

Listen, the hearts find peace only in the remembrance of Allah.

Surat-ur-R'ad: 28

# *The Cure for Depression*

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلْحَمْدُ لِلَّهِ وَكَفَى وَسَلَامٌ عَلَى عِبَادِهِ الَّذِينَ اصْطَفَى : أَمَا بَعْدُ

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلَا يَذْكُرُ اللَّهُ تَطْهِينُ الْقُلُوبِ

سُبْحَانَ رَبِّكَ رَبِّ الْعَزَّةِ عَمَّا يَصِفُونَ وَسَلَامٌ عَلَى الْمُرْسَلِينَ

وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

Allah ﷻ says in the Holy Quran:

أَلَا يَذْكُرُ اللَّهُ تَطْهِينُ الْقُلُوبِ <sup>(1)</sup>

“Listen, the hearts find peace only in the remembrance of Allah.”

This verse of the Holy Quran tells us that the remembrance of Allah ﷻ results in a contented heart.

### **This is the era of dissatisfaction**

Dissatisfaction has become quite common in this era. People often complain of their restlessness. Psychologists refer to this restlessness as ‘Depression’. When someone is depressed, his or her mind is put under such intense pressure and stress that they may be unable able to do any work.

## **Causes of Depression**

There are several causes of depression according to experts.

- One of the causes of depression is when humans set high expectations for themselves. Failure to achieve these expectations may lead to the person becoming depressed. It is also possible that the fear of not meeting these expectations could make the person depressed.
- Sometimes huge losses are incurred in businesses. At times, people have 'high pressure' jobs in which there is pressure to accomplish many tasks simultaneously. This could also drive a person into depression.
- At times differences among people can make a person depressed.
- Financial or physical losses can also cause this disease.

So a person encounters some problems, for whatever reason, and because of this he fails to live up to his expectations and his problems further intensify. And this becomes a vicious cycle, and a person's condition keeps on worsening and he ends up becoming a victim of depression.

## **Depression has influenced the lives of millions**

As per statistics, 340 million people use medicines called anti-depressants to counter this disease in developed country like the United States of America. According to the findings of a research study, 20 percent of the population of all countries on average are a victim of depression. Another surprising thing came forward from a research on the related subject is that in our country Pakistan, this average figure is more than 20 percent. Anti-depressants are one of the most widely prescribed kinds of medication today.

## **Depression persists even in the youth**

Doctors in the past used to say that depression occurs in people over the age of 40. Therefore, doctors used to only prescribe anti-depressants to people of this age group in the past. Later these medicines were being prescribed to people between the age of 25 to 30 years. Today we have come to a state that these medicines are prescribed to people below the age of 20 even.

One university student was upset due to poor performance in exams and went to see a doctor. The doctor prescribed a treatment with anti-depressants for 8 months.

### **Depression is incurable as per the view of doctors**

Doctors view depression as an incurable disease which can only be managed. After years of research, doctors have come to the conclusion that as long as the patient of depression keeps taking his medicine, he will be in state in which he could carry on with his work. But as soon as he stops taking his medicine, the depression will get worsen. This case is like the example of a person who loses the use of his leg, and must take support from a stick for his entire life. Similarly, if a person gets into depression, he is forced to continue medication for the rest of his life.

### **Holy Quran also tells us the cause of depression**

The Holy Quran says that a person becomes depressed because of his sins. Allah ﷻ says in the Holy Quran:

يَا أَيُّهَا النَّاسُ إِنَّمَا بَغَيْتُمْ عَلَىٰ أَنْفُسِكُمْ<sup>(1)</sup>

**O people, your rebellion is, in fact, against your own selves**

That is, whosoever disobeys Allah ﷻ, he cannot escape its consequences and may fall into depression because it's impossible for a human soul to remain content after committing sins.

### **The cure for depression is leaving sins**

Wherever the Holy Quran speaks about depression, it also mentions alongside its cure, 'leaving sins'.

Hence Allah ﷻ says in the Holy Quran:

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا<sup>(2)</sup>

**“And whoever fears Allah He will make for him a way out.”**

(1) Surah Younus: 23

(2) Surat-ut-Talaq: 2

We come to know from this verse that Allah ﷻ will create ease for a person who leaves sins. This person will be taken out of never ending problems and grief. Therefore, one who lives a life free of sins will also have a life without depression.

### **Higher the sins, higher the depression**

The recent trend of depression among people has surpassed all previous records. History has never seen such numbers of depressed people as we see today. This is due to sins becoming increasingly common. Sins had never been this common in history, nor were they done in so many ways, nor were they being done in such frequency.

### **Three Sins That Have Become Common in Society**

We will find three sins very common if we look around ourselves today.

#### **First sin: Wrongful Internet usage**

First sin that has become very common today is the misuse of internet. This sin has rather taken a form of a revolution. And this revolution has given birth to many other sins. Hence, as per a British net filtering company named "Optinet", the count of the total number of websites on internet were 6.3 billion by 2012, out of which 37% were classified as pornographic websites. That is, there are over 2 billion pornographic websites on the internet. These websites are more than the entire population of Pakistan.

#### **➤ Revolution of the Internet**

History's biggest sexual revolution came in America in the early 70s. This revolution completely transformed America's lifestyle. Prior to this revolution, American women preferred wearing complete dresses. After 70s, wearing short dresses had become a fashion in their culture. Before this revolution, a man and a woman used to get married first if they wanted to spend their lives together. Today there is no trend of marriage in America, and it is common for boys and girls to engage in sexual relations without marriage. A boy in university may have sexual

relations with several different girls over the course of 4 years in university.

This revolution only impacted the youth of one country. On the contrary, the revolution on the Internet has taken its hold over every country, city, culture, gender, and people from all age groups. These websites can now be accessed from any corner of the world. This sin had never been this easy in the past.

➤ **Religious people also not saved from the obscenity in Internet**

About 10-15 years from now, if someone intended leaving sins, he didn't have much hindrance as opposed to today. All he had to do was to intend avoiding obscenity on TV and movies and then he was saved from obscene sights for the rest of his life. But today, the Internet is used in almost every field of life. If a young man wishes to live a life of piety, leaving the trap of Internet is a big trial for him. Now, a young man offering prayers with congregation also has the same complaint of being unable to avoid watching obscenity over Internet, and a person studying Islamic disciplines also has the same complaint.

➤ **People of all age groups are now a victim of Internet obscenity**

This Internet has taken its toll on people of all age groups. Both the elderly and the young have become its victims. A young man once called a Shaykh and informed him that his grandmother had him quite worried. When asked about the reason, the man said that his 70-year-old grandmother watches pornographic websites for 2-3 hours daily. Even the elderly have become a victim of this sin. Thus, companies that research Internet use indicate that there are a large number of sites trafficking in child pornography.

This revolution of obscenity has taken everyone under its grip due to which sins have reached at the highest level in all of history. Therefore, depression is also at its highest level. It cannot be denied that everything ranging from education to business is dependent on the Internet today. Anyone who uses the Internet beyond what they really

need it for is in danger. Therefore young people should avoid the misuse of the Internet like a person would fear a tiger.

## **Second sin: Injustice**

The second sin that has become very common today, and which is often not even considered a sin is injustice. Many people think that only governments are guilty of injustice. This is definitely not the case. From the Islamic point of view, every person who fails to fulfill the rights of other people is guilty of injustice.

### ➤ **Everyone has some rights over them**

Islam has not made us free to do whatever we want in this world. Instead, others have rights over us that Islam has made clear. There are rights of parents over their children, rights of brothers and sisters over each other, rights of husband and wife over each other, rights of relatives and rights of neighbors over each other and so on. Whosoever fails to fulfill these rights is guilty of injustice.

The Holy Prophet ﷺ said:

لَا يَدْخُلُ الْجَنَّةَ قَاتِعٌ<sup>(1)</sup>

**“The one who severs his family ties will not enter Paradise.”**

It doesn't matter how many acts of worship a person performs, his entrance in Paradise is forbidden unless he fulfills the rights of his relatives.

### ➤ **Rights of parents are being ignored**

Today we have come to a state where children consider themselves free of any obligations towards parents. They disobey their parents and give no regard to their instructions. If a father asks his son to inform him if he plans to go anywhere, the son gets annoyed and refuses to do as he has been told. Children frown over any tasks assigned to them by parents today.

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(1) Sahi Bukhari: 5638



Allah ﷻ says in the Holy Quran:

فَلَا تَقُلْ لَهُمَا أُفٍ وَلَا تَنْهَرْهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا<sup>(1)</sup>

**“Say not to them [so much as], "uff," and do not repel them but address them in kind word.”**

Today’s case is quite opposite. Disobeying parents has become very common in our society today therefore depression is also very common.

Thus, an incident is narrated in the books of a companion of Prophet ﷺ who undertook extreme efforts for taking his mother for pilgrimage. A companion رضي الله عنه came to Mecca along with his mother to perform hajj. Since his mother was weak, the companion undertook all the rituals of Hajj carrying her on his shoulders and he then came to the Prophet ﷺ and said:

O Messenger of Allah, have I fulfilled the rights of my mother?

Allah’s Messenger ﷺ said that of all the pangs your mother endured while giving birth to you, you have repaid the right for one of them.

One companion رضي الله عنه enquired about the rights of parents from Prophet ﷺ.

The Prophet ﷺ said:

هُمَا جَنَّتُكَ وَنَارُكَ<sup>(2)</sup>

**“They are your heaven, or they are your hell.”**

That is, fulfilling the rights of parents will become the reason for which he will enter heaven. And if the rights of parents are ignored, then the same parents will become the reason for which he will be taken into hell.

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(1) Surah Bani Israeel : 23

(2) Sunan Ibn-e-Majah: 3662

### ➤ Allah ﷻ answers the plea of the oppressed

It is possible that the person we are unjust to is not able to answer us back. We think that if the person does not react to our cruelty then our behavior is lawful. Therefore, employees and servants are often oppressed today. Parents are left helpless against the oppression of their children. But surely Allah ﷻ can answer.

When Allah's Messenger ﷺ was sending Hazrat Maaz ؓ to Yemen, he advised him:

أَتَى دَعْوَةَ الْمَظْلُومِ، فَإِنَّهَا لَيْسَ بَيْنَهَا وَبَيْنَ اللَّهِ حِجَابٌ <sup>(1)</sup>

**"Be afraid from the curse of the oppressed as there is no barrier between Allah and his invocation."**

So we should know that Allah ﷻ surely answers on behalf of the one oppressed.

### ➤ Result of causing grief to a mother

An incident of a companion Hazrat Alqama ؓ is narrated in the books. His mother was unhappy with him about something. When the time of his death arrived, news reached to Prophet ﷺ that Hazrat Alqama was unable to recite the kalima. This greatly worried the Prophet ﷺ because Hazrat Alqama ؓ appeared to be very pious. He used to offer prayers, give out plenty of charity and would fast a lot. After a brief moment of reflection, the Prophet ﷺ sent a messenger to Hazrat Alqama ؓ' s mother. The Prophet ﷺ asked her if she was unhappy with her son. The mother replied in the affirmative. The Prophet ﷺ asked her to forgive her son, otherwise Hazrat Alqama ؓ would die without reciting the kalima and will be punished in the fire of Hell. The mother's heart was so deeply hurt by her son that she refused to forgive him. Then the Prophet ﷺ stood up and said that since Alqama ؓ will be burned, he would burn him in front of her eyes. When the

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(1) Sahi Bukhari: 2316

mother witnessed this, she immediately begged the Messenger of Allah ﷺ not to burn Alqama ﷺ. She said that indeed Alqama ﷺ had deeply hurt her, but she still couldn't bear to see him being burned. So she forgave him. The mother barely uttered these words and Hazrat Alqama ﷺ recited the kalima and his soul departed from this world.

### ➤ This world is a prison

Fulfilling the rights of others is a big responsibility for a Muslim, which if ignored will lead to accountability on the day of judgement. These rights are like the 'Rules and Regulations' of a sport, following them is mandatory or else there is a penalty. Similarly, the person who is ignorant about these rights will end up being depressed. Hence Allah ﷻ has not created mankind free.

Therefore, it is mentioned in a hadith:

الدُّنْيَا سِجْنُ الْمُؤْمِنِ، وَجَنَّةُ الْكَافِرِ (1)

“The world is a prison for the believer and a paradise for the unbeliever.”

This world is being compared to a prison because a believer cannot live life as per his own will. It is mandatory for him to live his life according to the rules and regulations laid out by Allah ﷻ. And opposing these regulations will result in him facing difficulties in this prison as well as in the hereafter.

### Third sin: Love for this world

The third sin that has become very common today and is often not even considered a sin is having love for this world.

The Prophet ﷺ said:

حُبُّ الدُّنْيَا رَأْسُ كُلِّ خَطِيئَةٍ (2)

“Love for this world is the root of all evil.”

(1) Sahi Muslim: 2956

(2) Ibn-e-Abi-Dunya: 15

That is, the main cause behind all the sins that we commit is that we have love for this world.

### ➤ Purpose for not loving this world

Today if someone says that having love for this world is a sin, he will be called a madman. This is because we haven't even understood the meaning or the purpose of avoiding love for this world. We need to understand that Islam does not want us to leave our businesses, our wives and children and go into isolation to worship. The purpose of not having love for this world is that a person does not forget the afterlife. House, business, wife, children, and parents are all very important and Allah ﷻ himself has obligated us with the fulfillment of everyone's rights. But it is also important for a believer that despite these responsibilities, his main objective should be to achieve a better afterlife. In other words, a believer should be in this world but this world should not be in a believer's heart because if the world lies in his heart instead of the afterlife, then he will be prone to making mistakes which will result in problems that will eventually become a cause for depression.

### ➤ Worrying for an afterlife gives relief from depression

Today humanity have forgotten the worry of afterlife and success in this world has become the sole purpose of their lives.

The Prophet ﷺ said:

مَنْ جَعَلَ الْهُمُومَ هَمًّا وَاحِدًا كَفَاكَ اللَّهُ هَمَّ دُنْيَاكَ، وَمَنْ تَشَعَّبَتْ بِهِ الْهُمُومُ لَمْ يُبَالِ اللَّهُ فِي  
 أَبِي أَوْدِيَةَ الدُّنْيَا هَلْكَ (1)

**'Whoever focuses all his concerns on one issue, the concerns of the Hereafter, Allah ﷻ will suffice him and spare him the worries of this world. But whoever wanders off in concern over different worldly issues, Allah ﷻ will not care in which of these valleys he is destroyed.'**

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(1) Sunan Ibn-e-Majah: 257

That is, if a believer makes the afterlife his worry and adopts abstinence from this world then Allah ﷻ will create ease for him and relieve him of all his worldly worries. On the contrary, whoever chases this world then worries will surely befall him and he will be stuck with its burden and end up becoming a victim of depression. Therefore, a believer should always be aware that one day he will be presented in front of his Lord and will be held answerable for his deeds.

### ➤ Relief from worldly worries by worrying for afterlife

There used to be a very pious Muslim ruler, Caliph Hazrat Umar bin Abdul Aziz ؓ whose government was spread over three continents. This was a golden era of the Muslim history. Before getting the throne, his uncle and four cousins had been the rulers of their time and when all of them passed away Hazrat Umar bin Abdul Aziz ؓ became the ruler. He used to be a governor before assuming the rulership. In the period of governorship, he was so wealthy that when he used to travel, sixty camels were required to carry his clothes alone. But after becoming the Caliph he only used to have one dress. All week he used to wear that dress, and then used to wash it himself on Friday and wear it again for another week. When someone inquired the reason for this, he said that when he was governor, his sole purpose was to seek kingship. Before becoming the Caliph, he had buried his uncle and his four cousins himself. When he tried to turn their faces towards the Qibla in their graves, their faces themselves turned away from it. Then it occurred to him that one day he will also be placed in a grave and he feared that this could also happen to him. Therefore, he shifted his focus from this world to the afterlife.

Hazrat Umar bin Abdul Aziz's ؓ wife's Fatima was the daughter of his uncle. That is, a king's daughter and a sister of four kings. At the arrival of Eid, the king's wife asked him for some money to prepare Eid clothes for their children. Hazrat Umar bin Abdul Aziz ؓ used to take a very low salary from the public treasury due to which arranging for new clothes wasn't possible. His wife then asked if it was possible to take an advance from the treasury for the following month's salary.

The Caliph went to the treasurer to request him for his next month's salary. The treasurer told the Caliph that he would give him the money on the condition that the Caliph gave him an undertaking in writing that he will be alive to return this money. This had a big impact on the Caliph and he returned to his wife without taking the money. He told her that it was not possible to make new clothes for their children this Eid. So when the day of Eid came, the Caliph went out to the Eid ground to lead the prayer. He saw that everyone was wearing new clothes and his children were in their old clothes. It saddened him that his children would be heart-broken that everyone was dressed in new clothes while they were wearing old clothes. After the Eid prayer, the Caliph called upon his sons and asked them to pardon him for not being able to get them new clothes for Eid. The children replied that this act of his had not caused them any sadness. Rather it gave them a reason to hold their heads up proudly. Indeed, Allah ﷻ is the Greatest, and he gave comfort to the Caliph's heart. So whosoever makes the Hereafter his concern, Allah ﷻ will relieve him of his worldly concerns.

### How to Avoid Sins

Now when these sins are so common and in such abundance then how should one avoid them?

Mashayikh have identified 3 ways for this.

#### First way: Remembering Allah ﷻ

The first way to avoid sins is by remembering Allah ﷻ.

The Prophet ﷺ said:

ذِكْرُ اللَّهِ شِفَاءُ الْقُلُوبِ <sup>(1)</sup>

**“Remembering Allah is the cure for hearts.”**

Which means that remembering Allah takes away the desire of sinning.

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(1) Kanz-ul-Ummal : 1751

➤ **Remembering Allah ﷻ rids the heart of unlawful desires**

Thus, an incident of a young man is narrated in several books who was a worker at the king's palace. The king's daughter and this man fell in love with each other. They used to send messages to each other, but there seemed to be no possibility of meeting each other in the palace. Both made efforts, but couldn't take such a huge risk. Finally, an idea occurred to the princess, and she sent a message to the young man that the king holds pious people in very high regard. If he left the city and lived a life of worship, he would become famous and everyone would start considering him very pious. She could then come to meet him on the pretext of requesting him to make dua. This young man was in such intense love that he left the city and settled in a hut, made his appearance as per the Sunnah and started remembering Allah ﷻ in abundance. 'Allah Allah' could be heard from his hut all day. Shortly afterwards his piety became well known. People started coming to request him to make dua. News finally reached the king that there is a very pious saint who is always engaged in remembering Allah ﷻ with no concern with this world. So the king also came for a visit to this young man who now had the appearance of a pious person. He only said 'Allah Allah' and paid no attention to the king. The king's regard for him increased further that this man is such a devoted saint that he didn't even bother to look at the king and is still busy in Allah's remembrance. Hence the king merely requested him for dua and left and this man returned to his worship. The king mentioned this saint to his daughter, who was already looking for an opportunity and immediately asked the king for permission to go and request him to make dua. Of course, she didn't mention that they were in love. On arriving at the hut, she requested the servants to wait outside and went in alone. That young man was busy saying 'Allah Allah' when the princess announced, 'I have arrived now, you can stop this'. The young man continued his worship and gave no answer to the princess. Then she said that I am the same princess whom you used to love and desired to meet. The young man was still busy in remembering

Allah ﷻ. The princess shook him and said that she was the one to suggest he become a pious saint so that she could come to visit him. Now that she had come and there is no one to stop them, he didn't even bother to look at her. The young man replied that he was sitting in remembrance of his Real Beloved, Allah. The remembrance of Allah ﷻ had taken out the love of everything else from my heart. So we know that remembering Allah ﷻ rids the heart from the desire of sinning and the person is saved from sins.

### **Second way: Attending gatherings of the pious**

The second way through which a person can avoid sins is by attending the gatherings of pious people. Whosoever goes in the company of the righteous, his heart is impacted in such a way that it changes the direction of his life and he is saved from sinning. This is the need of the time, that a person must attend the gatherings of the pious people frequently if he wishes to abstain from sins.

Allah ﷻ says in the Holy Quran:

وَذَكِّرْ فَإِنَّ الذِّكْرَى تَنْفَعُ الْمُؤْمِنِينَ (1)

**“And keep reminding, for indeed, the reminder benefits the believers.”**

These gatherings can turn a person's heart towards piety and often merely a brief moment in the company of the righteous can become the cause of taking away the heart's desire to sin.

#### **➤ A moment of advice swayed the heart**

A young man was stuck in sinning, committing fornication and drinking alcohol. He once had the opportunity to attend a religious gathering where this hadith was told mentioned:

سَبْعَةٌ يُظِلُّهُمُ اللَّهُ فِي ظِلِّهِ يَوْمَ لَا ظِلَّ إِلَّا لِلَّهِ... الخ (2)

(1) Surat-uz-Zaaryat: 55

(2) Sahi Bukhari: 1357



**“There are seven types of people who will get the shade of Allah’s throne on the day of judgement. And one of them will be a man whom a beautiful woman of status seduces but he rejects her by saying ‘I fear Allah’.”**

This hadith had a very deep impact on him. It so happened that that the woman with whom he had unlawful relations sent a message to him inviting him over to fornicate. This young man remembered that hadith and thought that he will also give the same response as the person who is entitled for the shade of Allah’s throne in the hadith. So he searched for that hadith and replied to that woman with the words ‘I fear Allah بَلَّغْتُ. Thus he was saved from this big sin this way. Hence, religious gatherings can take away heart’s desire of sinning and save the person from falling into sins.

### **Third way: repentance from sins**

Since a person’s ego and Shaytaan are constantly misguiding him, it’s quite likely for him to surrender to his desires and end up sinning. And it’s a Quranic principle that sinning is always followed by its adverse consequences. Therefor this person also becomes a victim of depression. Hence it is important for a person to leave sins to put an end to depression. For this person, the messenger of Allah has given a way out through repentance.

It is mentioned in a hadith:

التَّائِبُ مِنَ الذَّنْبِ كَمَنْ لَا ذَنْبَ لَهُ (1)

**“The one who repents from sin is like the one who has never sinned.”**

Therefor a person should ask forgiveness from Allah بَلَّغْتُ for his sins in abundance.

This person does not become depressed despite his sins because of seeking forgiveness from Allah بَلَّغْتُ. It’s not even mandatory for the tongue to utter words of repentance after sins. Allah بَلَّغْتُ is so Forgiving

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(1) AlMojam-ul-Kabeer: 10281

and Merciful that He forgives our sins even on being regretful in our hearts.

The Messenger of Allah ﷺ said:

(1) التَّوْبَةُ تَوْبَةٌ

“Regret is repentance.”

➤ **Allah ﷻ also willing to accept Qaroon’s repentance**

In Hazrat Musa A.S.’s era, Qaroon was a very wealthy person and therefore he had to pay a big amount of zakat due to his immense wealth. He devised a plan by which he could insult Hazrat Musa A.S. as well as avoid the payment of zakat. Hence, he convinced a woman to accuse Musa A.S. of unlawful relations with her in exchange for some money. Qaroon brought this woman to Hazrat Musa A.S.’s gathering and said that this woman wishes to say something. But by Allah’s will, when this woman looked at Hazrat Musa A.S., her heart overturned and fear came over her and she revealed the truth. Hazrat Musa A.S. thought of how Allah ﷻ saved him from this accusation and insult in front of this big gathering and he went into prostration thanking Allah ﷻ.

Allah ﷻ was so pleased by this act of Musa A.S. that he revealed to him that “O my dear Musa, we have ordered the land to follow your command. It will do whatever you say”. Hazrat Musa A.S. raised his head and ordered the earth to grab Qaroon and so it did. Qaroon realized that it is due to his conspiracy against Musa A.S. He immediately started to beg forgiveness from Musa A.S. Musa A.S. was extremely angry and ordered the earth to further tighten its grip on Qaroon. The earth grabbed him so much that Qaroon was completely swallowed by it. Qaroon was left shouting and begging. Allah ﷻ sent divine inspiration that “O my dear Musa! You are so hard hearted. Qaroon begged you so much yet you didn’t forgive him. Had he once asked Me for forgiveness like this, I would have forgiven all his sins”.

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(1) Sunan Ibn-e-Majah: 4252

Allah Almighty is the most Forgiving and Merciful and when a believer asks Allah **بَلَّغْنَا** for forgiveness, He shows His mercy towards him.

Allah **بَلَّغْنَا** says in the Holy Quran:

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ <sup>(1)</sup>

**“Indeed, Allah loves those who repent.”**

Therefore, a believer should be constantly repentant, seeking refuge from sins and even the opportunity to commit sins.

وَأَخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

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(1) Surat-ul-Baqarah: 222

*"As for those who strive in Our way, We will certainly take them onto Our paths, and indeed Allah is with those who are good in deeds."*

Surat-ul-Ankaboot: 69

# Will Power

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