

Anxiety, worry, and returning to Allah

Worry can fill the heart before anything has happened. The Quran teaches us how to take the next step without pretending the fear is not there.

CENTREPIECE Surah ar-Ra'd 13:28, Sahih al-Bukhari 6369

FIRST KHUTBAH

1. Faith does not require us to deny distress

The prophets knew fear, grief, and uncertainty. Ya'qub wept for Yusuf. Musa admitted that he felt afraid. The believer is not asked to become numb. We are asked to carry what we feel to Allah instead of letting it carry us away from Him.

2. Give the heart somewhere sound to return

Allah says that hearts find rest in His remembrance (ar-Ra'd 13:28). Dhikr is not a slogan that makes every difficulty disappear. It is a steady place to stand while we seek help, make decisions, and use the means Allah has provided.

3. Ask for help from Allah and from people

The Prophet (peace be upon him) regularly sought refuge from anxiety and grief (Bukhari 6369). Make that dua, speak to someone trustworthy, and seek qualified care when distress is persistent or overwhelming. Treatment and tawakkul belong together.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to anxiety, worry, and returning to Allah.

Suggested closing: O Allah, I seek refuge in You from anxiety and grief, from weakness and laziness, from cowardice and miserliness, and from the burden of debt and being overcome by people.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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