

Islam

Texts from the Qur'an

Patience:

"Oh you who believe! Seek help with patient perseverance and prayer, for God is with those who patiently persevere." (2:153)

"Oh you who believe! Persevere in patience and constancy. Vie in such perseverance, strengthen each other, and be pious, that you may prosper." (3:200)

"Be patient, for your patience is with the help of Allah." (16:127)

Suicide Prevention:

"It is He Who gives life and who takes it, and to Him shall you all be brought back" (Qur'an 10:56)

"But let there be amongst you Traffic and trade by mutual good-will: Nor kill (or destroy) yourselves: for verily God hath been to you Most Merciful! If any do that in rancor and injustice,- soon shall We cast them into the Fire: And easy it is for God." (Qur'an 4:29 - 4:30)

[The resources above were recommended by The American Muslim Health Professionals (Khizer Husain/ khusain@amhp.us and the Chair of Mental Health Education for AMHP: Dr. Rukhsana Chaudhry/chaudhry.rukhsana@gmail.com)]

Compassion and Forgiveness:

"O my servants who have transgressed against your own selves!
Do not despair of the compassion of Allah!
For Allah forgives all mistakes;
For He/She is oft-forgiving, Infinitely Merciful." [39:53]

"By the glorious morning light
and by the night when it is still
your Sustainer has not forgotten you, nor is He displeased.
and truly, that which comes after will be better for you than the present." [93:1-4]

"O you who have attained to faith!
Remain conscious of God and have faith in His messenger,
and God will grant you a double portion of His Mercy:
God will provide for you a light by which you shall walk, and He will forgive you:
for God is Ever-Ready to Forgive, and is the Most Merciful." [57:28]

God's Purpose:

"For the one who remains conscious of God;

God always prepares a way of emergence
and God provides for him/her in ways that he/she could never imagine.
And if anyone puts his/her trust in God, sufficient is God for him/her.
For God will surely accomplish His purpose;
truly, for all things has God appointed an appropriate measure.” [65:2-3]

“It is God Who sends to His servants clear signs
that He may lead you out of the depths of darkness
into the Light.
And truly, God is to you Most Kind and Merciful.” [57:9]

[The resources above were recommended by Imam Jamal Rahman.]

Hope and Deliverance

After hardship there is ease. Indeed, after hardship there is ease. [94:6-7]

And whoever puts all his trust in God, He will be enough for him.[65:3]