

Warding off Anxiety

First Khutbah

إِنَّ الْحَمْدَ لِلَّهِ , نَحْمَدُهُ , وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ , وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا , مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ , وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ , وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Verily, all praise is for Allah. We praise Him, we seek His assistance and we ask for His forgiveness. And we seek refuge in Him from the evils of our selves. Whoever Allah guides, none can misguide. Whoever He misguides, none can guide. And I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His servant and messenger.

(يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ) [آل

عمران:102]

Al Imran(3) 102 : O you who believe! Fear Allah as He should be feared, and die not except in a state of Islam.

Oh Believers:

A person's life is like an outstretched rope and they do not know when it will be cut. And this rope is divided into past, present and future. So one may look back to the past regretting it and despairing, or grieving over it and as a result becoming despondent. And perhaps one is worried with knowing something in the future before its time. And the reality is that one does not have but the present that one lives in. Because yesterday is the past and one does not sense it nor does one feel its severity. And the future is unseen and uncertain. So one only has the present time in which they live. For one is not able to return to yesterday or hasten tomorrow.

Khutbah.info

And as long as one lives in this world, their matters are destined and they are not free from calamities. Just as the breeze does not perpetually blow fresh air on one's life without rain. And in people's lives there are ups and downs. And from these dangers and hazards, hearts become worried and people become frightened. Indeed this is anxiety.

Yes, anxiety is a feeling that one experiences. It places sadness, turmoil and despair within them. And it crowds out sociability, stability and optimism. As a result, one does not sleep well and does not enjoy the taste of food. Yes, it is the anxiety that makes one feel that the day will not catch up to the night. And that night will not be followed by day. Anxiety makes a minute seem like long hours. And how long the night is for someone not able to sleep.

Anxiety makes the overweight thin, and grays the hair of youth. Anxiety distracts the mind, and occupies thoughts, and closes in on someone in spite of vastness. Even if one lives in a luxurious palace or fortified tower, one's chest feels tight as if they were climbing into the sky. To the point that they lose their health or perish.

And none of us lives their entire lives without anxiety, or being afflicted with the smoke or dust of anxiety except for those whom Allāh wills. The one holding position and honor is obsessed with losing it at every moment and has anxiety. And parents have many worries over their children's future and present. They are worried about buying clothes for one, raising another one, finding a spouse for another one, and another one finding a job.

Yes, people in this world will necessarily have some kind of worry, sadness and displeasure. However, the proportion of happiness and sadness in the heart is linked with the amount of imān (faith) and guidance in the heart. So when one's imān (faith) in Allāh and their certainty increases, and they become righteous and guided, then their soul becomes stable and calm, their heart is at peace and they feel comfortable and happy. Even if it appears to people that one is miserable or deprived. Or that the calamities and afflictions are hitting them left and right. Allāh Almighty said:

مَنْ عَمِلَ صَالِحًا مِنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ
مَا كَانُوا يَعْمَلُونَ-النحل 97

An Nahl (16) 97: Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.

And when the people of Paradise settle in it, their first supplication is what Allāh Almighty mentioned in the Quran. Allāh Almighty said:

وَقَالُوا الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنَّا الْحَزْنَ إِنَّ رَبَّنَا لَغَفُورٌ شَكُورٌ-فاطر 34

Fatir (35) 34: And they will say, Praise to Allāh, who has removed from us [all] sorrow. Indeed, our Lord is Forgiving and Appreciative

And this indicates that grief, or a portion of it, must befall a person in their life. And that this worldly life is not the place of complete happiness. And a person will not find complete comfort in it.

The one thinking that anxiety is restricted to the needy, poor and impoverished is gravely mistaken. The reality is that the esteemed and affluent have worries just as there are needy people who are content and stable. Although some poor are afflicted with worry because of an empty stomach, some of the affluent are afflicted with worry due to an overfilled stomach.

Indeed, anxiety is one of the soldiers of Allāh that He afflicts upon people to see what they do. Although it is a feeling and not physical, it has a stronger effect than the physical harms. And this is confirmed by what Ali bin Abi Taleb, may Allāh be pleased with him, said when he was asked, "what is the strongest soldier of Allāh?", then Ali responded, " the mountains and the mountains are cut by iron, so iron is stronger, and fire melts iron, so the fire is stronger, and water extinguishes fire, so water is stronger, and the clouds carry the water, so the clouds are stronger, and the wind transports the clouds, so the wind is stronger, and the person evades the wind by his hand or clothes, so the person is stronger, and

Khutbah.info

sleep overpowers a person, so sleep is stronger, and anxiety overpowers sleep, so the strongest soldier of Allāh is anxiety that He dispatches to whoever He wills of His servants.

Allāh Almighty said:

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ يَشْرَحْ صَدْرَهُ لِلْإِسْلَامِ وَمَنْ يُرِدْ أَنْ يُضِلَّهُ يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا
كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ كَذَلِكَ يَجْعَلُ اللَّهُ الرَّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ-الأنعام 125

Al Anam (6) 125: **So whoever Allāh wants to guide - He expands his breast to [contain] Islām; and whoever He wants to send astray - He makes his breast tight and constricted as though he were climbing into the sky. Thus does Allāh place defilement upon those who do not believe.**

أَقُولُ مَا تَسْمَعُونَ وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ مِنْ كُلِّ ذَنْبٍ فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

I say what you have heard and I seek forgiveness from Allah for me and you from every sin. So seek forgives from Him, Verily He is Oft-Forgiving, the Most Merciful.

Second Khutbah

الْحَمْدُ لِلَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All praise is to Allah, and peace and blessings upon the Messenger of Allah, and I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His slave and messenger.

Oh people:

There are many things that hurt the heart, including matters related to past matters and memories of things gone. The heart grieves when remembering them, and the heart is afflicted with pain when they are

recalled. And there are pains related to things in the future, which afflicts one's heart with anxiety because of something to come and a future matter. One does not know what will come of it, and one's heart is occupied with it. And there is gloom which is what afflicts one in a matter related to their present state and reality. So there are three matters, which are grief which is related to what has passed, and anxiety which is related to the future and gloom which is related to one's present state.

And these three matters are only cleared and removed from the heart by one sincerely returning to Allāh, and humbling oneself before His Hands and submitting to Him, and obeying Him, and surrendering to His command, and believing in His Book and reflecting upon it, and taking care to recite it and putting it into practice. So with that and nothing else, these matters will go away and one's chest will be relaxed and they will attain happiness.

In this regard, Ibn Masood, may Allāh be pleased with him, narrated that the Prophet ﷺ said:

ما أصاب أحدا قط همٌّ ولا حزنٌ ، فقال : اللَّهُمَّ إِنِّي عَبْدُكَ وَإِبْنُ عَبْدِكَ وَإِبْنُ أَمَتِكَ وَفِي قَبْضَتِكَ نَاصِيَتِي بِيَدِكَ مَاضٍ فِي حُكْمِكَ عَدْلٌ فِي قَضَاؤِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ أَلْهَمْتَ عِبَادَكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي مَكُونِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي ، إِلَّا أَذْهَبَ اللَّهُ هَمَّهُ وَحُزْنَهُ ، وَأَبْدَلَهُ مَكَانَهُ فَرِحًا

No one is afflicted with distress or sorrow and says: O Allāh, I am Your servant, and the son of Your male servant, and the son of your female servant. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured, and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with, revealed in Your Book, taught any one of Your creation, or kept unto

Yourself in the knowledge of the unseen that is with You, to make the Qur'an the fountain of my heart, and the light of my chest, the banisher of my sadness, and the reliever of my distress. Except that Allāh will remove his distress and sorrow and replace it with relief. [The Authentic Series, Albani (199), Grade: Ṣaḥīḥ]

Then when the honorable Companions, may Allāh be pleased with them, heard the Prophet ﷺ guide to this blessed supplication, they said to the messenger of Allāh ﷺ, "Shall we not learn these words?", then the Prophet replied, "yes, it is necessary for whoever hears them to learn them".

For they are great words. It is necessary for the Muslim to learn them, and to strive in reciting them when afflicted by anxiety, grief or gloom. And one should know that these words will only be beneficial if one realizes their meaning, implements their purpose, and acts according to what they indicate. As for reciting the authenticated supplications and ordained remembrances, without understanding them, and without realizing their intent, this would be ineffective and of little benefit.

May Allah Almighty fill our hearts with Iman, contentment and joy. Indeed Allah is All Hearing, Answering.

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى نَبِيِّكُمْ كَمَا أَمَرَكُمْ بِذَلِكَ رَبُّكُمْ , فَقَالَ

I conclude with this and send prayers of blessings and peace upon your Prophet as your Lord commanded:

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا

Al Ahzaab (33) 56: Indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [Allah to confer] blessing upon him and ask [Allah to grant him] peace.

اللَّهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ وَعَافِنَا فِيمَنْ عَافَيْتَ وَتَوَلَّنَا فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لَنَا فِيمَا
أَعْطَيْتَ وَقِنَا شَرَّ مَا قَضَيْتَ إِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ وَإِنَّهُ لَا يَذُلُّ مَنْ وَالَيْتَ
تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ

O Allah, guide us with those whom You have guided, grant us well-being among those You have granted well-being, be an ally to us along with those whom You are an ally to, and bless what You have bestowed upon us, and save us from the evil of what You have decreed. For verily You decree and none can decree over You. He whom You support can never be humiliated. Glory is to You, our Lord, You are Blessed and Exalted.

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ وَنَعُوذُ بِكَ
مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا
سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنَّا نَسْأَلُكَ
الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ
عَمَلٍ وَنَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لَنَا خَيْرًا

O Allah, We ask You for all that is good, in this world and in the Hereafter, what we know and what we do not know. O Allah, we seek refuge with You from all evil, in this world and in the Hereafter, what we know and what we do not know. O Allah, we ask You for the good that Your servant and Prophet has asked You for, and we seek refuge with You from the evil from which Your servant and Prophet sought refuge. O Allah, we ask You for Paradise and for that which brings one closer to it, in word and deed,

Khutbah.info

and we seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And we ask You to make every decree that You decree concerning us good.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى وَيَنْهَى عَنِ الْفَحْشَاءِ
وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ

Servants of Allah. Indeed, Allah orders justice and good conduct and giving to relatives and forbids immorality and bad conduct and oppression. He admonishes you that perhaps you will be reminded.

أذْكُرُوا اللَّهَ الْعَظِيمَ يَذْكُرْكُمْ وَاشْكُرُوا يَزِدْكُمْ وَاسْتَغْفِرُوا يُغْفِرْ لَكُمْ وَاتَّقُوا يَجْعَلْ
لَكُمْ مِنْ أَمْرِكُمْ مَخْرَجًا ، وَأَقِمِ الصَّلَاةَ

Remember Allah, the Great - He will remember you. Thank Him for His favors - He will increase you therein. And seek forgiveness from Him - He will forgive you. And be conscious of Him - He will provide you a way out of difficult matters. And, establish the prayer.