

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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# Treating Anxiety and Distress

Khutbah from al-Masjid al-Haraam  
delivered by ash-Shaykh Saalih ibn Humayd  
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All praise is due to Allaah in His magnificence, dominion, and uncontested majesty. He is perfect in His glory, might, and highness. He deserves a fine, abundant, blessed praise for so generously showering His bounty upon us. I praise and thank Him, and I ask Him to grant us more of His favours. I testify that none has the right to be worshipped except Allaah alone, without any partner. I hope I will attain victory by this testimony on the Day I meet Him. I further testify that our Prophet Muhammad is Allaah's worshipping servant and Messenger. He was the best of all Messengers and seal of the Prophets. May Allaah send abundant salaah, salaam, and blessings upon him as well as his family, Companions, supporters, and all who follow their path until the Day of Reckoning.

May Allaah have mercy upon you all. I counsel you all as well as myself to observe taqwaa of Allaah to the best of your ability. He granted you far more blessings than you can thank Him for, and His Messenger gave you profound warning if you only listened. Observe taqwaa of Allaah because that is the best protection and it deserves to be striven for. Realize that all things have an appointed term, all that has passed shall one day return, and every action has a recompense. You are all proceeding to your Lord along the path of those who went before you, and you shall be presented before Him from whom nothing is concealed. "The reckoning of mankind has drawn near, yet they are heedless and remain turned away." [al-Anbiyaa':1].

Dear Muslims, Allaah created all people from a single soul. "Mankind, observe taqwaa of your Lord who created you all from a single soul." [an-Nisaa':1]. By Allaah's infinite wisdom and ability, that one soul takes on certain characteristics, struggles with desires and doubts, and is affected by things that are beloved and despised. Allaah swore an oath "by the soul and the One who created it, and explained to it the paths of wrong and right. An individual will be successful if he purifies it and develops it well. However, he will be in utter loss if he immerses it in wrongdoing." [al-Balad:8].

Servants of Allaah, the Qur'aan has given this human soul great attention since humans are accountable before Allaah, and guidance, direction, and rectification are focused on them. When Allaah opens someone's heart to Islaam and fills it with eemaan, his soul becomes at peace, tranquility descends upon him, and his heart is completely pleased with Allaah. "He is the one who sent tranquility down to the hearts of the mu'mineen so that the eemaan they already had would increase." [al-Fath:4]. "If people follow My guidance, they shall face no fear or grief." [al-Baqarah:38]. In addition, the Prophet ﷺ said, "Eemaan prevents tyranny. A Mu'min is not to be a tyrant." Collected by Aboo Daawood.

Allaahu akbar! Servants of Allaah, there are times when a Muslim may be overcome by worries, but when he performs wudoo', then goes to a corner of his home or walks to the masjid and recites some of the Qur'aan or prays a bit, his distress is removed and his vigour is restored. When a Muslim lies on his right side to sleep, recites some aayaat, or says the applicable supplications, he sleeps in peace under Allaah's protection. There are times when a Muslim may feel grief or loneliness, but when he takes comfort in aayaat from the Book of his Lord, he finds that to be the best solace and companionship. There are times when a Muslim may be poor or hungry, but he finds that the Book of Allaah enriches him and satisfies his appetite. Many a wealthy person may be led to being oppressive due to his riches, but Allaah saves him by aayaat from His Book which bring the person to his senses so that he remembers the blessings he has and then seeks what is with Allaah.

The good, righteous people who go to the masaajid regularly are the ones whose hearts find peace with the thikr of Allaah. They are the strongest and best prepared to face the difficulties and instabilities of life, and such events do not disturb their tranquility and composure.

Dear Muslims, that is the condition of people who have eemaan and do what is right.

However, there are millions of tormented people today who are always running after pain killers and sleeping pills, seeking out clinics and hospitals, and looking for books and articles. They are always disturbed and their souls never feel safe. They fear death, failure, poverty, illness, and other things which are decreed to happen to every created being.

May Allaah protect you all. Such stress comes from internal disturbance and unrest when a person feels afraid or senses danger, whether about something current or in the future. A disturbed person lives a dark life with suspicion of the people and things around him. He is overcome by feelings of repression, pessimism, instability, and lack of confidence. Not only that, he views others as spiteful enemies. They say that every criminal has some sort of worry that prompted him to commit his crime. That includes fear of things such as death, starvation, poverty, illness, failure, or other such matter which this existence is filled with.

A person in that disturbed and anxious state is overcome by this world and it becomes his utmost objective. That only makes him more agitated and restless. When someone makes this world his ultimate goal, Allaah will place poverty between his two eyes and he will attain nothing except what was written for him. May Allaah protect and have mercy upon you all. Remember this du'aa': "O Allaah, do not make this world my utmost objective." How can one ever be at peace when this world is his utmost priority?

Servants of Allaah, peace of mind is an immense blessing, and a person never knows its true value until he loses it. When someone is agitated and disturbed, he fully understands what this blessing really means. "Among Allaah's signs are your sleep during the night and day, as well as all you do to seek His bounty." [ar-Room:23]. When someone lacks peace of mind, problems appear before him and worries weigh heavily upon his heart. As a result, he cannot sleep, he remains restless, and the entire world becomes dark in his eyes.

Dear Muslims, there are people in our time who are truly unfortunate. They study the human being without giving any consideration to his connection with Allaah, the one who created humans, regulates their affairs, and decrees all that happens to them. Such people speak about the effects of the environment, family matters, and economy, but they do not speak about guidance and misguidance, kufr and eemaan, or obeying Allaah and worshipping Him. Consequently, their standards are inaccurate and imbalanced. Virtues, values, and sound conduct have been lost among them. Thus, the solutions they propose are of no benefit and their trials and tests are inconsequential.

Part of their misguidance is that they consider control of desires to be suppression, and guilt about sins to be a disorder. Furthermore, they consider a woman abnormal if she does not have male friends that interact with her in a haraam manner. We seek refuge in Allaah from such reversal of human nature.

However, in all fairness, there are intelligent individuals among those people who have criticized the dangerous tendencies in the principles and thought of that civilization as well as its of humans and their souls. One of those people commented that there is certainly an unbreakable bond between us and God. When we humble ourselves to God, our objectives would be fulfilled and we would actualize safety and tranquility for ourselves. He also said that the greatest cure for anxiety is to believe in God.

Others also said that belief in God along with religious practice serve to avert stress and anxiety, and also constitute the cure for all psychological ailments by Allaah's permission.

Another one of them said that prayer is the most effective means to instil tranquility in the soul and body.

Servants of Allaah, there is no greater, faster, or more effective method of protecting our souls and society than having eemaan in Allaah and proceeding based on His guidance. Eemaan spreads safety and gives hope. Hope produces tranquility. Tranquility leads to happiness. Thus, there

can be no happiness without tranquility, and no tranquility without eemaan. This means that eemaan is the true source of nourishment, cure, and light.

Someone who has eemaan is to have firm beliefs and proper worship, place full trust in Allaah, devote himself to Allaah, humble himself before Allaah, be engaged in thikr regularly, remain constantly contemplative, always perform righteous deeds, have a tolerant heart, high aspirations, and much optimism. He is not to cry in despair over what passed, live his life upset about the present, or await his future filled with fear and anxiety.

Ibn al-Qayyim ؒ said, “Do not spoil your happiness with stress, or your intelligence with pessimism. If you only thought about yourself you would realize that Allaah gave you things without you even asking. Thus, have full trust that Allaah would not prevent you from something you desire unless a greater good which you are unaware of lies in that prevention.”

My dearly beloved audience, a Mu'min believes in the decree of Allaah. Whatever Allaah decrees happens, and whatever He does not decree cannot take place. “No adversity takes place upon the earth or within yourselves without it already being written before We bring it into existence. That is certainly easy for Allaah to do. That is so you do not despair over what passed you by, or arrogantly take pride in what He granted you. Allaah does not love anyone who arrogantly boasts.” [al-Hadeed:22]

Allaah is the true provider. No one's greed can cause more to be attained, and no one's hatred can avert any of it. A Muslim is to combine placing trust in Allaah with taking the necessary means. “In the heavens is your provision and what you were promised. I swear by the Lord of the heavens and the earth, this is the certain truth, just as you are fully certain about your voices when you speak.” [ath-Thaariyaat:22-23].

“Therefore, observe taqwaa and obey Allaah in seeking your provision. No soul shall pass away without receiving its full share of provision and time.” Collected by ibn Maajah.

A Mu'min lives with thikr of Allaah as his inner garment and trust in Allaah as his outer garment. No one can find anything that gives greater delight than thikr of Allaah. How could someone in facing difficult times forget to say, “None is worthy of worship except You [Allaah]. You are most perfect, and I have most certainly done tremendous wrong.” [al-Anbiyaa':87]?

It has been narrated that Ja'far as-Saadiq ؒ said, “I am astonished by someone in distress who does not say the prayer of the Prophet Yoonus, ‘None is worthy of worship except You [Allaah]. You are most perfect, and I have most certainly done tremendous wrong’ [al-Anbiyaa':87], since I heard Allaah say after it, ‘So We responded to him and rescued him from distress. Thus we rescue the people of eemaan.’ [al-Anbiyaa':87]. I am also astonished by someone facing difficulty who does not take recourse to saying, ‘Allaah is sufficient for us and the best in whom we place our trust’ [Aal 'Imraan:173], since I heard Allaah saying, ‘Thus, they returned with Allaah's blessings and favour, without being harmed.’ [Aal 'Imraan:173]. I am also astonished by someone surrounded by plots of enemies who does not take recourse to saying, ‘I relegate my affairs to Allaah. Indeed, Allaah always sees His servants’ [Ghaafir:44], since I heard Allaah say after it, ‘Thus, Allaah protected him from the evil they plotted.’ [Ghaafir:45].”

That is further supported by the statement of our Prophet ﷺ, “The prayer of Yoonus when he called out to his Lord while in the whale's belly was, ‘None is worthy of worship except You [Allaah]. You are most perfect, and I have most certainly done tremendous wrong’ [al-Anbiyaa':87]. Any Muslim who says this prayer will be answered.” Collected by Ahmad in his Musnad and at-Tirmidhee in his Jaami'.

Servants of Allaah, a subtle point worth noting is the relationship between the supplication made by the distressed and how that actualizes Tawheed. The Prophet ﷺ supplicated, “O Allaah, I hope for Your mercy. Thus, do not leave me to myself for even the blink of an eye. Rectify all my

affairs. None is worthy of worship except You.” Collected by Aboo Daawood.

He also said to Asmaa’ bint ‘Umays, “Should I not teach you words to say when in distress? ‘Allaah is my Lord. I do not ascribe any partner to Him’.” Collected by Aboo Daawood.

Dear Muslims, taking recourse to Allaah, placing trust in Him, and thinking well of Him are the greatest means of removing worries, distress, and anxiety. “When some places full trust in Allaah, He shall suffice that person. Indeed, Allaah’s command will inevitably occur. Allaah has decreed a term for all things.” [at-Talaaq:3].

“To Allaah belong the unseen of the heavens and earth, and all things shall return to Him on the Day of Judgement. Thus, worship Him alone and place full trust in Him. Your Lord is never negligent of anything you do.” [Hood:123].

Remaining attached to Allaah and invoking Him are also among the greatest means of removing worry and distress. When faced by distress, the Prophet ﷺ himself would say, “O Ever-Living, Self-Sufficient Sustainer of all, I seek deliverance by Your mercy.” Collected by at-Tirmitheh.

There is also a saheeh hadeeth from ibn Mas’ood ؓ who said the Prophet ﷺ said, “If a mu’min ever experiences worry, sorrow, or distress, Allaah would relieve him if he says, ‘O Allaah, I am Your servant, the son of Your male servant, the son of Your female servant. My forelock is in Your hand, I am subject to Your judgement and Your decree. O Allaah, by every name You have – whether You named Yourself with it, taught it to any of Your creation, revealed it in Your scriptures, or kept it as knowledge which only You have – I ask You to make the Qur’aan the solace and light of my heart, and the removal of my sorrow, worry, and distress’.” Collected by Ahmad in his Musnad.

Servants of Allaah, the Book of Allaah combines all of that for you. It is the cure for the heart. It is the treatment for all ailments, physical or psychological, apparent or hidden. “And We reveal in the Qur’aan cure and mercy for the people of eemaan.” [al-Israa’:82]. “Mankind, there has come to you an admonition from Your Lord, a cure for your hearts, and guidance and mercy for people of eemaan.” [Yoonus:57]. Reciting it makes the heart tranquil without disturbance. Adhering to it comforts the heart leaving no worry. Contemplating its meanings stabilizes the heart leaving no room for shaytaan’s whispers.

May Allaah bless us all by the guidance of the Qur’aan and Sunnah, and make His Book the cure of our ailments. O Allaah, our Lord, answer our prayer and forgive us. You are indeed Most Forgiving, Most Merciful.



All praise is due to Allaah, Originator of the Heavens and Earth. He will gather all of creation to judge between them. I testify that none has the right to be worshipped except Allaah alone, without any partner. It is a testimony that will be a source of happiness on the Day of Reckoning. I further testify that our Prophet Muhammad is Allaah’s worshipping servant and Messenger. He was the master of all Messengers and seal of the Prophets. O Allaah, send salaah, salaam, and blessings upon him as well as his noble, pure family, elite Companions, and all who follow their guidance.

Dear Muslims, as for the distress which encourages a person to do what is right, that is something praiseworthy. In fact, it is a virtue and blessing. Allaah said, “There are people who give what they give while their hearts remain fearful that they shall return to their Lord. Those are the ones who hasten to righteous deeds and are foremost in performing them.” [al-Mu’minoon:60]. Taking account of oneself and being apprehensive in this manner due to one’s shortcomings are

traits of the sincere mu'mineen. On the contrary, having no concern at all for the aforementioned things is a quality of the munaafiqeen.

Al-Hasan رضي الله عنه said, "The mu'min has the best deeds of all people, and is also the most fearful. Hence, the when mu'min performs more good deeds and acts of worship, he only increases in fear. He fears he will not be saved because his deeds might not be accepted."

The mu'min fears none except Allaah. He fears he has fallen short in his responsibilities to Allaah or transgressed against others. Ibraaheem عليه السلام, the father of the Prophets, said, "How could I fear the partners you worship besides Allaah, yet you feel no fear about having ascribed partners to Allaah which He never gave you any permission to do? Which of the two groups deserves safety? Answer me if you truly know!" [al-An 'aam:81].

May Allaah have mercy upon you all. Observe taqwaa of Allaah and perform your deeds with reverential fear. Strive in earnest and always remember the statement of Allaah's believing servants, "We used to be among our families, fearful of Allaah's punishment in the hereafter." [at-Toor:26].

In conclusion, invoke salaah and salaam upon our Prophet Muhammad, the Messenger of Allaah, and the mercy and blessing that Allaah sent to us. This day of yours is the best of days, and our Prophet Muhammad صلى الله عليه وسلم was the best of people. Invoking salaah upon him on this day has more virtue than at other times, and all good granted to this Ummah in this world and the hereafter has been at his hands. Thus, due to him, Allaah gathered all good things for his Ummah, in this life and the next. Our Lord commanded us to invoke salaah and salaam upon the Prophet in his statement, "Indeed, Allaah and His angels send salaah upon the Prophet. People of eemaan, invoke salaah and abundant salaam upon him." [al-Ahzaab:56]

O Allaah send salaah, salaam, and blessings upon Your worshipping servant, Messenger, and chosen Prophet, as well as his pure family, and wives, the mothers of the mu'mineen. O Allaah be pleased with his four successors – Aboo Bakr, 'Umar, 'Uthmaan, and 'Alee – as well as all of the Companions, and those who follow their path. O Allaah, Most Kind and Generous, be pleased with us along with them, by Your pardon, favor, and kindness.

O Allaah, grant strength to Islaam and the Muslims. Disgrace shirk and the people who perpetrate it. Humiliate the oppressors, those who deny You, and all who are enemies of Your deen. O Allaah, grant us safety in our countries and rectify our authorities. O Allaah, Lord of all creation, make our leaders people who fear You, observe taqwaa of You, and seek to please You. O Allaah, Lord of all creation, guide our leader to all success, honour him by his obedience to You, raise Your word by him, make him a means of victory for Islaam and the Muslims, and grant him a long life of obedience to You. Guide him, his two deputies, brothers, and aides to follow your guidance and do all that pleases You. O Allaah, Lord of all creation, guide the leaders of the Muslims to act in accordance to Your Book and the Sunnah of Your Prophet Muhammad صلى الله عليه وسلم. Make them a source of mercy for Your believing worshipping servants, and unite them upon the truth and guidance.

O Allaah, rectify affairs of the Muslims in all places, protect their lives, unite them upon the Qur'aan and Sunnah, place the best among them in authority, and protect them from bad individuals in their midst. Spread safety, justice, and prosperity throughout their lands, and protect them from all strife whether apparent or hidden.

O Allaah, our Almighty Lord, if others wish harm for us, or our religion, countries, stability, authorities, scholars, righteous people, security forces, or unity – if others wish to harm us in any of those things – we ask You to busy such people with their own selves and turn their destructive plots against them.

O Allaah, You protect the mu'mineen, assist the oppressed, relieve those in distress, and grant refuge to the weak. We place our hope in You. O Allaah, we have brothers being oppressed in

Palestine, Syria, Burma, and Central Africa. O Allaah they face dire circumstances and grave adversities. They have been oppressed, evicted, and besieged. Their blood has been shed, the innocent have been murdered, women left as widows, children left as orphans, and their homes demolished. O Allaah, You grant victory to the downtrodden, and You rescue the people of eemaan. We beseech You to grant them victory, give them Your care, remove their hardships, grant them relief soon, and unite their hearts and ranks. O Allaah, support them with Your troops and grant them Your victory.

O Allaah we ask You to exact revenge from those who are oppressive and all who assist them. O Allaah, disband them completely and rip them apart. O Allaah, Lord of all creation, turn their plots into their own destruction.

O Allaah, our Almighty Lord, rectify the affairs of our brothers in Egypt, Libya, Iraq, and Yemen. Place the best among them in authority. Unite them upon Your guidance and the Sunnah. Spread safety and dignified life in their countries, and establish knowledge of Islaam among them.

O Allaah, we ask You to exact revenge from the yahood occupiers, as they cannot render You incapable. O Allaah, send Your inescapable torment upon them; one which cannot be averted from a people who are criminals. O Allaah we ask for Your protection from them and we seek refuge in You from their harms.

O Allaah, we have certainly wronged ourselves and if You do not forgive and have mercy upon us, we will lose everything. Our Lord, grant us good in this world, good in the hereafter, and protect us from the torment of the hellfire

Your Almighty Lord is absolved from the wrong people ascribe to Him. May He grant safety to the Messengers, and all praise is due to Allaah, Lord of all creation.