Twitter Thread by .■



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Six ways to remove sadness and depression through Qur’an and Sunnah; a thread

1. Life is a test, Never give up Allah mentioned all of it in the Qur'an. And whoever passes this test will enter the Paradise.

“And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient.”

“Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return.”

“Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.”

-Quran | 2:155-157

2. Always be positive even if you are sad, try to become a positive thinker, and overthinking will lead you to the extreme depression.

Narrated by ibn-Jaz: i have not seen anyone who smiled more than the Messenger of Allah (■)

-Tirmidhi Book 49, Hadith 4002

3. Never be afraid, Always remember that Allah is with you, & He never wants the worst but the best for you.

“Satan threatens you with poverty and orders you to immorality, while Allah promises you forgiveness from Him and bounty.

And Allah is all-Encompassing and Knowing.”

-Qur’an | 02:268

4. Recite Qur’an and offer Salah (prayers). Truly Qur’an and Salah gives the peace of one’s soul.

The Prophet Muhammad (■) said: “O Bilal, make the call for prayer. Give us comfort by it.”

-Sunan Abu Dawood | Hadith 4985

5. Look at those who have less than you And be thankful to Allah.

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe.”

-Quran | 14:07

6. When you will see the good in the world, the world will seem a better place for you. Don't try to indulge in negative things and thoughts. Thank to Allah in every step and its good for you.

The Prophet Muhammad (■) said: “Wondrous is the affair of a believer, as there is a good for him in every matter. This is the case for anyone but the believer. If he experiences pleasure, he thanks Allah and it's good for him.

If he experiences haram, he shows patience and it's good for him.”

-Sahih Muslim | 2999