In the Name of Allah, the Most Compassionate, the Most Merciful

**Motivation for those in Hardship and Depression**

May Allah bless you with piety (Taqwa) and purity, strong Emaan, forgiveness of sins, have mercy on you, elevate your status, and bless you with knowledge of Deen and generosity…. Ameen!  **Allah loves**a pious believer more than seventy mothers can love!  Your parents love you and always wish good for you! The Muslim Ummah loves you.

The **Prophet** (sallallahu alayhi wasallam, May peace and blessings of Allah be upon him) said:

“The most miserable man in the world of those meant for Paradise will be dipped once in Paradise (i.e. in the life Hereafter).  Then he will be asked, Son of Adam, did you ever face any misery? Did you ever experience any hardship”, so he will say (so happy after seeing a glimpse of Jannah), No my Lord! I never faced any misery and **I never experienced any hardship**.”

The **Prophet** (sallallahu alayhi wasallam) also said:

Whoever makes Istighfaar in abundance, Allah will make a way out for him from every difficulty, **free him from depression** and anxiety and Allah will grant him sustenance from avenues he will not imagine.

A Muslim, who goes through hardship but endures patiently and still strives to do good deeds, will be awarded Paradise where there is no sickness or pain, no sadness, no old age.

**Paradise** is a reality – with rivers of milk and honey, palaces of gold and silver, delicious food and fruits, beautiful spouse, always happy, always young, always healthy – a great kingdom for ever and ever for an unending enjoyment and bliss. Compete with each other to strengthen faith and excel in good deeds and hasten to seize every fleeting moment and turn into gold by a productive activity; sow seeds today to reap a rich harvest tomorrow and rush at the available opportunity before it is lost for good.

The lowest ranking person in Jannah will get a kingdom ten times bigger than this world, will have thousands of servants and so many angels will come to believers to make Salam.  In Jannah, there will be a bazar where people can change their faces to look like 'any person' they wanted to look like.  In Jannah, a believing woman will be sent long time before her husband, she will be decorated with things that no eyes has seen, no ears have heard and no body even thought about that!

This life is a **one-time opportunity** to achieve everlasting happiness in the life hereafter. Allah Almighty is showering countless blessings upon us everyday. Every moment has a great potential to achieve high-ranks in the court of our Creator.  Every minute is like a gold coin.  The heart and tongue are gifts from Allah to earn **millions** of rewards (Hasanaat) for the Akhirah.

Let’s view and ponder over this chart of **good deeds** <http://www.islameasy.org/pdf/Convert_Time2Gold.pdf>

Read more about the ‘Purpose of Life’ <http://www.islameasy.org/pdf/Purpose_of_Life_flyer.pdf>

Allah says in the Qur’an: (interpretation of the meaning):

“..**Truly the steadfast will be paid their recompense without limit**“[Az-Zumar, 10].

 Abu Saeed Al-Khudri and Abu Hurairah (RA) narrate that the Messenger of Allah (peace and blessings of Allah be upon him) said: Whenever a Muslim faces **fatigue, illness, worry, grief, hurt**and**sorrow**, even gets pricked by a thorn, Allah in lieu of his sufferings removes his sins.” (Bukhari)

Remember, a human life is very precious gift from Allah and is not just meant to lose heart for a small issue.  Compared to the stages and issues in human journey to life -Hereafter, our worldly worries and problems are a small thing.  Only Allah knows what is beneficial for us.  If you are a true believer, hope for the best from Allah.

**Love of Allah:**

The human heart is the center of emotions and feelings.   It dictates what it desires and works in collaboration with mind to act as a platform of good or evil.  The human heart also has **hidden treasures** of matchless jewels. If found and applied, we can become beloved of Allah.  Imagine a believer (sister) who always **remembers** and seeks help from her Creator, praises Allah by her tongue, in her heart, expresses gratitude for His bounties, is patient in hardships. She **supplicates** in all earnestness and always has good **intentions**.

**Seeking help with patience and prayer:**

Allah says (interpretation of the meaning): “And seek help in patience and al-salaat (the prayer)…” [al-Baqarah 2:45].

Hudhayfah (may Allah be pleased with him) said: “Whenever the Prophet (peace and blessings of Allah be upon him) was grieved by something, he used to pray.”

The Prophet (peace and blessings of Allah be upon him) said: “How wonderful is the situation of the believer, for all his affairs are good. If something good happens to him, he gives thanks for it and that is good for him; if something bad happens to him, he bears it with patience, and that is good for him. This does not apply to anyone but the believer.” (Narrated by Muslim).

Put your hope, trust and faith in Allah Ta'ala.  It helps when you find that **you are not the only one who has difficulties**. You can get a great deal of support by helping others and building up your self esteem and confidence.  If you wish, you could **volunteer** to help those who are less fortunate than you. In this way you will meet so many warm and wonderful people and this can bring the realization to you that there are many people who also have difficulties. You will learn new and better ways of coping with your difficulties.

You should **emphasize your strengths**and not your weaknesses. Allah Ta'ala has given each one of us some strong characteristics which we should maximize. You are perhaps very good academically in some subjects. Maybe you are a skilled crafts person or you have some other **hidden talent**. Use that potential of yours to its maximum. it is not how you look like that is important, it is what your heart is like and the contribution which you can make to your society, family or the Ummah which is important.

Every tear of a believer is precious in the court of Allah.  Allah looks at the sincerity of our hearts and our actions. People cannot give respect or honor -- **only Allah** can grant peace, love, and contentment of heart, a blessed life in this world and in Jannah for true believers.  Difficulties and trials can become a means of raising our status and can earn countless reward.  Even our blessed Prophet (sallallahu alayhi wasallam), his family and daughters went though hardships and trials.

**Forgiveness and Winning the Heart:**

Remember the teaching of the Islam to win the heart:

•          Repel evil with good deeds;

•          Join relations with the one who cuts it with you;

•          Make Salaam to one who does not make Salaam;

•          Forgive those who did bad to you;

•          Keep politeness in all talk, with respect and love;

Allah says in the Noble Qur’an:

“The good deed and the evil deed cannot be equal. Repel (the evil) with one which is better (i.e. Allah ordered the faithful believers to be patient at the time of anger, and to excuse those who treat them badly), then verily! he, between whom and you there was enmity, (will become) as though he was a close friend.” [41:34].

“But none is granted it (the above quality) except those who are patient, and none is granted it except the owner of the great portion (of the happiness in the Hereafter i.e. Paradise and in this world of a high moral character). “[41:35].