affects your wellbeing. Therefore spending your wealth, time and energy on good projects makes you a better person as well as a happier person.

إِنَّ الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَأَقَامُوا الصَّلَاةَ وَآتَوُا الزَّكَاةَ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

6. Engage in Reform & Taqwa – Obedience to Allah – Service to Humanity

فَمَنْ آمَنَ وَأَصْلَحَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

Whoever believes & reforms, no fear / grief shall come upon them. (6:48)

Those who take an interest in the community, the world & environment they inhabit & actively work towards improving it are involved in reform

فَمَنِ اتَّقَى وَأَصْلَحَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

practices piety & reforms—upon them no fear / grief

THE RECIPE TO ESCAPE SADNESS

Believe in the Allah, the Last Day and the Unseen, be proactive and altruistic, shift your focus from your problems to helping others, submit to His will, trust Him and spend some of your money towards good causes, fulfil your obligations to Allah Almighty. Do not be passive or apathetic about what is wrong around you, but be an agent of change.

وَيُنَجِّي اللَّهُ الَّذِينَ اتَّقَوْا بِمَفَازَتِهِمْ لَا يَمَسُّهُمُ السُّوءُ وَلَا هُمْ يَحْزَنُونَ

And Allah will save those who maintained righteousness to their place of salvation. No harm will touch them, nor will they grieve. (39:61)