

# Being a Muslim why we are sad?

Some days knock the wind out of us. We wake up trying to stay strong, wear a smile, and keep going, yet something inside still aches. It is not always what happens around us that makes life heavy, but what we carry quietly within. The worries we hide, the prayers we do not say out loud, the hopes we fear are slipping away. But the Quran reminds us that we are not the first to feel this way. Every story within it is the story of someone who struggled, who waited, who cried, and still found peace in Allah. These stories were not told to fill pages of history. They were revealed so we would know how to stand when our hearts shake, how to trust when we cannot see, and how to remember that no sadness is wasted and no believer is ever alone. Some days knock the wind out of you. You smile on the outside, but something aches quietly inside. Yes, life does get heavy... not necessarily because of what happens, but because of what you carry alone. But there's a reason Allah filled the Quran with stories. Not just to tell us what happened... but to show us how not to give up.

**Do we remember Prophet Ibrahim (Abraham)?** He stood alone against an entire city, against his own father. And when they threw him into the fire, it wasn't a rescue team that saved him. Rather, it was Allah's command to the flames:

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ

*“Be cool and safe”* (Surah Al-Anbiya 21:69).

That's what happens when you put your trust in the unseen. The world might corner you, but Allah can turn fire into peace in a moment.

**And let's not forget the story of Prophet Yusuf (Joseph).** One betrayal after another, . Thrown into a well by his brothers,

sold into slavery, locked away for refusing a sin. Yet he held on with grace, with faith. And in the end, He rose above them all, forgiving the very people who hurt him

قَالَ لَا تَثْرِيْبَ عَلَيْكُمُ الْيَوْمَ يَغْفِرُ اللهُ لَكُمْ وَهُوَ أَرْحَمُ الرَّاحِمِيْنَ

(Surah Yusuf 12:92). His story isn't just about patience. Its proof that your lowest point can become the place Allah raises you from.

**And we know about Prophet Musa (Moses).** He escaped a tyrant, lived in exile, then was told to go back and face the same tyrant again. And when he obeyed, things didn't get easier. He ended up trapped at the Red Sea... nowhere to go, people panicking.

But he said:

قَالَ كَلَّا إِنَّ مَعِيَ رَبِّي سَيَهْدِيْنِ

“My Lord is with me” (Surah Ash-Shu‘ara 26:62).

And that was enough. If you feel cornered, remember: seas split for those who walk with faith.

**And who wouldn't remember Prophet Yunus (Jonah).** He walked away from his people in frustration and ended up swallowed by a giant fish in the darkness of the ocean. No way out. But from that darkness, he didn't blame anyone. He just said:

وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ

“-----There is no god but You. I was wrong” (Surah Al-Anbiya 21:87).

And that confession turned into a rescue. Sometimes, admitting our weakness is the start of strength.

**Remember Prophet Ayyub (Job).** He lost everything. His health, his family, his wealth. But instead of questioning Allah, he quietly turned to Him.

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

*“Harm has touched me, and You are the Most Merciful”* (Surah Al-Anbiya 21:83).

That was it. No list of complaints. Just surrender. And Allah gave him back more than he lost. Your patience today could be the reason for your joy tomorrow.

**And remember Maryam.** A righteous woman, falsely accused, exhausted from childbirth, isolated in pain. But even in that moment, Allah gave her water, food, and dignity

فَنَادَاهَا مِن تَحْتِهَا أَلَّا تَحْزَنِي قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا

وَهُزِّي إِلَيْكِ بِجِذْعِ النَّخْلَةِ تُسَاقِطُ عَلَيْكَ رُطْبًا جَنِيًّا

فَكُلِي وَاشْرَبِي وَقَرِّيٰ عَيْنًا فَإِمَّا تَرَيَنَّ مِنَ الْبَشَرِ أَحَدًا فَقُولِي إِنَّي نَذَرْتُ  
لِلرَّحْمَنِ صَوْمًا فَلَنْ أَكَلِمَ الْيَوْمَ إِنْسِيًّا

Whereupon he called her from beneath her: “Do not worry; your Lord has placed a stream beneath you.

And shake the trunk of the palm-tree towards you, and it will drop ripe dates by you.”

“So eat, and drink, and be consoled. And if you see any human, say, ‘I have vowed a fast to the Most Gracious, so I will not speak to any human today.’”

(Surah Maryam 19:24–26).

He made her silence more powerful than any defense. If people misunderstand you, let Allah be the One who clears your name.

**And finally, we all know the story of our most beloved prophet - Prophet Muhammad** (may the peace and Allah's blessings be upon him). Rejected, mocked, and weighed down by grief. He lost loved ones. He felt the weight of the ummah on his shoulders. And then Allah told him:

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَى  
وَلْآخِرَةُ خَيْرٌ لَّكَ مِنَ الْأُولَى

*“Your Lord has not forsaken you. And what’s coming is better than what has passed”* (Surah Ad-Duhaa 93:3–4). If he, the most beloved, needed that reassurance, then what about us?

### **So... why are you sad?**

Is it because you feel forgotten? You are not. Every tear is counted. Every prayer whispered in the dark is heard.

Is it because the road feels too long? Look again. You are not walking it alone. Is it because people let you down? The One who never will is closer than your heartbeat.

Is it because you can't see a way out? You are not supposed to - until Allah shows it.

And maybe the most important part of all - His mercy is always greater than your mistakes. He sees the slip, hears the regrets, and still opens doors you thought were closed for good. You don't have to be perfect to be loved by Him. You just have to return.

The stories weren't told in the Quran to entertain. They were told to anchor you. To remind you that the ones who were tested most... were also the ones Allah loved most.

So no, don't be sad. Not because life isn't hard. But because your Lord is greater than the hardship.

The page will turn. The night will end. And what's coming is better - far better - than what has passed.

**Just hold on a little longer. And trust Him.**

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