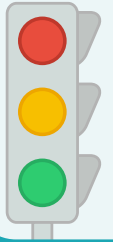


My Prophet صلى الله عليه وسلم Also Felt Sad



Learning Objectives

In this lesson, I will:



Recognise that our Prophet صلى الله عليه وسلم also felt sad

Identify ways to cope with sadness

Design a card to comfort someone who is feeling sad



Key Words

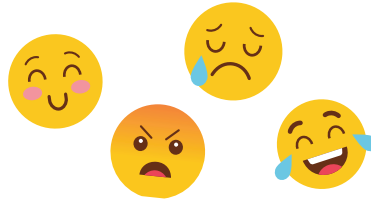
Emotions

Grief

Distress

T Thinking Starter

How many different **emotions** can you name?



Emotions:
strong feelings.

IT'S STORY TIME!

Comfort in Tears

The Prophet صلى الله عليه وسلم hurried to the side of his dear son, Ibrahim. Little Ibrahim was not feeling well. Mariyah, Ibrahim's mum, and the Prophet صلى الله عليه وسلم watched sadly as their son's condition worsened. The beautiful, sweet boy soon took his last breath.

With tears welling up in his eyes, the Prophet صلى الله عليه وسلم gently cuddled Ibrahim. His tears, like pearls, streamed down his cheeks. 'Abdur-Rahman bin 'Awf, a close Companion, was surprised to see the Prophet صلى الله عليه وسلم weeping.

"Messenger of Allah, you cry too?" 'Abdur-Rahman asked with concern.

The Prophet صلى الله عليه وسلم replied softly, "Ibn 'Awf! It is mercy."

And then, like a river flowing, the Prophet's صلى الله عليه وسلم tears fell freely. But amidst his tears, he spoke words of comfort and faith:

"The eyes are shedding tears and the heart is **grieved**, and we will not say anything except what pleases our Rabb. O Ibrahim! Indeed, we are saddened by your departure."

Grief: to feel great sadness, especially when someone dies.

It's Okay to Feel Sad

Our Prophet ﷺ, the greatest of men, felt sad many times too and he reminded us that even heroes cry. But, from the above story, we learn that he would seek comfort with Allah and trust Allah's plan. And just like him, we too should trust that Allah knows what's best for us.



Task 1

In the thought bubbles, write or draw what makes you feel sad.



Du'a in Distress

When a matter would **distress** the Prophet ﷺ, he would say:

Distress: to feel very worried or upset

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

O Ever-Living One, O Sustainer (The One who looks after everything), I seek help through Your mercy. (Tirmidhi)



Discuss all the ways in which Allah has blessed you.

Coping with Sadness

In the early days of Islam, our Prophet ﷺ also felt very sad when he hadn't received revelation for a very long time. He missed it very much and he worried that Allah had become unhappy with him. Allah سبحانه وتعالى then revealed Surah ad-Duha, in which Allah comforted him.

Allah سبحانه وتعالى says in Surah ad-Duha:

Your Lord has not abandoned you, nor has He become hateful (of you). (3)

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾

This means that Allah is always present and He knows what is happening.

And the Next Life is certainly far better for you than this one. And your Lord will give so much to you that you will be pleased. (4-5)

وَلِلْآخِرَةِ خَيْرٌ لَّكَ مِنَ الْأُولَىٰ ﴿٤﴾
وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ﴿٥﴾

This means that Jannah is our forever home where Allah will give us so much that we will never feel sad again.

Did He not find you as an orphan, then sheltered you? Did He not find you unguided, then guided you? And did He not find you needy, then satisfied your needs? (6-8)

أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ ﴿٦﴾
وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿٧﴾
وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ﴿٨﴾

This means that Allah is always present and He knows what is happening.



Task 2

Fill in the missing boxes, using the knowledge you have learnt today:

When I feel sad...

I should say:

I can speak to:

I can listen to:



Task 3

Design a card for somebody who is feeling sad.

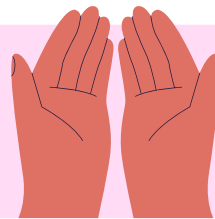
Draw a picture on one side and write a message on the other side.

Draw a picture on this side.

Write your message on this side.

I Act On What I Learn

When I feel sad, I will say the 'du'a in distress'.



P Progress Check



1. Recall an event when our Prophet ﷺ felt sad.

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2. How can we cope when we feel sad?

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3. What du'a can you recite when you feel sad?

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