



****Broadcast and Distributed Friday Sermon****

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****THE REMEDY FOR ANXIETIES AND SORROWS****

All praise is due to Allah, we praise Him, seek His help, and ask for His forgiveness.

And we seek refuge in Allah from the evils of ourselves and from our bad deeds.

Whomsoever Allah guides, none can lead astray; and whomsoever He leads astray, none can guide.



And I bear witness that there is no deity worthy of worship except Allah Alone, without any partner, and I bear witness that Muhammad is His slave and His Messenger.

"O you who believe! Fear Allah (by doing all that He has ordered and by abstaining from all that He has forbidden) as He should be feared. [Obey Him, be thankful to Him, and remember Him always], and die not except in a state of Islam (as Muslims) with complete submission to Allah." [Aali 'Imran: 102].

"O mankind! Be dutiful to your Lord, Who created you from a single person (Adam), and from him (Adam) He created his wife [Hawwa (Eve)], and from them both He created many men and women and fear Allah through Whom you demand your mutual (rights), and (do not cut the relations of) the wombs (kinship). Surely, Allah is Ever an All-Watcher over you." [An-Nisa': 1].

"O you who believe! Keep your duty to Allah and fear Him, and speak (always) the truth." [Al-Ahzab: 70].



To proceed: The most truthful speech is the Book of Allah the Exalted, and the best guidance is the guidance of Muhammad (blessings and peace of Allah be upon him).

The worst of matters are newly-invented matters, every newly-invented matter is an innovation, every innovation is a misguidance, and every misguidance is in the Fire.

O assembly of Muslims: Know—may Allah the Exalted have mercy on you—that the world is an abode of trial and test.

From its very nature are the anxieties and distresses that afflict a person due to illnesses, hardships, calamities, and sorrows.

Allah the Exalted said: "Verily, We have created man in toil." [Al-Balad: 4], meaning in hardship; struggling with its affairs and coping with them.

For this reason, Paradise is distinguished from it by being an abode wherein there is neither anxiety nor distress.

Allah the Exalted said: "No sense of fatigue shall touch them therein, nor from it shall they (ever) be asked to leave." [Al-Hijr: 48].



And its dwellers shall not have their peace disturbed even by a single word.

Allah the Exalted said: "They shall not hear therein any abusive speech (dirty, false, evil talk), nor any sinful speech (like backbiting, etc.). But only the saying of: Salam! Salam! (peace! peace!)." [Al-Waqi'ah: 25-26].

Servants of Allah: Sorrows and anxieties are among the temporary afflictions along the path to Allah the Exalted.

Therefore, Allah has never commanded them in any place in His Book, nor praised them, nor assigned any reward or recompense for seeking them.

Rather, He forbade them in more than one place.

Allah the Exalted said: "So do not become weak (against your enemy), nor be sad, and you will be superior (in victory) if you are indeed (true) believers." [Aali 'Imran: 139].

Thus, it is obligatory upon the servant to strive to dispel anxieties and sorrows as much as possible, and not to follow after them.

For this reason, the Prophet (blessings and peace of Allah be upon him) sought refuge from them, saying: "O Allah, I seek refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debt, and being overpowered by men." [Reported by Al-Bukhari from the Hadith of Anas, may Allah be pleased with him].

It is recommended for a servant, when he sees his brother anxious or sad, to strive to dispel anxiety and grief from him, and to speak to him with that which removes his worry and comforts his heart.

Allah the Exalted said regarding His Prophet (blessings and peace of Allah be upon him): "when he said to his companion: 'Be not sad (or afraid), surely Allah is with us.'" [At-Tawbah: 40].

And 'Umar (may Allah be pleased with him) said: "I shall certainly say something to make the Prophet (blessings and peace of Allah be upon him) laugh." [Reported by Al-Bukhari and Muslim from the Hadith of 'Aishah, may Allah be pleased with her].

O assembly of Muslims: Among the greatest means to dispel anxieties and sorrows is belief in the Divine Decree and Predestination (Al-Qada' wa Al-Qadar), and that whatever Allah decrees upon the servant will inevitably occur.



Allah the Exalted said: "No calamity befalls on the earth or in yourselves but is inscribed in the Book of Decrees (Al-Lauh Al-Mahfuz), before We bring it into existence. Verily, that is easy for Allah. In order that you may not be sad over matters that you fail to get, nor rejoice because of that which has been given to you. And Allah likes not prideful boasters." [Al-Hadid: 22-23].

And this faith must be accompanied by righteous deeds.

Allah the Exalted said: "Whoever works righteousness, whether male or female, while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter)." [An-Nahl: 97].

And the Prophet (blessings and peace of Allah be upon him) said: "How wonderful is the affair of the believer, for his affair is all good, and this applies to no one except the believer. If something good happens to him, he gives thanks, and that is good for him. And if something harmful happens to him, he bears it with patience, and that is good for him." [Reported by Muslim from the Hadith of Suhaib ibn Sinan, may Allah be pleased with him].



Among the means of removing anxieties and sorrows is following the example of the Prophets and the righteous, taking them as role models.

For they were tested with immense trials and bore them with patience.

Sa'd ibn Abi Waqqas (may Allah be pleased with him) narrated: I said: "O Messenger of Allah, which of the people are most severely tested?" He said: "The Prophets, then the next best, then the next best. A man is tested according to his level of religious commitment. If there is firmness in his religion, his trial is intensified; and if there is weakness in his religion, he is tested according to his level of religious commitment. Trial will continue to afflict the servant until it leaves him walking upon the earth with no sin upon him." [Reported by At-Tirmidhi and authenticated by Al-Albani].

Among the means of removing anxieties and sorrows is relieving the distress of people and showing kindness to them, for the reward is of the same nature as the deed.

In Sahih Muslim (may Allah the Exalted have mercy upon him), from the Hadith of Abu Hurairah (may Allah be pleased with him), the Messenger of Allah (blessings and peace of Allah be upon him) said: "Whoever relieves a believer of one of the distresses of this world, Allah will relieve him of one of the distresses of the Day of Resurrection. Whoever makes things easy for a person in hardship, Allah will make things easy for



him in this world and the Hereafter. Whoever covers the faults of a Muslim, Allah will cover his faults in this world and the Hereafter. Allah helps the servant as long as the servant helps his brother."

I say what you hear, and I ask forgiveness from Allah for me and for you, so ask His forgiveness; indeed, He is the Oft-Forgiving, the Most Merciful.

****The Second Sermon****

Praise be to Allah, Lord of the worlds.

To Him belongs good praise and beautiful acclaim.

I bear witness that there is no deity worthy of worship except Allah Alone, without any partner.

He speaks the truth and He guides to the Right Path.

And I bear witness that Muhammad is the servant of Allah and His Messenger.

May Allah bestow abundant blessings and peace upon him, his family, and his companions until the Day of Judgment.



To proceed: Among the greatest means of removing anxieties and sorrows is resorting to Allah through supplication and humble entreaty, and remembering Him abundantly, glorified be He.

For He never disappoints one who seeks refuge in Him, as He is the Most Subtle, the Most Merciful.

Allah the Exalted said: "Is not He (better than your gods) Who responds to the distressed one, when he calls Him, and Who removes the evil, and makes you inheritors of the earth, generations after generations. Is there any ilah (god) with Allah? Little is it that you remember!" [An-Naml: 62].

And Allah the Exalted said: "Indeed, We know that your breast is straitened by what they say. So glorify the praises of your Lord and be of those who prostrate themselves (to Him)." [Al-Hijr: 97-98].

Our Prophet (blessings and peace of Allah be upon him) has guided us to a great supplication to recite upon the arrival of anxieties and sorrows.

Ibn Mas'ud (may Allah be pleased with him) narrated that the Messenger of Allah (blessings and peace of Allah be upon him) said: "No person is ever afflicted by anxiety or sorrow and says: 'O Allah, I am Your servant, son of Your male servant, son of Your female servant. My forelock is in Your Hand, Your command over me is forever executed, and Your decree upon me is just. I ask You by every Name belonging to You which You

have named Yourself with, or revealed in Your Book, or taught to any of Your creation, or preserved in the knowledge of the unseen with You, that You make the Qur'an the spring of my heart, the light of my chest, the banisher of my sadness, and the reliever of my anxiety,' except that Allah will remove his anxiety and sorrow, and replace it with relief." It was said: "O Messenger of Allah, should we not learn these words?" He said: "Yes, whoever hears them ought to learn them." [Reported by Ahmad and authenticated by Al-Albani].

In the Two Sahihs, from Ibn 'Abbas (may Allah be pleased with both of them), the Prophet (blessings and peace of Allah be upon him) used to say at times of distress: "There is no deity worthy of worship except Allah, the Great, the Forbearing. There is no deity worthy of worship except Allah, Lord of the Magnificent Throne. There is no deity worthy of worship except Allah, Lord of the heavens, Lord of the earth, and Lord of the Noble Throne."



We ask Allah to relieve our anxieties, alleviate our distresses, and make the Magnificent Qur'an the spring of our hearts.

O Allah, send blessings and peace upon Your servant and Prophet Muhammad (blessings and peace of Allah be upon him), and be pleased with his Rightly-Guided Caliphs, his wives the Mothers of the Believers, all of his companions, and those who follow them in righteousness until the Day of Judgment, and be pleased with us along with them through Your generosity and kindness, O Most Generous of the generous.

O Allah, make faith beloved to us and beautify it in our hearts, and make disbelief, wickedness, and disobedience hateful to us, and make us among the rightly guided.

O Allah, grant honor to Islam and the Muslims, and humiliate polytheism and the polytheists.

O Allah, protect Kuwait and its people from every evil and harm, and make this land safe and tranquil, as well as all other Muslim lands.

O Allah, protect our brothers among the stationed guards, the security forces, the defense, the National Guard, the fire



department, and all those responsible for the security of the country, and make the ground firm beneath their feet.

O Allah, grant success to our Amir and his Crown Prince to that which You love and are pleased with, and take them by their forelocks to righteousness and piety.

And our final call is that all praise is due to Allah, Lord of the worlds.