

You're feeling FEAR.
Let it not overwhelm You.

Allah Says:

“And we will surely test you with something of fear and hunger and a loss of wealth and life and fruits, but give good tidings to the patient. Those who when disaster strikes them, say, “Indeed we belong to Allah, and indeed to Him we will return.”(Quran: 2:155/156)

Prophet Muhammad(SAW) said:

Ibn Abbas reported: A man came to the Messenger of Allah, peace and blessings be upon him, and he said, “What are the major sins?” The Prophet said, “To associate partners with Allah, to despair of relief from Allah, and to feel safe from the plan of Allah. These are the worst of enormities.”

Source: Tafsīr Ibn Abī Ḥātim 5201

Dua we've been taught as muslims:

اِيَاللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَّتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيْعِ سَخَطِكَ

O Allah! I seek refuge in You from the decline of Your blessings, the passing of safety, the sudden onset of Your punishment and from all that displeases you.

What to do:

Remember Allah(SWT) and ask for his mercy.

Pray for guidance and ease for your heart

Listen Surah Rehman with translation.

Do Zikr and stay in wudu

Recommendations:

Book:

Feel the Fear & Do it Anyway
by Dr. Susan Jeffers

Podcast:

The Courageous Life
by coach and teacher Joshua Steinfeldt

Movie:

Lippels Traum

Psychological Therapies:

- Take deep breaths
- Calm yourself
- Imagine yourself in a situation where the thing causing fear is at its peak.
- Try to deal imaginary situations
- Ask yourself to be brave and courageous.