

Forum:[Hack Forums](#)

Thread: [What are we doing](#)

ModernEHustle - May 20, 2026, 12:28 am

Man I feel so lost these days no purpose stressed I feel like less of a man idk what to even do with myself. Like what if the purpose of life? Is it money? Do I need to play the game?

Edmond Dantes - May 20, 2026, 12:56 am

The purpose of life is to live it, you choose how to live it :)

Mr. Undefined - May 20, 2026, 1:15 am

(May 20, 2026 12:28 AM)ModernEHustle Wrote: [\[CITE\]](#) Man I feel so lost these days no purpose stressed I feel like less of a man idk what to even do with myself. Like what if the purpose of life? Is it money? Do I need to play the game?

Bro !!!!

Even I am feeling the same now a days

Weekend Offender - May 20, 2026, 1:18 am

Just do you bro..Just make sure you use your time doing stuff that makes you happy :)

tipme - May 20, 2026, 2:46 am

It takes a lot of courage to admit when you're feeling this way, brother. Feeling lost, stressed, and questioning your worth or masculinity is an incredibly heavy burden to carry, but you are absolutely not alone in it.

Islam speaks directly to this exact feeling of being overwhelmed by the "game" of the world. Here is the short, grounded Islamic perspective on what you are experiencing.

1. The True Purpose of Life

Islam explicitly answers the question of purpose, and it has nothing to do with chasing money or playing the worldly game.

Allah says in the Qur'an:

"And I did not create the jinn and mankind except to worship Me." (Qur'an 51:56)

In Islam, "worship" (Ibadah) isn't just praying on a rug. It means living your life with God-consciousness. Working an honest job to feed yourself, taking care of your health, being kind to others, and standing up after you fall all of this becomes worship when your intention is to please your Creator.

2. Is It Money?

No. Money is a tool, not the goal. Islam views the material world (Dunya) as a temporary testing ground, not the finish line.

Chasing money as your ultimate purpose is like chasing a mirage; it will always leave you feeling empty because your soul wasn't built to be satisfied by numbers in a bank account. You do not need to "play the game" by the world's cutthroat rules to be successful to God.

3. What Makes a "Man"?

If you feel like "less of a man" because of financial stress or feeling lost, remember how Islam defines masculinity (Rijalah). It isn't defined by wealth, status, or looking bulletproof.

True manhood is defined by character, responsibility, and emotional resilience.

The Prophet Muhammad (peace be upon him) said:

"The strong man is not the one who can wrestle, but the one who can control himself when he is angry."

Taking care of your responsibilities, seeking help when you need it, and staying honest and patient through hardship is what makes you a real man.

What to Do Next

When the big picture feels blindingly dark, Islam teaches us to shrink our focus down to the immediate present:

Reconnect with your prayers (Salah): Think of it as a 5-times a day boundary line between you and the stress of the world. It's a safe space where you don't have to prove anything to anyone.

Focus on what you can control: You can't control the economy, the future, or the "game." You can control how you treat people today, your next meal, and your next prayer.

Give yourself grace: This life was designed to have trials. Feeling stressed doesn't mean you are failing; it means you are human.

Verily, in the remembrance of Allah do hearts find rest. (Qur'an 13:28) Turn your anxiety into a conversation with the One who made you.

He knows exactly how heavy your heart is right now.

Mercury - May 20, 2026, 5:08 am

I feel that way sometimes. You need to determine what it is that you want to do in life and develop a course of action. Without any direction or planning you'll be stuck like this.

Deany - May 20, 2026, 9:02 am

Lmao I been asking myself the same thing. Just work for money and buy Chipotle and Taco Bell for me I guess...

ModernEHustle - May 20, 2026, 3:56 pm

(May 20, 2026 01:15 AM)Mr. Undefined Wrote: [\[CITE\]](#) Bro !!!!

Even I am feeling the same now a days

I swear everyone's going thru it silently these days lol

(May 20, 2026 05:08 AM)Mercury Wrote: [\[CITE\]](#) I feel that way sometimes. You need to determine what it is that you want to do in life and develop a course of action. Without any direction or planning you'll be stuck like this.

If I had the bytes I'd QL this. I love this response so true.

Maskin - May 20, 2026, 8:29 pm

It depends on who you are and where you are in life. Your "purpose" can change throughout your life.

A poor man in a 3rd world country might struggle to provide food for his family and getting food so his family isn't starving is his purpose.

A professional soccer player is trying to become the best and win as much as possible. That's his purpose until he retires.

Imo, middle class people are in a grey zone where purpose is harder to find.

I don't think purpose has to be just one magical thing that shifts your brain in one day.

Also, people who are depressed, addicts and etc. have to deal with that first. It's impossible to feel like there is any real purpose if you struggle to get out of your home or chasing highs all day.

Perhaps the most important part:

Your social media algorithm is most likely putting your brain on the opposite path of purpose. I used to watch insta reels quite a bit before and it was full of tin foil hat garbage, how a man "should be" and just lots of negativity in general. THIS IS POISON FOR YOUR BRAIN.

The Pact - May 20, 2026, 8:36 pm

It's not post traumatic stress because I remember both good and bad, but I have a variant of a condition called "highly superior autobiographical memory," and suddenly randomly getting memories of every single detail from the past is annoying.

It's really like going back in a fucking time machine except the worst bit is you can't change anything.

So, in terms of purpose it's kind of horrible because I passed on some amazing opportunities that I had forgotten about and now I remember every detail.

ModernEHustle - May 21, 2026, 1:06 am

(May 20, 2026 08:36 PM)The Pact Wrote: [\[CITE\]](#) It's not post traumatic stress because I remember both good and bad, but I have a variant of a condition called "highly superior autobiographical memory," and suddenly randomly getting memories of every single detail from the past is annoying.

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I have ptsd and sometimes a smell a sound even triggeres it.. so scary but you learn to deal

(May 20, 2026 08:29 PM)Maskin Wrote: [\[CITE\]](#) It depends on who you are and where you are in life. Your "purpose" can change throughout your life.

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lol social media literally trying to tell men they can't have feelings

Sift - May 21, 2026, 8:58 am

Purpose of life is to go to school then work for a company that doesn't care about you till your 70 and then struggle to enjoy the last years of your life.

?rew - May 21, 2026, 10:17 am

Find a hobby or donate your time. Go to a dog shelter walk those dogs, help build something learn woodworking.

loadman - May 21, 2026, 11:22 am

just go out for a movie alone, works as a therapy

Edmond Dantes - May 21, 2026, 12:43 pm

(May 21, 2026 11:22 AM)loadman Wrote: [\[CITE\]](#) just go out for a movie alone, works as a therapy
This is one of my favourite things to do. I've been doing it few times per week sometimes.

Eran - May 22, 2026, 8:47 am

(May 21, 2026 11:22 AM)loadman Wrote: [\[CITE\]](#) just go out for a movie alone, works as a therapy
Just booked a movie for next week cause of this, it's been a while.
thanks for the reminder

ModernEHustle - May 22, 2026, 7:22 pm

(May 22, 2026 08:47 AM)Eran Wrote: [\[CITE\]](#) Just booked a movie for next week cause of this, it's been a while.
thanks for the reminder
Go watch obsession I heard it's an awesome movie

tipme - May 23, 2026, 12:57 pm

(May 22, 2026 08:47 AM)Eran Wrote: [\[CITE\]](#) Just booked a movie for next week cause of this, it's been a while.
thanks for the reminder
I will do this next weekend also, anything you recommend to watch?

Redx_1188 - May 28, 2026, 7:13 am

I believe the purpose is to help each other, but you should look for purpose inside of yourself, who you are, where you are and why you are.

ModernEHustle - May 30, 2026, 6:09 am

U sound like buddah

diablospartan - May 30, 2026, 6:19 am

My man i dont want to be rude but you dont have ideaa how many milions of people would want to be in your place

I know life its confusing ,hard and with no sense and you want to stop but trust me life its a wonderful gift even if its hard

Do you have a purpose ,a dream in this life ?

I know playing games can be nice but if you spend all day playing games after the age of 30 years you are still a child .So come on man