

How does Islam offer help for people with mental or psychological health issues?

Religion should not only teach us how to worship the Creator, but it should also present itself as a comprehensive way of life.

In The Islamic doctrine, Allah (God in Arabic and Aramaic) is acknowledged as the creator of mankind, making Him the most knowledgeable about human nature and his or her “inner” challenges. The Quran, revealed to God’s last and final messenger, Muhammad (peace and blessings be upon him), is considered, by Muslims, the authentic word of God, encompassing all the knowledge needed for humans to lead a virtuous, stable, and fruitful life. The message of Islam, as I see it, is straightforward: life is not a two-dimensional (2D) world of humans + their life circumstances (hardships). This suggests that facing day-to-day life problems alone, based on one’s intelligence, is insufficient. It actually violates the fact that God is the Just. Islam introduces a third dimension: God, the Almighty, the Creator, who

not only gives us life and blessings but also tests us with different life circumstances.

Consequently, human life can be understood as humans + life hardships + God, the Almighty. I call it a three-dimensional (3D) perspective, or a 3D look at our lives.

Among the most significant and urgent problems we face, or may encounter at some point, are mental health issues. Recognizing the need for remedies and guidance in addressing these issues, there should be support and assistance for those who suffer. The following is my personal perspective on certain Quranic verses from Chapter 70 in the Quran, that I believe are relevant to mental health issues. It provides a deep foundation for understanding their causes and coping mechanisms. While seeking professional help is unquestionably necessary, spiritual assistance, as most physicians agree, is also valuable and beneficial.

Chapter 70 in the Quran



Guest Column

HATIM HEGAB

addresses a general theme about mankind: Verses 19 to 21 state: “Indeed, mankind was created anxious. When evil touches him, he becomes impatient. And when good touches him, he is a withholder [of this good].” These verses encapsulate mankind’s perpetual worry about fate and the future. The Quran asserts that this applies to all mankind; however, an exception is made in verse 22: “Except the observers of prayer.” In Islam, prayer is described as a connection with God, the Almighty. Prayer in Arabic is (Salat) and it is derived from the word (Silah) which means (connection.)

Verse 23 of the same chapter emphasizes: “Those who are constant in their prayer [that is, keeping the

connection].” Then verses 24 and 25 add: “And those within whose wealth is a known right (Alms). For the petitioner and the deprived (the alms is).” This indicates that giving back to the needy and society at large, not just financially but also through volunteering time, and help is a relieving and relaxing activity. Giving to others will remind you that although you suffer, there are those who may suffer more than yourself, a good reason to feel thankful and get some high spirit. Verse 26 states: “And those who believe in the Day of judgment.” This belief in future rewards for good deeds and patience assures believers that even if results aren’t evident in this life (2D perspective), the Lord will compensate in the next life (3D perspective). It asserts that this life is not everything. It is not the end of the story. It is just one stage of a longer journey. Verses 27 and 20 continues: “And those who are fearful of the punishment of their Lord. Indeed, the punishment of

their Lord is not that from which one (the wrongdoer) is safe.” It warns against making others’ lives difficult, indicating that if there is no punishment in this life, there will be judgment and punishment in the next. It does not mean that one should let go of his rights, but it means that if one fails to get it back, after one has exhausted all venues to get his or her right back, one is certain that there will be time in which one will get his right back. Verses 29 and 30 state: “And those who guard their private parts. Except from their wives or those their right hands possess, for indeed, they are not to be blamed.” These verses highlight that extramarital relationships contribute to perpetual anxiety, as individuals question the morality of their actions, violating others’ rights, or questioning fidelity. Verse 31 states: “But whoever seeks beyond that (satisfying sexual desires beyond their spouses (men & women), then they are the transgressors.”

Verses 32 and 33 emphasize: “And those who are attentive to their trusts and promises. And those who are upright in their testimonies.” We are still listing the exception. Finally verse 34 concludes “And those who [carefully] maintain their prayer.” Again, maintaining a strong connection with the Almighty is presented as the right remedy for the challenges mankind faces. The fact that prayer is mentioned first and last indicates how the lack of this connection with God, the Almighty, encompasses the causes of mankind’s troubles, including the acknowledgment of mistakes (sins). Keeping this connection may help alleviate the hard feelings that arise after committing a sin.

This, as I see it, is a three-dimensional view of our lives and how we should see it.

The author could be reached at: [hatim@gmx.us](mailto:hatim@gmx.us)  
For more information, please visit: [www.icstillwater.org/islam/](http://www.icstillwater.org/islam/)

SUPPORTING FAITH & VALUES IN PAYNE COUNTY

**Tiger DRUG**  
OVER 100 YEARS OF SERVICE  
825 S. WALNUT • 405-372-7900  
[www.tigerdrug.com](http://www.tigerdrug.com) • M-F 8-8 • Sat. 8-6 • Closed Sunday

**B&L HEATING AND AIR CONDITIONING, INC.**  
Locally Owned Carrier Dealer  
OK Mechanical License 75951  
405-372-8140  
1907 W. McMurtry Rd., Stillwater

**HARRISON ELECTRIC/ THE LIGHT HOUSE**  
We're Your Specialists For All Things Electrical and Lighting At Your Home Or Office!  
405-372-7282

**CENTURY 21**  
Global Realtors  
131 N. Main • 405-624-2626  
[www.c21global.com](http://www.c21global.com)

**ROTO-ROOTER**  
PLUMBING & DRAIN SERVICE  
405-624-0310  
[www.rotorooter.com](http://www.rotorooter.com)

**DIAMOND AUTOBODY**  
2825 East Sixth / (405) 372-2119  
[www.diamondbodyinc.com](http://www.diamondbodyinc.com)

**Aladen Carpet**  
Cleaning Stillwater One Home at a Time!  
RESIDENTIAL / COMMERCIAL  
624-8922

**CAPSTONE ROOFING**  
405.338.ROOF  
[ROOFWITHCAPSTONE.COM](http://ROOFWITHCAPSTONE.COM)  
LOCAL LICENSED INSURED



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16

**SWEETER THAN HONEY**

Photo Credit: istockphoto.peepo

Oh, how many of us love sweets! Birthdays bring cakes frosted with clouds of icing; holidays have their special sweet treats. Of course, sometimes we enjoy them too much and pay weighty consequences.... In Psalm 119:103 we read, “How sweet are your words to my taste, sweeter than honey to my mouth!” Don’t pass up on the richness of God’s love and the sweetness of His peace. Indulge your spirit in God’s house of worship. Faith in Him will satisfy you without any side effects!

| Daily Bible Readings   |               |             |              |             |              |              |
|--|---------------|-------------|--------------|-------------|--------------|--------------|
| Mark 10:13-34  | Mark 10:35-52 | Acts 8:4-25 | Acts 8:26-40 | Acts 9:1-25 | Acts 9:26-43 | Acts 10:1-33 |
| Scriptures Selected by the American Bible Society ✕ Daily Devotional at <a href="http://www.AmericanBible.org">www.AmericanBible.org</a> |               |             |              |             |              |              |
| ©2024 Keister-Williams Newspaper Services, P.O. Box 8187, Charlottesville, VA 22906, <a href="http://www.kwnews.com">www.kwnews.com</a>  |               |             |              |             |              |              |

**Stillwater Creek**  
Skilled Nursing & Therapy  
(405) 372-1000  
1215 West 10th Avenue • Stillwater, OK 74074

**Country Comfort**  
HEATING & AIR CONDITIONING  
Service and Repairs  
Quality Sales & Service  
We work on All Brands  
NATE License #102204  
NIGHTS AND WEEKENDS

**Genesis Home Health**  
We provide supportive care by qualified healthcare professionals to patients in the comfort of their own home.  
• Skilled Nursing • Physical Therapy  
• Speech Therapy • Occupational Therapy • Home Health Aide  
(918) 387-2233  
625 W. Broadway, Yale OK 74085  
402 E. Moses, Cushing, OK 74023  
[Genesis@genesishomehealthllc.com](mailto:Genesis@genesishomehealthllc.com)

**FAVCO ELECTRIC**  
FOR PROMPT AND RELIABLE SERVICE  
405-780-7480  
[www.favcoelectric.com](http://www.favcoelectric.com)  
We accept VISA & MC OK LIC# 7043

**SERVPRO**  
Fire & Water • Cleanup & Restoration™  
**SERVPRO of Stillwater/Guthrie**  
(405) 332-2122 (Stillwater)  
(918) 345-0124 (Cell)  
[Gerald@servprosouthtulsa.com](mailto:Gerald@servprosouthtulsa.com)

To become a Faith page sponsor,  
contact Alan 1-800-293-4709

This page is made possible by these civic-minded sponsors.  
They deserve your support!