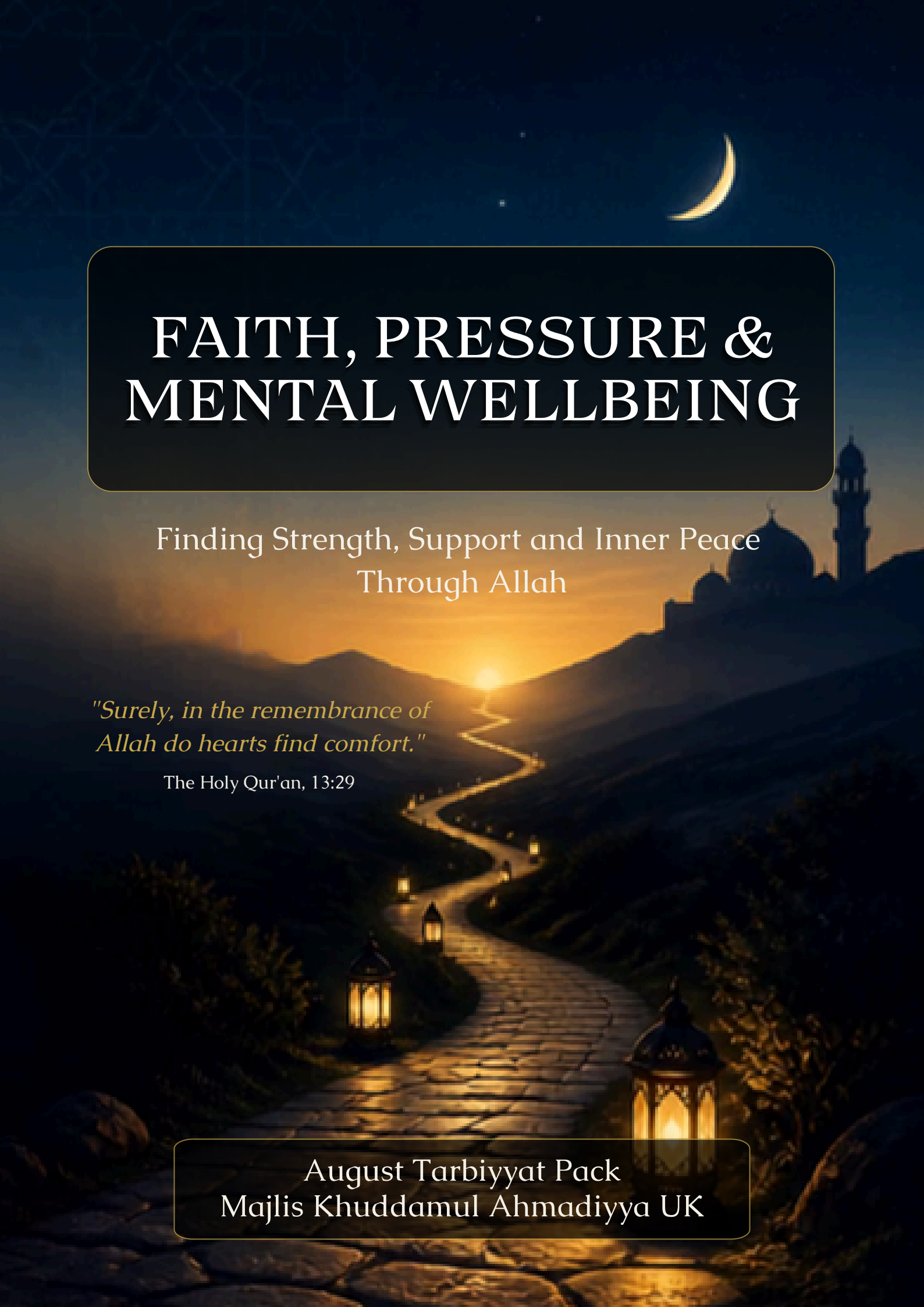




FAITH, PRESSURE & MENTAL WELLBEING

Finding Strength, Support and Inner Peace
Through Allah

*"Surely, in the remembrance of
Allah do hearts find comfort."*

The Holy Qur'an, 13:29

August Tarbiyyat Pack
Majlis Khuddamul Ahmadiyya UK

Pressure Is Real — But You Do Not Have to Face It Alone

Pressure can come from studies, work, finances, family responsibilities, relationships, expectations, faith, social media or uncertainty about the future.

Islam does not teach us to pretend that these pressures do not exist. It teaches us how to face them without losing hope, purpose or our relationship with Allah.

This month, we will explore:

- What the Qur'an teaches about hardship
- How the Holy Prophet (ﷺ) faced grief and rejection
- How the Companions remained steadfast under pressure
- How Salat and prayer bring comfort
- When and how to seek support
- Practical habits that protect mental wellbeing
- How to help someone who may be struggling

Faith does not always remove the pressure. It transforms how we carry it.

Difficulty Is Part of the Human Experience

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ

"We have surely created man to face hardships."

The Holy Qur'an, 90:5

Islam does not promise a life without difficulty. Human beings experience loss, uncertainty, disappointment, fear and emotional pain.

The Qur'an reminds us that believers will be tested:

"And We will try you with something of fear and hunger, and loss of wealth and lives, and fruits; but give glad tidings to the patient,

The Holy Qur'an, 2:156

Reflection

Experiencing pressure does not make you a failure. Feeling sad does not make you ungrateful. Asking for help does not make you weak. What matters is how we respond and where we turn.

What pressure are you carrying at present that you have not fully acknowledged?

Five Qur'anic Anchors for Difficult Days

CAPACITY

"Allah burdens not any soul beyond its capacity"

The Holy Qur'an, 2:287

Allah knows your limits, your circumstances and your hidden struggles.

EASE

"Surely there is ease after hardship Aye, surely there is ease after hardship."

The Holy Qur'an, 94: 6-7

Hardship and relief are not always separated. Allah can place hidden forms of ease within the trial itself.

COMFORT

"Surely, in the remembrance of Allah do hearts find comfort."

The Holy Qur'an, 13:29

A heart repeatedly returning to Allah discovers a peace that the world cannot provide.

SUFFICIENCY

"And he who puts his trust in Allah — He is sufficient for him"

The Holy Qur'an, 65:4

Make the effort, seek the right help and entrust the final result to Allah.

MERCY

"Despair not of the mercy of Allah"

The Holy Qur'an, 39:54

Your mistakes, setbacks and darkest moments are never greater than Allah's mercy.

When life feels overwhelming: trust Allah's wisdom, hold onto hope, remember Him, rely upon Him and never despair of His mercy.

March Forward Through Every Trial

"That he/she shall remain faithful to God in all circumstances of life, in sorrow and happiness, adversity and prosperity, in felicity and trial; and shall in all conditions remain resigned to the decree of Allah... and shall never turn away at the onslaught of any misfortune; on the contrary, he/she shall march forward."

The Fifth Condition does not promise freedom from pressure. It teaches believers how to respond when pressure arrives:

- Remain faithful in sorrow as well as happiness
- Continue moving instead of surrendering to despair
- Make every possible effort
- Pray sincerely
- Trust Allah with what cannot be controlled
- Accept that Allah's wisdom is greater than our immediate understanding

Tawakkul is not giving up. It is making the best effort available to you and then placing the result in Allah's hands.

MARCH
FORWARD

Discussion: What is the difference between accepting Allah's decree and simply becoming passive?

Three Conditions of Bai'at One Resilient Believer

CONDITION III

RECONNECT

Five daily prayers

Tahajjud

Istighfar

Durood

Remembrance of

Allah

Gratitude

These practices repeatedly return the heart to Allah.

CONDITION V

REMAIN STEADFAST

Remain faithful in:

Sorrow

Happiness

Adversity

Prosperity

Trial

Faith gives meaning and direction when circumstances feel uncertain.

CONDITION VII

RELEASE THE EGO

Replace pride
with humility.

Vanity with
cheerfulness.

Comparison with
forbearance.

Arrogance with
meekness.

Modern pressure comes from comparison, social approval, fear of failure and unrealistic expectations.

Prayer reconnects us. Tawakkul steadies us. Humility releases us from unhealthy comparison.

Even the Most Beloved Servant of Allah Experienced Grief

A period in the life of the Holy Prophet ﷺ became known as 'Aam-ul-Huzn — the Year of Sorrow.

Within a short time, he lost Hazrat Khadijah (ra), his beloved wife and greatest source of comfort, and Abu Talib, his uncle and public protector.

Hazrat Khadijah (ra) had reassured him whenever opponents mocked or rejected him. Abu Talib had stood between him and the violent intentions of the Quraysh. After both passed away, the opposition became even more aggressive.

The Holy Prophet ﷺ carried profound personal grief while continuing to pray, preach and serve humanity.

Central Lesson

Grief did not diminish his faith. His pain drew him closer to Allah.

Reflection

Islam does not require us to deny grief. A person may be deeply saddened and still remain a faithful servant of Allah.

When you experience loss, do you allow yourself to grieve while continuing to turn towards Allah?



Rejected, Injured — Yet Still Merciful

After the Year of Sorrow, the Holy Prophet ﷺ travelled to Ta'if, hoping its leaders would listen to the message of Islam.

Instead, they mocked him and incited people to drive him from the city. Stones struck his blessed body until blood flowed from his feet.

Physically exhausted and emotionally wounded, he found refuge in an orchard and poured out his weakness and helplessness before Allah.

When the Angel of the Mountains offered to crush the people of Ta'if, the Holy Prophet ﷺ refused. He expressed hope that their descendants might one day worship Allah.

Key Lessons

- Pain can be expressed honestly before Allah
- Rejection does not determine your worth
- Emotional wounds do not justify harming others
- Faith can transform pain into compassion
- Mercy is a form of strength

At the moment of greatest rejection, he chose mercy over vengeance.

Discussion Question

When hurt by others, how can we prevent pain from turning into bitterness?

Peace Does Not Require the Absence of Danger

"Grieve not, surely Allah is with us."

During the migration from Makkah, the Holy Prophet ﷺ and Hazrat Abu Bakr (ra) took refuge in the Cave of Thawr.

Armed search parties came so close that Hazrat Abu Bakr (ra) feared they would be discovered if a pursuer simply looked towards the cave entrance.

The danger was immediate and real. Yet the Holy Prophet ﷺ remained composed and reminded his companion of Allah's presence.

Lesson

He did not deny the danger. He recognised the threat while placing complete trust in Allah.

True peace is not pretending that nothing is wrong. It is knowing that Allah remains present even when the outcome is uncertain.

Personal Exercise

Write down one fear you are currently facing.

Then complete this sentence:

"The danger or difficulty is real, but Allah is also with me through..."

Hazrat Bilal (ra) — "Ahad, Ahad"

Hazrat Bilal (ra), one of the earliest Muslims, was tortured on the burning sands of Makkah. Heavy stones were placed upon his chest as his persecutors demanded that he abandon belief in the One God.

His response remained:

"Ahad, Ahad" — "One, One."

His persecutors could control his body, but they could not conquer his heart.

Key Insight

Hazrat Bilal's strength did not come from physical superiority. It came from certainty that Allah was greater than every hardship placed before him.

Modern Connection

Pressure today may come through ridicule, social expectations, workplace culture or the fear of appearing different.

Faith asks:

Who has the greatest influence over my heart — Allah or the approval of people?

Reflection

Where do you find it most difficult to remain confident in your Islamic identity?

Hazrat Khabbab (ra)

Waiting Without Losing Hope

Hazrat Khabbab (ra) endured severe and prolonged persecution. The scars of heated iron remained visible upon his body years later.

During an especially difficult period, he approached the Holy Prophet ﷺ and asked when Allah's help would come.

The Holy Prophet ﷺ did not condemn him for feeling weary. He reminded him of the sacrifices of earlier believers and assured him that Allah's promise would be fulfilled.

Central Lesson

A faithful person can become tired. A believer can ask, "When will relief come?" Such feelings should become an invitation to renew hope, not a reason for shame.

Remember

- Delayed relief does not mean forgotten prayer
- Allah's timing is not the same as human impatience
- Spiritual resilience can include moments of weariness
- A compassionate response strengthens hope

Discussion Question

How should we respond when someone says, "I have been praying, but nothing seems to be changing"?

Hazrat Ammar bin Yasir (ra)

Allah Knows the Heart

Hazrat Ammar bin Yasir (ra) and his family suffered extreme persecution because of their faith. His mother, Hazrat Sumayyah (ra), became the first martyr in Islam, and his father also suffered immensely.

Under unbearable torture, Hazrat Ammar (ra) was compelled to utter words that pleased his persecutors. Afterwards, he came to the Holy Prophet ﷺ in tears, fearing that he had betrayed his faith.

The Holy Prophet ﷺ did not condemn him. He asked about the condition of his heart. When Hazrat Ammar (ra) confirmed that his heart remained firm in faith, the Holy Prophet ﷺ comforted him.

Key Lesson

The Holy Prophet ﷺ understood trauma, coercion and human vulnerability. He did not place additional guilt upon an already wounded soul.

Our Responsibility

When someone is struggling, begin with compassion. Listen before judging. Understand before advising.

The Battle of Ahzab

Feeling Fear Is Not Failure

During the Battle of Ahzab, a vast coalition marched against Madinah. The Muslims were outnumbered, food was scarce and digging the defensive trench required exhausting labour.

The Qur'an describes a moment when eyes became fearful and hearts reached the throats. The fear was genuine. (33:11)

Yet the Holy Prophet ﷺ remained engaged in:

- Prayer
- Consultation
- Practical planning
- Physical effort
- Encouraging others
- Reminding the believers of Allah's promises

Lesson

The presence of fear does not mean the absence of faith.

Resilience means continuing to pray, plan and act even while fear is present.

Leadership Reflection

How can we create calm for others when an entire family, team or community is under pressure?

Hazrat Abu Bakr (ra)

Carrying Others While Grieving

When the Holy Prophet ﷺ passed away, Madinah was overwhelmed by shock and grief. Some Companions initially struggled to accept what had happened.

Hazrat Abu Bakr (ra) was grieving deeply, yet his connection with Allah gave him the stability to guide the community.

He reminded the people:

“Muhammad is only a Messenger; surely all Messengers have passed away before him.” (3:145)

The Companions later said it was as though they were hearing the verse for the first time.

Key Lesson

Faith does not remove sorrow. It can give a grieving person the strength to support others through sorrow.

Reflection

Who becomes a source of stability in your family or Majlis during difficult moments?

Could you become that person for someone else?

For Comfort and Peace of Mind, There Is Nothing Better Than Salat

“The greatest criterion of man’s pious life is Salat. He who keeps crying out to God in Salat, lives in peace.”

Malfuzat, Vol. 1, p. 402

“A complete and unfailing recipe to overcome difficulties and hardships that has been tested by millions of righteous persons does exist. What is that? It is the recipe called Salat.”

Malfuzat, Vol. 9, p. 20

Salat gives structure to a chaotic day. Five times daily, we pause, step away from pressure and return to the One who understands what others cannot see.

Salat allows us to:

- Place our worries before Allah
- Regain perspective
- Ask for help
- Seek forgiveness
- Express gratitude
- Renew our purpose
- Remember that we are never spiritually alone

Featured Line

“My comfort has been provided in prayer.”

Sunan an-Nasa'i, 3939

Do Not Leave Your Worries Outside the Prayer

Featured Teaching of the Promised Messiah (as)

"When you offer your prayer... make all your other entreaties in your native tongue so that the humility and meekness that they are born of may touch your heart."

Noah's Ark — An Invitation to Faith, p. 110

Prayer is not merely the recitation of words. It is a living conversation with Allah.

After the prescribed Arabic portions of Salat:

- Speak to Allah in the language closest to your heart
- Name what is troubling you
- Admit your weakness without shame
- Ask for guidance rather than only a specific outcome
- Pray for the strength to take the next step
- Pray for others who may be suffering silently

Practical Exercise

Tonight, choose one Sajdah and speak honestly to Allah about:

1. What is hurting
2. What you are afraid of
3. What you need help to change
4. What you are grateful for
5. Who else needs your prayers

Duas for Times of Distress

First Supplication

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

‘O Living, O Self-Sustaining Sustainer! In Your Mercy
do I seek relief’

The Holy Prophet Muhammad ﷺ
Jami` at-Tirmidhi 3524

Second Supplication

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيْمُ الْحَلِيْمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيْمِ،
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيْمِ

There is none worthy of worship but Allah, the Mighty,
the Forbearing. There is none worthy of worship but
Allah, Lord of the Magnificent Throne. There is none
worthy of worship but Allah, Lord of the heavens and
Lord of the earth, and Lord of the Noble Throne.

The Holy Prophet Muhammad ﷺ
Sahih al-Bukhari 6346

Third Supplication

” O Allah, set right for me my religion which is the safeguard of my
affairs. And set right for me the affairs of my world wherein is my
living. And set right for me my Hereafter on which depends my after-
life. And make the life for me (a source) of abundance for every good
and make my death a source of comfort for me protecting me against
every evil.”

The Holy Prophet Muhammad ﷺ
Sahih Muslim 2720

Your Past Does Not Have to Imprison You

Featured Verse

"Despair not of the mercy of Allah"

The Holy Qur'an, 39:54

Regret can lead towards positive change, but endless self-condemnation can prevent a person from moving forward.

The Promised Messiah (as) taught that repentance includes:

1. Leaving the wrong action
2. Feeling sincere remorse
3. Making a firm resolve not to return to it
4. Turning towards Allah with prayer and hope

Featured Teaching

"Do not feel defeated because you have been involved in sin. Sin is like a stain on the surface of a piece of cloth. It can be washed away... Pray to God weeping and crying; He will not let your prayers go to waste. He is full of compassion."

Badr, 1907

Key Message

Repentance is not repeatedly telling yourself that you are worthless. It is turning around, returning to Allah and beginning again.

Reflection

Is there a mistake you have repented from but still use to punish yourself?

Seeking Treatment Is Not a Failure of Faith

Featured Guidance of Hazrat Khalifatul Masih V (aba)

"Mental health issues such as depression are an illness like any other and so they should be diagnosed and treated properly. No one should make fun of those suffering or take it lightly."

Press Ahmadiyya, meeting with Waqf-e-Nau girls UK, 8 May 2022

Mental illness and ordinary day-to-day pressure are not always the same. A person can be religious and still experience depression, anxiety disorders, trauma, eating disorders, bipolar disorder or other mental-health conditions.

Islamic support can include:

- Sincere prayer
- Remembrance of Allah
- Family support
- Compassionate companionship
- Healthy routines
- Qualified medical care
- Counselling, therapy or psychiatric treatment
- Medication when prescribed by a qualified professional

Important Message

Never tell a person with a mental illness that they simply need stronger faith. Listen, support them and help them access appropriate care.

Prayer, Treatment, Movement and Connection

When the Quraysh came to capture the Holy Prophet ﷺ, he and Hazrat Abu Bakr (ra) sought refuge in the Cave of Thawr. They were in a very real danger, yet the Holy Prophet ﷺ was at peace. Why? Because his heart was connected to Allah.

1. IDENTIFY THE CAUSE

Try to understand what may be contributing to the difficulty. Do not dismiss or ridicule the person's experience.

2. SEEK APPROPRIATE CARE

Those suffering should receive proper assessment and treatment from qualified doctors, psychiatrists or other mental-health professionals.

3. PRAY AND DEVELOP DETERMINATION

Pray that Allah brings the person through this phase. Continue the five daily prayers, Istighfar and remembrance of Allah alongside treatment.

4. MOVE AND CONNECT

Notice when symptoms feel most acute. At difficult times, leave the house where possible, walk in fresh air, interact with people and avoid prolonged isolation.

Featured Line

"Medical care should be adopted and they should also pray."

Safety Note

If someone may be at immediate risk of harming themselves or another person, do not leave them alone. Contact emergency services or an appropriate urgent mental-health service immediately.

Connection Is Part of the Cure

Featured Quotation

"Happiness is linked to socialising and congregating with others, whereas sadness is linked to keeping isolated and a lack of socialisation."

Hazrat Mirza Masroor Ahmad (aba)

When someone is struggling, isolation can make their thoughts feel heavier. Islam encourages healthy companionship and concern for one another.

The Holy Prophet ﷺ discouraged unnecessary isolation and taught Muslims to live as brothers.

A simple support circle may include:

- Allah through prayer
- Family
- A trusted friend
- A Qaid or Tarbiyyat representative
- A missionary
- A GP or qualified mental-health professional
- A counsellor or therapist
- A supportive group or community activity

Personal Task

Write down three people you could contact if life began to feel overwhelming.

Then write the name of one person whom you should check on this week.

Notice What Pressure Makes You Forget

Featured Verses

"If you are grateful, I will, surely, bestow more favours on you"

The Holy Qur'an, 14:8

"And if you try to count the favours of Allah, you will not be able to number them."

The Holy Qur'an, 16:19

Pressure narrows our attention. It can make one problem appear to be the whole of life. Gratitude does not mean denying pain. It means refusing to let pain erase every sign of Allah's mercy.

THE BLESSINGS PRACTICE

Every night during August, write:

1. One blessing you noticed today
2. One person for whom you are grateful
3. One difficulty from which Allah protected you
4. One prayer you still hope will be accepted

Featured Reflection

"The matter was more severe than I had imagined, but Allah turned it away from me."

Attributed to Hazrat Abdullah ibn Mughaffal (ra), Al-Shukr, p. 13

Listen Before You Lecture

HELPFUL RESPONSES

- "I'm glad you told me."
- "You do not have to face this alone."
- "Would you like me to listen or help you think about next steps?"
- "How long have you been feeling this way?"
- "Would you like support speaking to your family, GP or another professional?"
- "I will check in with you again."
- Remain calm and take concerning statements seriously
- Encourage prayer with compassion, not judgement
- Help the person access qualified support

RESPONSES TO AVOID

- "Other people have it worse."
- "You just need to pray more."
- "A real believer would not feel like this."
- "Stop thinking about it."
- "You are being dramatic."
- "Do not tell anyone."
- Turning the conversation into a lecture
- Promising complete secrecy when someone may be at risk

Featured Hadith

"Whoever is not merciful to others will not be treated mercifully."

Sahih al-Bukhari, 5997

Care for the Soul, Mind, Body and Relationships

SOUL

- Five daily prayers
- Qur'an recitation
- Zikr
- Istighfar and Durood
- Personal prayer
- Gratitude
- Trust in Allah

RELATIONSHIPS

- Avoid prolonged isolation
- Speak to someone trustworthy
- Attend congregational prayers
- Join healthy Jama'at activities
- Check on others
- Resolve conflict with mercy

MIND

- Name the pressure
- Challenge unhealthy comparisons
- Break large problems into smaller steps
- Ask for help
- Seek professional support when needed
- Reduce unnecessary digital noise

BODY

- Maintain regular sleep
- Walk outdoors
- Exercise
- Eat and drink properly
- Notice physical signs of stress
- Follow medical advice

You Were Not Created to Live by Other People's Approval

Many modern pressures are intensified by:

- Comparing achievements
- Comparing income or careers
- Comparing marriages and families
- Comparing religious progress
- Seeking approval online
- Fear of appearing unsuccessful
- Unrealistic expectations of perfection

The Seventh Condition of Bai'at calls us towards:

- Humility instead of comparison
- Cheerfulness instead of constant negativity
- Patience instead of frustration
- Meekness instead of ego
- Good character instead of image management

Featured Teaching

"The Muslims with the most perfect faith are those who have the best character." Jami' at-Tirmidhi, 1162

Digital Reflection

What content regularly leaves you feeling inadequate, envious or anxious?

What boundary could you introduce this month?

When God Is Yours, What Grief Can Overcome You?

خدا داری چه غم داری

"When God is yours, what grief can you have?"

Featured Teaching of the Promised Messiah (as)

"No difficulty or affliction can persist if one demonstrates steadfastness and patience while placing trust and faith in God Almighty."

Malfuzat, Vol. 5, p. 274

Closing Message

Pressure is an inevitable part of life, but despair does not have to be. Turn towards Allah. Protect your Salat. Speak honestly in prayer. Use the means Allah has provided. Care for your body. Remain connected to people. Seek qualified help when it is needed. Treat those who struggle with dignity and compassion.

You are not defined by your most difficult day.

You are not abandoned because relief has taken time.

You are not weak because you need support.

Keep praying. Keep reaching out. Keep taking the next step.

March forward with Allah.

Closing Prayer

"Our Lord, grant us good in this world as well as good in the world to come, and protect us from the torment of the Fire."

The Holy Qur'an, 2:202

FAITH, PRESSURE & MENTAL WELLBEING

August Tarbiyyat Pack

Majlis Khuddamul Ahmadiyya UK | Tarbiyyat Department

Four Weeks to Strengthen Faith and Wellbeing

WEEK ONE — NOTICE

Theme: Understand your pressure.

- Identify your three greatest current pressures
- Notice when stress feels most intense
- Complete a personal wellbeing check
- Speak to one trusted person
- Avoid judging yourself for having difficult emotions

WEEK TWO — RETURN

Theme: Reconnect with Allah.

- Protect all five daily prayers
- Make one personal prayer in your own language after each Salat
- Learn 'Ya Hayyu, Ya Qayyum, bi-rahmatika astaghith'
- Read a fixed daily portion of the Qur'an
- Complete daily Istighfar and Durood

WEEK THREE — CONNECT

Theme: Step out of isolation.

- Attend congregational prayer where possible
- Check on one person each day
- Take at least three outdoor walks
- Join one family, Jama'at or social activity
- Ask for help with one unresolved concern

WEEK FOUR — MOVE FORWARD

Theme: Combine effort with Tawakkul.

- Choose one pressure you can act upon
- Break it into three manageable steps
- Seek professional advice where appropriate
- Pray for the outcome
- Place what you cannot control in Allah's hands