

Feeling fed up of life? (Part 2)

*As-Salaam 'Alaykum wa Rahmatullaahi wa Barakaatuh.
Bismillah Walhamdulillah Was Salaatu Was Salaam 'ala Rasulillah*

O Messenger of Allaah, which of the people are most sorely tested? He said: “The Prophets, then the righteous, then the next best, then the next best of people. A man will be tested according to his level of religious commitment...” Musnad al-Imam Ahmad, no. 1481. Shaykh Shu’ayb al-Arna’oot said: its isnaad is hasan. And it was classed as saheeh by al-Albaani in Saheeh al-Jaami’, no. 992.

So what about us, with all our sins and shortcomings?

We advise us to do the following:

(1) Make a lot of du’aa’, calling upon Allaah, and seek to draw close to Him by different kinds of worship, such as praying, giving zakaah, fasting and so on. Beseech Allaah to take away what is in your heart (of sorrow etc) and to grant you relief.

(2) Understand that whatever Allaah decrees for His believing slave is all good. No matter how difficult your life may become, to Allaah belong all things in the heavens and the earth.

(3) Your depression and tiredness may be because of something that you have missed out on and not acquired or achieved. In that case you should know how often a person has pursued something, not realizing that in it lay his doom; and how often has a person grieved for missing out on something he wanted, but he does not know that had he attained it, it would have spelled loss in both his spiritual and worldly affairs. So accept the will and decree of Allaah, and seek the help of Allaah, and do not feel helpless.

(4) Check your heart and mind, and examine your relationship with Allaah thoroughly, because a person may be denied provision because of sins that he commits.

(5) You may have some personal or family problems; the way to solve these problems is by prioritizing them. Seek the help of Allaah (first and foremost), then the help of experienced people to solve these problems, and resolve these issues.

(6) Remember that the most sorely tried of all people were the Prophets, then the next best and the next best. Musnad al-Imam Ahmad, no. 1481.

(7) Persist in praying for forgiveness and in worshipping. That is better for you than all the worldly steps you can take, no matter how great and how many they are. It was narrated in some reports that whoever persists in praying for forgiveness, Allaah will grant him a way out from every worry and hardship and will grant him provision from sources he never thought of.

May Allaah help us to do and say that which is right, aamin. So, verily, with every difficulty, there is relief"...Q94:5.

Subhanakal lahomma wabihamdik. Ash-hado alla-ilaha-illa ant. Astaghfiroka w'atoobo-ilayk.

Glory be to You, Oh Allah, and all praise! I testify that there is no deity but You. I seek Your forgiveness and to You, I do repent.

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