

# BELIEFS AND PRACTICES OF A PIOUS MUSLIM



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***Fi Sabilil-Lahi***  
**(The Cause of Allah)**

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## PREFACE

In the Name of Almighty God, the Most Gracious, the Most Merciful.

*"Glory be to you (Almighty God), we have no knowledge except what you have taught us. Verily, it is you, the All-Knower, the All-Wise." Q2 V. 32.*

This is an attempt to share our limited knowledge with all the living children of Adam. Although every human being is born well, a man grows up with limited free will to do good or evil deeds. While the prophets of God encourage the doing of virtuous acts, the devil encourages evil deeds. However, the ability to learn and practise virtuous acts as well as avoiding evil deeds improves our grade in the sight of Almighty God. In fact, any human being who purifies his soul, by following God's commandments, will truly succeed while he who corrupts his soul, by following the devil will fail woefully.

Many terminologies have been used to describe people who are involved in virtuous acts. These include good Muslims, born-again Christians, a good man to mention but a few. It must be emphasized, however, that the best of good deeds are the virtuous acts carried out in accordance with Almighty God's commandments. When a good act is carried out ordinarily and not in accordance with God's commandments, the best its doer should expect is a worldly gain. However, both worldly and heavenly rewards await the doers of good acts according to God's will.

*"And be steadfast in prayer and give zakat: and whatever good you send forth for your souls before you, you shall find it with Allah: for Allah sees well all that you do".*

*Q2:110*

*"Nay, - Whoever submits his wholeself to Allah and is a doer of good, he will get his reward with his Lord; On such shall be no fear, nor shall they grieve"*

*Q2:112*

## INTRODUCTION

“Your God Almighty made everything He has created good, and He began the creation of man from clay. Then He made his offspring from semen of no value fluid (male and female sexual discharge). Then He fashioned him in due proportion, and breathed into him the soul (created by Allah for that person) and He gave you hearing (ears), sight (eyes) and hearts. Little is the thanks you give”

Q. 32 v. 7-9.

“And indeed we created man (Adam) out of an extract of clay (water and earth). Thereafter we made him (the offspring of Adam) as a Nut-fah (mixed drops of the male and female sexual discharge)(and lodged it) in safe lodging (womb of the woman). Then we made the Nut-fah into a clot (a piece of thick coagulated blood), then we made the clot into a little lump of flesh, then we made flesh out of that little lump of bones, then we clothed the bones with flesh, and then we brought it forth as another creation. So blessed be Allah, the Best of Creators.! After that, surely, you will die. Then (again), surely, you will be resurrected on the day of Resurrection. Q 23 v. 12-16.

Human beings are special creatures of Almighty God. They are created from clay and water. Their creation is for an appointed time, and they are expected to be God’s representatives on earth. Although lowly in origin, human beings are blessed with God’s favours but are abased unless they believe and do deeds of righteousness. In addition to having limited free wills and being gifted with faculties (senses), human beings are created into toils and struggle. In fact, they strive for diverse ends. Everyman has his fate fastened round his neck. Apart from tasting death and resurrection, human beings are to be finally judged by Allah according to their records.

How can you disbelieve in Allah? Seeing that you were dead and He gave you life. Then He will give you death, then again will bring you to life (on the Day of Resurrection) and then unto Him you will return. Q 2 : 28

“There is none in the heavens and the earth but must come unto the Most Beneficent (Allah) as a Servant.” Q 19 : 93.

## THE LIFE OF THIS WORLD

It is necessary to give the divine descriptions of the life of this world because such descriptions will benefit the curious souls of the children of Adam who wish to know the reality of this world.

“And the life of this world is nothing but play and amusement. But far better is the house in the Hereafter for those who are Al-Muttaqun (pious and righteous persons). Will you not then understand?” Q 6:32

“And this life of the world is only amusement and play! verily, the home of the Hereafter, - that is the life indeed i.e. the eternal life that will never end, if they but knew.” Q 29 : 64

“The life of this world is but play and pastime, but if you believe in the oneness of Allah-Islamic Monotheism, and fear Allah, and avoid evil, He will grant you your wages, and will not ask you your wealth.” Q 47:36.

“Know that the life of this world is only play and amusement, pomp and mutual-boasting among you, and rivalry in respect of wealth and children, as the likeness of vegetation after rain, thereof the growth is pleasing to the tiller; afterwards it dries up and you see it turning yellow; then it becomes straw. But in the Hereafter, there is a severe torment for the disbelievers, evil doers and (there is) forgiveness from Allah and His Good Pleasure for the believers, (good-doers) whereas the life of this world is only a deceiving enjoyment.” Q 57:20

“Beautified in the eyes of men is the love of desired things: women and sons; heaped-up hoards of gold and silver, horses branded and cattle and well-tilled land. Such are the possessions of this world's life; but with Allah is the best of the goals to return to.” Say: “Shall I give you glad tidings of things far better than those? For the righteous are Gardens in nearness to their Lord with rivers flowing beneath; Therein is their eternal home; with spouses purified and the good pleasure of Allah .....” Q 3: 14-15

“Verily, We have created man into toil and struggle.” Q 90:4.



## DEVIL'S PLOTS

Oh! Children of Adam, do not deify the prophets of God. It is very true that they have suffered for us. They were constantly persecuted while teaching and demonstrating the messages of Almighty God. Their persecutions are not unexpected; reason being that the devil and its messengers will never want us to understand and practise God's commandments. Ibrahim, Moses, Jesus Christ and Mohammad (PBOT) are the examples of the prophets (first-class creatures) of God Almighty.

"The Devil said: "Because you have sent me astray, surely I will sit in wait against them (human beings) on Your straight path. Then I will come to them from before them and behind them, from their right and from their left, and You will not find most of them as thankful ones (i.e. they will not be dutiful to you)". Q 7 16-17.

Iblis said: "O my Lord! Because you misled me, I shall indeed adorn the path of error for them (mankind) on the earth, and I shall mislead them all. Except Your chosen, (guided) slaves among them." Q 15:39 - 40

Iblis said: "My Lord! Give me then respite till the Day the (dead) are resurrected. Allah said: Verily! You are of those allowed respite till the Day of the time appointed". Iblis said: By your might, then I will surely mislead them all - except your chosen slaves among them (faithful, obedient, true believers of Islamic Monotheism)." Q 38 : 79 - 83

Anytime a believer remembers the injuries inflicted on the prophets of God, his love for these prophets increases, yet they must not be deified. Nonetheless, the best way of demonstrating our love for them is to know and follow their teachings. The act of deifying them is tantamount to submitting ourselves to the plots of the devil.

The devil will always attempt to prevent us from worshipping God, but if it fails, it will always desire to prevent us from worshipping God only. However, if these two attempts should fail, the devil will, still, make another attempt to prevent us from concentrating when we are worshipping God.

"Satan wants only to excite enmity and hatred between you with intoxicants (alcoholic drinks) and gambling, and hinder you from the remembrance of Allah and from prayer. So, will you not then abstain?" Q 5 : 91

Every believer must always be aware of the devil's plots. The continuous remembrance of Allah should be maintained; and the Grace of Almighty God should always be sought.

## THE PURPOSE OF CREATION

Almighty God has created men for one purpose. This singular purpose is the worship of Almighty God. Only Almighty God is allowed to be worshipped in Islam.

“And I (Allah) created not jinns and men except they should worship Me (Alone). I seek not any provision from them i.e. provision for themselves or My creatures nor do I ask that they should feed Me (i.e. feed themselves or My creatures). Verily, Allah is the All-provider, Owner of Power, - the Most strong”. Q 51 : 56-58.

“And your Lord has decreed that you worship none but Him. And that you be dutiful to your parents. If one of them or both of them attain old age in your life, say not to them a word of disrespect, nor shout at them but address them in terms of honour.”  
Q 17 : 23.

The real worship involves continuous realisation of the oneness of Allah both spiritually and physically, continuous and regular observation of five times daily salat, giving of Zakat, fasting during the month of Ramadan and pilgrimage to the Holy Lands (Mecca and Medina). However, forms of worship involve all activities done in accordance with God's commandments, and as exemplified by the Holy Prophet (Mohammad (PBOH)).

“Indeed in the Messenger of Allah (Muhammad SAW) you have a good example to follow for him who hopes in (Meeting with) Allah and the Last Day and remembers Allah much.”  
Q33 : 21.

It can be inferred from Q 33 : 21 that any believer who intentionally does an act, as exemplified by the Holy Prophet (PBOH) is worshipping God. The list of different forms of worship cannot, however, be exhausted. The different forms of worship include working for means of livelihood in a Godly way, spending in a divine way, eating in a divine way, cooking in a divine way, looking in a Godly way, dressing in a Godly way, speaking in a divine way, sneezing in a Godly way, hearing in a divine way, defecating in a Godly way, bathing in a divine way, having conjugal relationship in a Godly way, driving in a divine way, sleeping in a divine way, greeting in a divine way, doing ceremonies in a Godly way, just to mention but a few. These mean we should follow the rules and regulation laid down by Allah and His Prophet as regards the doing of all acts. In fact, whatever a Muslim, who has faith in the oneness of God, does is regarded as Ibadah (worship) provided such an act is good.

Muslims should always read the words of God (Holy Qur'an) and the Hadith of the Holy Prophet with a view to learning how Muhammad (PBOH) performed the different forms of worship.

## THE UNBELIEVERS

These are the children of Adam who do not have belief in the oneness of God, the angels, all the prophets, the scriptures, the destiny and the last day.

The best of the unbelievers are, still, usually involved in perpetrating many unrighteous acts. They may, however, be helpful to other human beings when they expect a worldly gain. In contrast the worst of the unbelievers are almost always involved in vices. The most prominent of these vices are fornication, murder, intoxication, oppression, adultery, deceit, bribery, gambling and corruption to mention but a few. Apart from loving enjoyment, they have unlimited love for power, position and wealth. Although they do not have any belief in God, when they are faced with adversity, they unconsciously say "Oh God". This is not unexpected since every human being has the spirit of God living in him.

The unbelievers are best described as living corpses because they are spiritually dead. They are unaware of the significance of the heavens, earth, sun, moon, mountains, oceans and stars let alone their creator. They always give lie to truth and immediately turn their backs.

The holy prophet (Mohammad) (PBOH) was reported to have said: "May I not show you the sign of the wicked people?" The people said: "If you are pleased, you may tell us". The most wicked person among you is he who keeps himself aloof, is harsh on his slave, and does not give any gifts to others. May I not tell you another person more wicked than this? The people said: "Definitely, O Messenger of Allah! If you are pleased" He said: He who has rancour against the people and the people have rancour against him" Then he asked may I not tell you of a more wicked person than this? The people said: Definitely, O Messenger of Allah? If you are pleased. He said: He who does not pardon the errors of others, does not accept their apologies and does not forgive their crime. Again he asked: "May I not tell you of a more wicked person than this?" The people said: Definitely, O Messenger of Allah! If you are pleased. He said: "He from whom no good may be expected, and from whose wickedness there may not be security. This hadith was narrated by Ibn Abbas.

To sum it up, the unbelievers who reject faith will never believe whether one preaches to them or not. The Qur'an says: "As to those who reject Faith, it is the same to them whether you warn them or do not warn them; they will never believe" (Q 2:6). The effects of their disbelief are stated in the next verse thus: "God has set a seal in their hearts and on their hearing; and on their eyes is a veil. Great is the penalty they (incur)." (Q 2:7).

## THE HYPOCRITES

The Holy Qur'an describes the hypocrites as people who have deceptive belief in the oneness of God, the angels, the prophets, the scripture, the destiny and the last day.

They substitute the belief in the oneness of Almighty God for the belief in two, three or more entities coming together to make one God. Consequent upon this, they worship God indirectly. Sometimes, the entities they join with God are actually first-class creatures of Almighty God. For instance, a hypocrite may be worshipping Jesus Christ instead of Almighty God who created Jesus Christ. Also, a hypocrite may seek help and forgiveness from Jesus Christ instead of Almighty God. Nonetheless, Jesus should be believed and accepted as a Messenger from Allah.

The belief in the prophets of God as first-class, chosen and beloved servants of God is also substituted for the belief in the prophets as an entity that partially constitutes God Almighty. The hypocrites do not believe that they can be tried with what they dislike. Anything unpalatable is from the devil only, even if they use their hands to cause it. Their belief in destiny is very defective.

"And that it is He (Allah) who makes (whom He wills) laugh, and makes (whom He wills) weep." Q 53 : 43.

Instead of accepting that Almighty God will be the king of the Day of Judgement, some of them claim that one of the servants of God will be the King for sometimes on the Day of Judgement, before giving the throne to His creator. Also, some of them do not believe in the last day. Although the hypocrites usually give dazzling speeches, they also enjoy making mischief. Apart from being led by arrogance, the hypocrites always refuse to fight against injustice.

They always wish to share good fortune. They are liars, deceivers and cowards. In addition to screening misdeeds with fake oaths, they usually leak the secrets of the believers to the unbelievers. They usually find repentance difficult to accomplish. They are not only too lazy to uphold virtuous acts but are also greedy.

### **In point of facts, the Qur'an describes the hypocrites thus:-**

- "And of mankind, there are some (hypocrites) who say: "We believe in Allah and the Last Day" while in fact they believe not.
- They (think to) deceive Allah and those who believe, while they only deceive

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- themselves, and perceive (it) not.
- In their hearts is a disease (of doubt and hypocrisy) and Allah has increased their disease. A painful torment is theirs because they used to tell lies.
  - And when it is said to them: "Make not mischief on the earth," they say: "We are only peace-makers."
  - Verily they are the ones who make mischief, but they perceive not.
  - And when it is said to them (hypocrites) "Believe as the people (followers of Muhammad) have believed", they say: "Shall we believe as the fools have believed?" Verily, they are the fools, but they do not know.
  - And when they meet those who believe, they say: "We believe", but when they are alone with their devils (polytheists, hypocrites), they say: "Truly we are with you: verily, we were but mocking."
  - God will throw back their mockery on them and give them increase in their wrong-doings to wander blindly.
  - These are they who have bartered guidance for error, so their commerce was profitless. And they were not guided.
  - Their likeness is as the likeness of one who kindled a fire; then, when it lighted all around him, Allah took away their light and left them in darkness (so) they could not see.
  - They are deaf, dumb, and blind, so they return not (to the right path).
  - Or like a rainstorm from the sky, wherein is darkness, thunder and lightning. They thrust their fingers in their ears to keep out the stunning thunder-clap for fear of death. But Allah ever encompasses the disbelievers.
  - The lightning almost snatches away their sight, whenever it flashes for them, they walk therein, and when darkness covers them, they stand still. And if Allah willed, He could have taken away their hearing and their sight. Certainly, Allah has power over all things." (Q 2: 8-20)

The prophet is reported to have said that there are three signs of a hypocrite.

- When he talks, he tells lies.
- When he makes a promise, he breaks it.
- When something is entrusted to him, he betrays it.

## THE BELIEVERS

These are the people who have faith in God and put other pillars into practice. They don't doubt the Qur'an. They use the Qur'an as their guide. The following points are the qualities of the believers as contained in the Qur'an:

### The Qualities of the True Believers

- "Successful indeed are the believers.
- Who humble themselves in their prayers.
- Who avoid vain talk.
- Who are active in deeds of charity.
- Who abstain from sex (abuse), (perversion), except with those joined to them in marriage bond, or (the captives) whom their right hands possess, for (in their case) they are free from blame.
- But those whose desires exceed those limits are transgressors.
- Those who faithfully observe their trusts and their convenants.
- And who (strictly) guard their prayers.
- These will be the heirs.
- Who will inherit paradise: they will dwell therein (for ever)". (Q 23: 1-11)

### Nineteen Qualities of the Believers Derived from Q 25: 63-75

1. The good servants of Allah should be humble.
2. They should not pick up a quarrel with the foolish but be lenient with them.
3. They should try to observe Tahajjud (prayer in the night).
4. They should pray against the punishment in hell.
5. They should neither be extravagant nor niggardly but be moderate in their spending.
6. They must not associate partners with Allah (shirk).
7. They should not kill a person or persons except in judicial punishment for murder or in self-preservation.
8. They should not fornicate.
9. They should fear Allah so that their punishments will not be doubled.
10. They should seek Allah's forgiveness for their past sins and determine not to commit such sins again.
11. They should repent sincerely.
12. They should not support falsehood.
13. They should avoid evil talk.

14. They should not turn a deaf ear to Allah's words and blind eyes to His signs.
15. They should pray for good wives and children.
16. They should strive to be leaders of the *mutaqaun*.
17. They should be prayerful to Allah.
18. They should be reminded that if not because of their supplications, Allah would not have cared for them.
19. They should not deny Allah and His signs.

### Som. Benefits of Being a Believer

“Surely, Allah defends those who believe .....” Q 22:38

“But as for those who follow guidance, He (Allah) adds to their guidance, and bestows on them their righteousness.” Q 47:17

“Then give the glad tidings to the Believers, that they shall have from Allah a very great bounty.” Q 33:47

“..... and He (Allah) has prepared for them a generous reward.” Q 33:44

“Whoever works any act of righteousness and has faith, his endeavour will not be rejected: We shall record it in his favour.” Q 21:94

“Allah is the Friend (Protector) of those who believe: He brings them out of every kind of darkness into light .....” Q 2:257

“..... and it was certainly due from us to help the believers.” Q 30:47

## THE FIVE PILLARS OF ISLAM

The five pillars of Islam are: Iman, Salat, Zakat, Sawm and Hajj. These are the pillars that hold the building. They are not the totality of the building. There are other things which make up the building i.e. Islam. Practising all the above-mentioned pillars is not enough, one has to do other good deeds such as helping the poor, removing harmful objects from the road, walking humbly on the earth, showing kindness to animals, patience, endurance, refraining from unlawful food and intoxicants, doing the righteous deeds, educating one's children, tolerance (but not stupidly), avoiding backbiting and slandering, honesty in words and deeds, avoiding bribery and corruption, seeking a lawful livelihood to mention but a few. (Q:2:177, 188; 3:103-104, 4:59, 135; 5:38, 90-91; 17:32; 22:30; 24:2, 30-31; 25:63; 31:18-19; 49:10; 53:33 etc.)

### 1. Iman (Faith)

It is the belief in the oneness of Allah. He is neither two nor three. He begets not nor is He begotten. The belief should also extend to other articles of faith.

### 2. Salat (Prayer)

It is the second pillar of Islam. It is the one that distinguishes a muslim from non-muslims. The five compulsory daily prayers are Subhi, Zuhr, Asr, Maghrib and Ishai. Non-observance of these five prayers daily attracts the wrath of Allah. If one is on a journey of 57 kilometres and above, one is allowed to shorten all four rakah prayers i.e. Zuhr, Asr and Ishai to two. There are other non-compulsory prayers which attract great rewards. They are Salatul Ishraq, Salatu Duha, Salatul-Layl (Tahajjud) etc. However, non-observance of them does not attract punishments as it is the case with the five daily prayers. (Q 2:45, 144, 149, 187; 18:21; 21:85, 127; 38:39; 107:4-7)

### 3. Zakat (Alms giving)

Zakat is the third pillar of Islam. This is to help the downtrodden people in the society. It prevents us from being greedy and selfish. Zakat has a fixed rate of 2½% and a fixed period. It is due on agricultural products immediately they are harvested. It is also due on domestic animals, money and treasuries. The following should receive Zakat: the poor, the needy those collecting the zakat, the new converts to Islam, debtors, captives, travellers in need and in the cause of Allah (Q9:60). It can also be used to build and finance schools, hospitals, orphanages, mosques etc.

Sadaqah has neither a fixed rate nor a fixed time. It is not specific, you can give out anything good as alms that you yourself can take without averting your eyes.



#### 4. **Sawm (Fasting)**

It is the fourth pillar of Islam. Nobody knows the rewards that are attached to **fasting** in Islam. Only Allah knows the extent of its rewards. A fasting person has to abstain from food, water, sexual intercourse and other things that can vitiate it. It is done once a year during the month of Ramadan. There are other non-obligatory fastings in Islam such as fasting in the months of Rajab, Shaban, Shawwal, on Mondays, Thursdays, 13th, 14th and 15th of every Lunar month, 10th of Muharram, Arafat day etc. A Muslim should try to observe some of the if not all of them.

Fasting levels the gap between the rich and the poor. The pangs of hunger in fasting make the rich understand what the poor feels all the time.

A nursing mother, a menstruating person, a sick person, a traveller (long journey) etc are allowed to suspend fasting. An aged person, a person who is permanently sick etc. are also exempted from fasting. However, they can do **It'am** (feeding a person for everyday of fasting in lieu of fasting). Q2:183-185, Q97:3.

#### 5. **Hajj (Pilgrimage)**

Hajj is the fifth pillar of Islam. Its performance is compulsory once for every well-to-do Muslim in his life-time (Q2:197).

**Ihram** (the cloth of Hajj) **Tawaf** (running round the Ka'bah) **Say** (juggling between Safa and Marwa), staying on the plain of Arafat, and throwing stones to the symbols of the devil at Minna are the compulsory aspects of hajj.

However, it is desirable to pay visits to some important places such as Madinah, Jabal, Rahmah, Cave Hira, etc. **However, Golden teeth, Sabaka (special caps put on by the pilgrims in the western part of Nigeria) etc. are not at all part of Hajj.** One should not be absorbed with shopping and other activities to the extent of forgetting the spiritual purpose of his journey.

#### **The three ways of performing Hajj.**

**Ifrad:** It means the performance of Hajj alone. A pilgrim who performs Ifrad is Mufrid.

**Tamattu:** The pilgrim puts on the Ihram (the cloth of Hajj) and performs the Umra. He then puts off the Ihram and may enjoy life till the 8th, the pilgrim puts on the Ihram again to perform the Hajj. It is compulsory for the pilgrim who performs tamattu to sacrifice a ram for this enjoyment or to fast for 3 days in Mecca and 7 days after his return to his or her home. The pilgrim is called Mutamattu.

**Qiran:** It is the combination of Hajj and Umra or Umra and Hajj without a break. Qarin is the person who observes Qiran.

**Note:** Umra does not involve staying at Arafat, throwing stones at the symbols of devil and sacrificing a ram. Q3:96, 14:35-37, 22:26-29.

## THE ARTICLES OF FAITH

### 1. Belief in Allah

Allah is one. He has no associate. Muslims should worship Him alone without associating any partner with Him. Muslims prefer using the word Allah to God. This is because the English word 'God' does not convey the actual meaning of the word, Allah. It is a proper noun *par excellence*. We cannot find plural or feminine etc of this word just as god becomes gods, goddess. It is an Arabic word without any derivation. The word, "Allah" connotes all attributes and denotes none but only one and unique God. A sincere confession of this belief in Allah admits one into the fold of Islam. (Q 59:22-24, 2:21-22, 2:255, 24:35, 112:1-4 etc.)

### 2. Belief in Angels

Only Allah knows the number of His angels. They were created by Allah as we were created. They were created from light, jinn from fire and man from clay. They do not eat, drink, sleep and doze. They can take different forms when they are sent to give messages to human beings. Angels cannot be seen except by the command of God. At least, a Muslim should be aware of the following 10 angels with their functions.

**Jibril:** He is the Chief of the angels. He carries spiritual messages from God to human beings.

**Mika'il:** He is in charge of provisions to God's creatures.

**Israil:** He is the angel in charge of death.

**Israfi'l:** He is the trumpeter in charge of resurrection.

**Raqib:** He is in charge of writing good deeds done by human beings.

**Atid:** He is in charge of writing down bad deeds done by human beings.

**Munkar and Nakir:** These two are the questioners in the grave concerning the deeds of human beings on earth.

**Ridwan:** He is the chief porter in charge of paradise (Al-Jannah).

**Malik:** He is the chief porter in charge of Hell.

The awareness of the presence of angels reminds man that he is never alone. His deeds are being recorded, and would be rewarded accordingly in the hereafter. Therefore, this increases his desire to shun evil-deeds, and to always do good. Angels pray for human beings, strengthen Prophets and believers in their faith carrying Allah's messages to people etc.

(Q 42:5, 16:2, 9:9-10, 8:50 etc.).

### 3. Belief in the Prophets

A Muslim should believe in all the Prophets of God. The number of the Prophets is said to be 124, 313 but 25 of them are mentioned in the Holy Qur'an. Some of them are Adam, Nuh, Ibrahim, Isa, Daud, Musa Muhammad etc. Each of them preached to his own people e.g.

**Moses** to the Israelites. Prophet Muhammad, the seal of the Prophets was the only one sent to the whole world. A muslim recognises that the earlier Prophets were all Muslims and true Prophets of God. They preached Islam i.e. submission to God, the same religion preached by Prophet Muhammad. No other prophet will come after Prophet Muhammad. (Q10:47, 35:24, 21:107, 25:1, 46:35, 2:38, 2:285).

#### **4. Belief in Revelation**

A Muslim is required to believe in all the revealed books. The number of these holy books is said to be 104. They came to the world through the Messengers of Allah e.g. Isa, Musa, Dauda, Muhammad etc.

Four scriptures are specifically mentioned in the Holy Qur'an. They are At-Tawrah of Prophet Musa, Az-zabur of Prophet Daud, Al-Ijil of Prophet Isa and Al-Quran of Prophet Muhammad). Some other revelations are also referred to e.g. the Suhuf of Ibrahim.

Islam teaches that all scriptures confirm one another in many respects and that the Holy Qur'an contains all the important teachings of the previous scriptures in it. In Islam, the Qur'an is believed to be the last scripture from Allah to the world. No other scripture will come after the Qur'an. Its contents are enough guidance for the present and future. All the copies of the Qur'an in this world are the same. This is not the same with other books. The original messages of God in each of the earlier books before the Qur'an have been changed. (Q 5:3, 2:2, etc.).

#### **5. Belief in the Last Day**

All men are going to die but death is not the end of life. After everything on earth has perished, people will be raised. This is called Resurrection. After the resurrection, they will all gather in one place. The deeds of man will be weighed and everyone will be judged by God. The righteous will receive their good rewards in Paradise (Al-Jannah) while the wrong-doers will be in Hell (An-Nar). This is called the Last Day

**Life → Death → Resurrection → Gathering → Accountability → Judgement**  
**i. Paradise, and ii. Hell.**

**(Hayyatu-Mawt-Ba'th-Hashr-Hisab-Hukm <i. Al-Jannah, ii. An-Nr) (Q2:156).**

#### **6. Belief in Pre-determination**

Muslims believe that God created the universe as pre-determined by Him. Man's particular shape and development as distinguished from other animals was pre-determined. Man's life is dependent on food, drink, sleep etc.

However, it must be made clear that Allah gives man freedom of action. Therefore, he who does good, does good for his own soul; and he who does evil, does evil for his own soul. Each will be judged and rewarded by Allah. Allah is just and He will not act unjustly. (Q 91:7-9, 29:2-6, 53:39, 13:11, 2:216)

The best of the believers are the prophets of God i.e. Holy Prophet (Mohammad), Isa (Jesus Christ), Musa (Moses), Ibrahim, Nuh (Naoh) (PBOT) to mention but a few. These are the first-class creatures of God. They were chosen and beloved servants of God who were perfected by Almighty God. They translated their faith, regular salat, zakat, fasting and pilgrimage into the practical forms. The practical translation of faiths include spending of one's substance, out of love for kin, orphans, needy and the way-farers with a view to increasing one's self-purification.

The practical translation of faith also includes the firmness and the patience in pain and adversity, the endurance throughout the period of panic, the steadfastness in prayers both at night and in the day, humility, the avoidance of vain talk and the acts of carrying out one's responsibilities in a just manner. The fulfilment of the contracts or promises which one has made and the giving of freedom to the slaves and the oppressed are practical translations of faith.

The worst of the believers are those who may have faith, who may be observing salat, who may be fasting and who may go on pilgrimage but refuse to translate these pillars of Islam into righteous acts, few of which have been mentioned. Many of these righteous acts can be found in the scriptures of Almighty God.

Allah's Messenger (PBOH) was reported to have said that the believers are of three kinds:

"People of paradise will be of three kinds. First is that of a powerful man who was just and balanced in his dealings who popularised the practice of charity and virtue, and adopted the attitude of softness and rightness. Second will be that person who was kind and who was soft-hearted for every relative and every Muslim. Third will be that person who had a wife and children yet was able to save himself from the forbidden things.

— Reported by Muslim.

## PARADISE

While on earth, the believers have been promised a sense of complete satisfaction, contentment and active pleasure. However, paradise, a real and eternal home, awaits the believer after the final judgement by Almighty God. It is also very important to mention that the Grace of Almighty God has a very significant role to play in the supreme achievement of the believers. The divine descriptions of paradise are very enticing; consequently, I shall quote these descriptions directly from the Holy Quran.

“...For the righteous - there are gardens (paradise) with their Lord, underneath which rivers flow. Therein (is their) eternal home and pure wives (i.e. they will have no menses, urine or stool etc.), And Allah will be pleased with them. And Allah is All-Seer of the (His) slaves” Q 3 : 15.

“But those who believe and do deeds of righteousness, we shall admit them to gardens under which rivers flow (paradise), abiding therein forever. Therein they shall have pure wives (having no menses, stool, urine, etc.) And we shall admit them to shades wide and ever deeping (paradise). Q 4 : 57.

Allah will say: “This is a Day on which the truthful will profit from their truth. Theirs are Gardens under which rivers flow (in paradise) - they shall abide therein forever. Allah is pleased with them and they with Him. That is the great success (Paradise). Q 5 : 119.

But those who believed (in the Oneness of Allah — Islamic Monotheism), and worked righteousness — we tax not any person beyond his scope, such are the dwellers of paradise. They will abide therein. And we shall remove from their breasts any mutual hatred or sense of injury (which they had, if at all in the life of this world); rivers flowing under them, and they will say: “All the praises and thanks be to Allah, who has guided us to this, never could we have found — guidance, were it not that Allah had guided us! Indeed, the Messengers of our Lord did come with the truth? And it will be cried out to them. “This is the paradise which you have inherited from what you used to do”. And that dwellers of paradise will call out to the dwellers of the fire (saying): “We have indeed found true what our Lord had promised us; have you also found true, what your Lord promised (warnings, etc)?” They shall say: “Yes”. Then a crier will proclaim between them: The curse of Allah is on the Zalimun (Polytheists and wrong doers etc).

Q 7 : 42-44.

“Truly! The Muttaqun (pious and righteous persons) will be amidst gardens and watersprings (paradise). “It will be said to them “Enter therein (paradise), peace and security.” And we shall remove from their breasts any sense of injury (that they may have (so they will be like) brothers facing each other on thrones. No sense of fatigue shall touch them, nor shall they (ever) be asked to leave it.” Q 15 : 45-48.

And those who kept their duty to their Lord will be led to paradise in groups, till, when they reach it, and its gates will be opened (before their arrival for their reception) and its keepers will say: Salamun Alaykum (Peace be upon you)! You have done well, so enter here to abide therein." And they will say: "All the praises and thanks be to Allah who has fulfilled His promise to us and has made us inherit (this) land. We can dwell in paradise where we will; how excellent a reward for the (pious good) workers!" And you will see the angels surrounding the (Throne of Allah) from all round, glorifying the praises of their Lord (Allah). And they (all the creatures) will be judged with truth, and it will be said: All the praises and thanks be to Allah, the Lord of the Alamin (mankind, jinns and all that exists)." Q 39 : 73 - 75.

"But for him who (the true believer of Islamic Monotheism who performs all the duties ordained by Allah and His Messenger) fears the standing before his Lord, there will be two gardens (i.e in Paradise).....? With spreading branches;.....?"

In them (both) will be every kind of fruit in pairs.....? Reclining upon the couches lined with silk brocade, and the fruits of the two gardens will be near at hand.....? Wherein both will be those (maidens) restraining their glances upon their husbands, whom no man or jinn yatmith-hunna (has opened their hymens with sexual intercourse) before them....? In beauty they are like rubies and coral....? Is there any reward for good - other than good?.....? And besides these two, there are two other gardens (i.e. in Paradise)....? Dark green (in colour).....? In them (both) will be two springs gushing forth water.....? In them (both) will be fruits, and date - palms and pomegranates ....? Therein (gardens) will be fair (wives) good and beautiful .....? Hours (beautiful, fair females) restrained in pavilions; ....? whom no man or jinn yatmith-hunna (has opened their hymens with sexual intercourse) before them.....? Reclining on green cushions and rich beautiful mattresses .....? Blessed be the Name of your Lord (Allah the owner of Majesty and Honour).

Q 55 : 46 - 78.

"And you (all) will be in three kinds (i.e. separate groups) (Foremost in faith, the companions of the right hand and companions of the left hand)" Q 56 : 7

And those foremost (in Islamic faith of Monotheism and in performing righteous deeds of obedience to Allah and His Messenger Muhammad in the life of this world on the very first call to embrace Islam) will be foremost (in paradise). These will be those nearest to Allah in the gardens of delight (paradise). A multitude of those (foremost)\* will be from the first generations who embraced Islam. And a few of those (foremost) will be from the later time (generations). They will be on thrones woven with gold and precious stones, reclining thereon, face to face. They will be served by immortal boys with cups, and jugs and a glass from the flowing wine, wherefrom they will get neither any aching of the head, nor any intoxication. And fruit; that they may choose. And the flesh of fowls that they desire. And (there will be) Houris (fair females) with wide, lovely eyes (as wives for the pious) like

unto preserved pearls. A reward for what they used to do. No Laghw (dirty, false, evil, vain talk) will they hear therein, nor any sinful speech like backbiting etc.). But only the saying of: Salam! Salam! (Greetings with peace)! Q 56 : 10 - 26.

And those on the right hand - who will be those on the right hand? They will be among thornless lote-trees, among Talh (banana-trees) with fruits piled one above another, in shade, long-extended, by water flowing constantly, and fruit in plenty, whose season is not limited, and their supply will not be cut off, and on couches or thrones, raised high. Verily, we have created them (maidens) of special creation. And made them virgins. Loving their husbands (only) equal in age. For those on the right hand. A multitude of those (on the right hand) will be from the later times (generations). Q 56 : 27 - 40.

And give glad tidings to those who believe and do good works, that for them are gardens beneath which flow streams. Whenever they are given a portion of fruit, therefrom, they will say: 'This is what was given to us before; and gifts mutually resembling shall be brought to them. And they will have therein mates perfectly pure and therein will they abide.' Q 2:25

Nay! but the record of the virtuous is surely in Illiyyin. And what should make you know what Illiyyun is? It is a Book written comprehensively. The chosen ones of God will witness it. Surely the virtuous will be in bliss, seated on couches, gazing. You will find in their faces the freshness of bliss. They will be given to drink of a pure sealed beverage. The sealing of it will be with musk ...." Q 83: 18-26

## HELL

While on earth, the unbelievers have been promised pangs of tortured conscience, secret sorrow, and misfortunes. All these will be experienced for, at least, a brief moment before their death. In addition, they will inherit hell after the final judgement by Almighty God. The divine descriptions of hell are quoted directly from the Holy Qur'an, the last scripture of Almighty God to the whole universe.

"Surely! Those who disbelieved in our Ayat (proofs, evidences, verses, lessons, signs, revelations, etc.). We shall burn them in fire. As often as their skins are roasted through, we shall change them for other skins that they may taste the punishment. Truly, Allah is Ever-Most Powerful, All-Wise". Q. 4 : 56

In front of him (every obstinate, arrogant dictator) is Hell, and he will be made to drink boiling, festering water. He will sip it unwillingly, and he will find great difficulty to swallow it down his throat, and death will come to him from every side, yet he will not die and in front of him, will be a great torment. Q 14 : 16-17

And you will see the Mujrimun (criminals, disbelievers in the oneness of Allah - Islamic Monotheism, polytheist, disobedient to Allah etc) that Day bound together in fetters; (Muqarranun in fetters; means:- with their hands and feet tied to their necks with chains). Their garments will be of pitch, and fire will cover their faces. Q 14 : 49-50.

Verily, the tree of zaqqum, will be the food of the sinners, like boiling oil, it will boil in the bellies, like the boiling of scalding water. (It will be said) "Seize him and drag him into the midst of blazing fire, then pour over his head the torment of boiling water, taste you (this)! Verily, you were (pretending to be) the mighty, the generous! "Verily! This is that whereof you used to doubt!" Q 44 : 43-50.

This is so! And for the Taghan (transgressors, disobedient to Allah and His Messenger) - will be an evil final return (fire), - hell! Where they will burn, and worst (indeed) is that place to rest! This is so! Then let them taste it, - a boiling fluid and dirty wound discharges (i.e. pus) and other torment of similar kind, - altogether. Q 38 : 55-58.

"And those on the left hand - who will be those on the left hand?. In fierce hot wind and boiling water, and shadow of blacksmoke; neither cool nor good". Q 56 : 41-44.

And for those who disbelieve in their Lord (Allah) is the torment of Hell, and worst indeed is that destination; when they are cast therein, they will hear the terrible drawing in of its breath as it blazes forth. It almost bursts up with fury. Every time a group is cast therein, its keeper will ask: Did no warner come to you?" Q 67 : 6-8.



**“And we shall drive the Mujrimum (polytheists, sinners, criminals etc) to hell, in a thirsty state (like a thirsty herd driven down to water), - None shall have power of intercession, but such a one as has received permission (or promise) from the Most Beneficent (Allah).” Q 19 : 86-87.**

**“And as for those who are fasiqun (disbeliever and disobedient to Allah), their abode will be the fire, every time they wish to get away therefrom, they will be put back thereto, and it will be said to them: Taste you the torment of the fire which you used to deny.” Q 32 : 20**

**“Verily, whoever comes to his Lord as a Mujrim (criminal, polytheist, disbeliever etc) then surely, for him is Hell, therein he will neither die nor live.” Q 20 : 74**

**“And surely, Hell is the promised place for them (evil-doers; polytheists) all. It (Hell) has seven gates, for each of those gates is a (special) class (of sinners) assigned.” Q 15 : 43 - 44.**

**“As for those who are wretched, they will be in the fire, sighing in a high and low tone. They will dwell therein for all the time that the heavens and the earth endure, except as your Lord will. Verily, your Lord is the doer of what He will.” Q 11 : 106 - 107.**

**For those who respond to their Lord is eternal good; and as for those who respond not to Him, if they had all that is in the earth and the like of it added thereto, they would readily ransom themselves therewith. It is these that shall have an evil reckoning, and their abode is Hell. What a wretched place of rest! Q 13:18**

**They shall enter a burning fire; and will be made to drink from a boiling spring. They will have no food save that of dry, bitter and thorny herbage, which will neither fatten, nor satisfy hunger. Q 88: 4-7**

## THE HOLY QUR'AN

### A. AS GOD'S REVELATION

The Holy Qur'an is the Truth from God which was taught by God; and it is a message to all the worlds.

"The revelation of the book is from Allah - The Exalted in power, full of wisdom."

Q 45 : 2

"Do they not then consider the Qur'an carefully? Had it been from other than Allah; they would surely have found therein much contradictions." Q 4 : 82

"And verily, you (O Muhammad PBOH) are receiving the Qur'an from the one, All-wise, All-knowing." Q 27 : 6

"The revelation of the Book (the Qur'an) is from the Lord of the Alamin (mankind, jinns and all that exists) in which there is no doubt. Or say they: He (Muhammad PBOH) has fabricated it? Nay, it is the truth from your Lord, that you may warn a people to whom no warner has come before you (O Muhammad PBOH) in order that they may be guided." Q 32 : 2-3.

"The Most Gracious! It is He who has taught the Qur'an"! Q55 : 1-2

"Verily, this (Qur'an) is no less than a Reminder to (all) to Alamin (mankind and jinns); to whosoever among you who wills to walk straight." Q 81 : 27-28

"Say (O Muhammad PBOH) "Ruhul-Qudus (Gabriel) has brought it (the Qur'an) down from your Lord with truth, that it may make firm and strengthen the faith of those who believe and as a guidance and glad tidings to those who have submitted to (Allah as Muslims)."

Q 16 : 102

### B. ITS MODE OF REVELATION

The Holy Qur'an is an inspired message which was revealed in stages, by Almighty God through His beloved servant (Angel Jubril or Gabriel (Holy Spirit) to His beloved servant Prophet Muhammad. Although it is a weighty message, it shall not be forgotten; as such, it was revealed in stages.

"It is a Qur'an which we have divided (into parts from time to time), in order that you might recite it to men at intervals. And we have revealed it by stages (in 23 years)."

Q 17 : 106.

"And those who disbelieve say: Why was the Qur'an not revealed to him all at once?" Thus it was sent down in parts that we may strengthen your heart thereby. And we have revealed it to you gradually in stages (it was revealed to the prophet (PBOH) in 23 years). **And** no example or similitude do they bring (to oppose or to find fault in you or in this Qur'an), but we reveal to you the truth (against that similitude or example), and the better explanation thereof." Q 25 : 32-33.

“Say: whoever is an enemy to Gabriel for he (Gabriel) brings down the (revelation) to thy (Muhammad) heart by. Allah’s Will, a confirmation of what went before, and guidance and glad tidings for those who believe ..... ” Q 2 : 97

“Verily,! It is we who have sent down the Qur’an to you (O Muhammad PBOH) by stages therefore, be patient (O Muhammad PBOH) and submit to the command of your Lord (Allah by doing your duty to Him and by conveying His Message to mankind), and obey neither a sinner nor a disbeliever among them” Q 76 : 23-24.

“We shall make you to recite (the Qur’an), so you (O Muhammad PBOH) shall not forget (it), except what Allah, may will, He knows what is apparent and what is hidden”.  
Q 87 : 6-7.

### **C.ITS LANGUAGE OF REVELATION**

Its language of revelation is Arabic.

“Alf-Lam-Ra (These letters are one of the miracles of the Qur’an, and none but Allah (Alone) knows their meanings). These are the verses of the clear Book (The Qur’an that makes clear the legal and illegal things, legal laws, a guidance and a blessing). Verily, we have sent it down as an Arabic Qur’an in order that you may understand.” Q 12 : 1-2

“And if we had sent this as a Qur’an in a foreign language other than Arabic, they would have said: “Why are not its verses explained in detail (in our language)? What (a Book) not in Arabic and (the messenger) an Arab?” Say: It is for those who believe, a guide and a healing. And as for those who disbelieve, there is heaviness (deafness) in their ears, and it (the Qur’an) is blindness for them. They are those who are called from a place far away (so that they neither listen nor understand).

### **D.ITS PURPOSES**

It is a weighty message which can conveniently take the children of Adam from the depth of darkness into light.

#### **i. Its teachings:**

“He has made it (Qur’an) straight to give warning (to the disbelievers) of a severe punishment from Him, and to give glad tidings to the believers (in the Oneness of Allah), who work righteous deeds, that they shall have a fair reward (i.e. Paradise); they shall abide therein for ever. And to warn those (Jews, Christians and pagans) who say, “Allah has begotten a son (or offspring or children).” No knowledge have they of such a thing, nor had their father. Mighty is the word that comes out of their mouths. They utter nothing but a lie”.

Q 18 : 2-5

“So we have made this (the Qur’an) easy in your own tongue (O Muhammad PBOH), only that you may give glad tidings to the Muttaqun: (i.e. pious and righteous persons who fear Allah much), and love Allah much (perform all kinds of good deeds which He has ordained), and warn with it the Ludda (most quarrelsome) people”. Q 19 : 97

“We have not sent down the Qur’an unto you (O Muhammad PBOH) to cause you distress, but only as a reminder to those who fear (Allah).” Q 20 : 2-3

ii. It is a healing, a guide and a mercy.

“And we send down from the Qur’an that which is a healing and a mercy to those who believe (in Islamic Monotheism and act on it) and it increases the Zalimun (Polytheists and wrong-doers) nothing but loss.” Q 17 : 82

“Alif-Lam-Mim, these are verses of the Wise Book (the Qur’an), a guide and a mercy for Muhsinin (good doers), those who offer prayers perfectly (Iqamatus-Salat) and give zakat and they have faith in the Hereafter with certainty; such are on guidance from their Lord, and such are the successful.” Q 31 : 1-5

“...Say: It is a guide and a healing to those who believe.....” Q 41 : 44.

iii. It gives wisdom.

“Alif-Lam-Ra, these are the verses of the book of Wisdom” Q 10 : 1

“Alif-Lam-Mim, these are verses of the Wise book” Q31 : 1-2

“Ya-sin, by the Qur’an, full of Wisdom”. Q 36 : 1-2

## E HOW IT SHOULD BE READ/STUDIED

- (a) “That this is indeed a Quran most honourable in a Book well-guarded which none shall touch but those who are clean.” Q 56 : 77-79
- (b) “....And recite the Qur’an in slow, measured rhythmic tone” Q 73 : 4
- (c) “When the Qur’an is read, listen to it with attention and hold your peace: that you may receive mercy” Q 7 : 204
- (d) Say: “Call upon Allah or call upon Rahman: by whatever name you call upon Him (it is well): For to Him belong the most Beautiful Names. Neither speak your prayer aloud nor speak it in a low tone, but seek a MIDDLE COURSE BETWEEN”. say: Praise to Allah, who begets no son, and has no partner in His dominion Q 17 : 110-111.

## F. ITS PRESERVATION

The Holy Qur’an is a Book of honour and dignity which is preserved by Almighty God. Consequently, no falsehood can approach it. It is a beautiful message that is consistent with itself and there is no crookedness in it.

“Verily, it is we who have sent down the Dhkir (the Qur’an) and surely, we will guard it (from corruption)” Q 15 : 9

“Falsehood cannot come to it from before it or behind it, (it is) sent down by the All-wise, worthy of all praise (Allah).” Q 41 : 42

“Allah has revealed from time to time the most beautiful message in form of a Book consistent with itself (yet) repeating its teaching in various aspects.....” Q 39 : 23

“So whoever wills, let him pay attention to it. It is in records held (greatly) in honour, exalted (in dignity), kept pure and holy, in the hands of scribes (angels), honourable and obedient” Q 80 : 12 - 16

**“All the praises and thanks be to Allah who has sent down to His slave (Muhammad PBOH) the Book (the Qur’an), and has not placed therein any crookedness”. Q 18 : 1**

The preservation of the Qur’an passed through three stages. The first was done during the time of the Prophet. During his time, the Qur’an was memorised by the Prophet himself and many of his companions. Furthermore, it was written down on shoulder bones of animals, palm leaf stalks, pieces of leather etc by his scribes such as Zayd b. Thabit. The materials were kept in his house.

The second stage was done during the time of Abubakar’s caliphate. Many memorizers of the Qur’an lost their lives during the battle of Yamama. Abubakar, therefore, charged Zayd b. Thabit and others to compile the Qur’an into a book form from the materials on which it was written, and from the memory of the memorizers. The copy was kept in Abubakar’s house.

After Abubakar’s death, there were variations over the correct recitation of the Qur’an because of the spread of Islam to non-Arab countries. Uthman, the third caliph charged Zayd b. Thabit, the Prophet’s Chief Scribe and others to make many copies from the existing copy of the Qur’an compiled during the time of the Prophet. The copies were distributed to the Muslim provinces. It is pertinent to mention that the Qur’an text of today is the same as the one compiled during the time of Prophet Muhammad.

## NOAH IN ALLAH'S SIGHT

### SERVANT OF GOD

The people of Noah denied (their messenger) before them; they rejected our servant, and said: "A madman!" and he was insolently rebuked and threatened. Then he invoked his Lord (saying): I have been overcome, so help (me)!" So we opened the gates of heaven with water pouring forth and we caused the earth to gush forth with springs. So the waters met for matter predestined. And we carried him on a (ship) made of planks and nails, floating under our eyes, a reward for him who had been rejected! And indeed, we left this as a sign, then is there any that will remember (or receive admonition)." Q 54 : 9 - 15

Verily, he (Noah) was one of our believing servants. Q 37 : 81

### NOAH'S TEACHINGS/MESSAGES

"Verily, we sent Noah to his people (saying): Warn your people before there comes to them a painful torment". He said: O my people! verily, I am a plain warner to you: that you should worship Allah (Alone), be dutiful to Him and obey me, He (Allah) will forgive you of your sins and respite you to an appointed term....." Q 71 : 1 - 4

Indeed, we sent Noah to his people and he said: O my people! Worship Allah! you have no other Allah (God) but Him (Allah). Certainly, I fear for you the torment of a Great Day! Q 7 : 59

And indeed we sent Noah to his people (and he said): "I have come to you as a plain warner,": that you worship none but Allah, surely, I fear for you the torment of a painful Day. Q 11 : 25 - 26

"The people of Noah believed the messengers; when their brother Noah said to them: "Will you not fear Allah and obey Him? I am a trustworthy messenger to you. "So fear Allah, keep your duty to Him, and obey me". Q 26 : 105 - 108

### GOD SAVED NOAH AND THE BELIEVERS

And indeed we sent Noah to his people, and he stayed among them a thousand years less fifty years, and deluge overtook them while they were zalimum (wrong-doers, disbelievers); then we saved him and those with him in the ship and made it (the ship) as an Ayah (a lesson) for the Alamin (mankind, jinns and all that exists). Q 29 : 14 - 15.

In summary, Noah is a human being, a warner, a believing servant of Allah, a Messenger of Allah and a light from Allah.

## IBRAHIM (ABRAHAM) IN ALLAH'S SIGHT

### A MODEL

Verily, Abraham was an Ummah (a leader having all the good righteous qualities), Obedient to Allah, Hanifan (ie. to worship none but Allah) and he was not one of those who were Al-Mushrikun (Polytheists). He was thankful for His (Allah's) Graces. He (Allah) chose him (as an intimate friend) and guided him to a straight path. Q 16 : 120 - 121

### A PREACHER

And of Abraham who fulfilled (or conveyed) all that (what Allah ordered him to do), that no burdened person (with sins) shall bear the burden (sins) of another; and that man can have nothing but what he does (good or bad) and that his deeds will be seen, then he will be recompensed in full and the best; and with that your Lord (Allah) is the end (return of everything). And that it is He (Allah) who causes death and gives life; and that He (Allah) who (whom He wills) laugh, and makes (whom He wills) weep; and that it is He (Allah) who causes death and gives life; and that He (Allah) creates the pairs, male and female.....

### RAISED FOUNDATION OF KA'BA (HOUSE OF GOD IN MECCA)

And (remember) when Abraham and (his son) Ishmael were raising the foundations of the House (the Ka'ba at Makka), (saying), Our Lord! Accept (this service) from us. Verily! You are the All-Hearer, the All-Knower. Q 2 : 127

“Verily, the first House (of worship) appointed for mankind was that at Bakkah (Makka) full of blessing, and a guidance for Al-Alamin (mankind and jins). In it there are manifest signs whosoever enters it, attains security. And Hajj (pilgrimage to Makka) to the House (Ka'ba) is a duty that mankind owes to Allah, those who can afford the expenses; and whoever (i.e. denies Hajj, then he is a disbeliever of Allah), then Allah stands not in need of any of the Alamin (mankind and jinns)”. Q 3 : 96 - 97

### A SANE IN FAITH (HANIFAN)

“Abraham was neither a Jew nor a Christian, but he was a true Muslim (Hanifan) (worship none but Allah Alone) and he was not of the polytheists (ie. he joined none in worship with Allah).” Q 3 : 67

“Say (O Muhammad PBOH): “Allah has spoken the truth. Follow the religion of Abraham Hanifan (he used to worship Allah Alone) and he was not of the polytheists.”

Q 3 : 95

And who turns away from the religion of Abraham except him who befools Himself? Truly, we chose him (Abraham) in this world and verily, in the Hereafter he will be among the righteous. When his Lord said to him "submit". He said "I have submitted myself to the Lord of the Alamin (mankind, jinns and all that exists). Q 2 : 130 - 131

And they say: "Be Jews or Christians then you will be guided". Say (to them, O Muhammad PBOH), "Nay, we follow only the religion of Abraham, Hanifan (i.e. he worships none but Allah) say (O Muslims) "We believe in Allah and that which has been sent down to us and that which has been sent down to Abraham, Ishmael, Isaac, Jacob, son of Jacob, and that which has been given to Moses and Jesus and that which has been given to the prophets from their Lord. We make no distinction between any of them, and to Him we have submitted in Islam. Q 2 : 135 - 136.

### **SIGNS OF ALLAH DEMONSTRATED BY ABRAHAM**

And (remember) when Abraham said, My Lord! show me how you give life to the dead" He (Allah) said: "Do you not believe?" He (Abraham) said: "Yes (I believe) but to be stronger in faith". He (Allah) said: "Take four birds, then cause them to incline towards you (then slaughter them, cut them into pieces), and then put a portion of them on every hill, and call them, they will come to you in haste. And know that Allah is All-Mighty, All-Wise".

Q 2 : 260

We (Allah) said: "O fire! Be you coolness and safety for Abraham!" Q 21 : 69  
In summary, Abraham is a human being, a servant of Allah, a prophet of Allah, a messenger of Allah, a friend of Allah, a model, a sane in faith, a chosen one and a light from Allah.



## MOSES IN ALLAH'S SIGHT

### HIS CHILDHOOD

When we inspired your mother (Moses' Mother) with that which we inspired; saying: put him (the child) into the Tabut (a box or case) put it into the river (Nile), then the river shall cast it up on the bank and there, an enemy of mine and an enemy of his shall take him." And I endued you with love from Me in order that you may be brought up under my eye. When your sister went and said: Shall I show you one who will nurse him? So, we restored you to your mother, that she might cool her eyes and she should not grieve. Then you did kill a man, but we saved you from great distress and tried you with a heavy trial. Then you stayed a number of years with the people of Madyan (Midian). Then you came here according to the fixed term which I ordained (for you), O Moses? And I have chosen you for inspiration (message) for Myself. Go you and your brother with My Ayat (signs and revelations) and do not you both slacken and become weak in My Remembrances. Q 20 : 38 - 42

### HIS CALL

And mention in the Book (Qur'an) Moses. Verily, He was chosen and he was a messenger (and) a prophet. And we called him from the right side of the Mount and made him draw near to us for a talk with him. And we bestowed on him his brother Aaron (also a prophet), out of our mercy. Q 19 : 51 - 53

### HIS EARLY PRAYER

Moses said: "O my Lord! Open for me my chest (grant me self confidence) and ease my task for me; and make loose the knot (the defect) from my tongue (speech), that they may understand my speech; and appoint for me a helper from my family, Aaron, my brother; increase my strength with him and let him share my task, that we may glorify you much, and remember you much, verily, You are of us Ever a Well seer." Q 20 : 25 - 35

### MOSES WAS GIVEN A SCRIPTURE (TAW RAH)

And indeed we gave Moses, after we had destroyed the generations of old, the scripture (the Torah) as an enlightenment for mankind and a guidance and a mercy, that they might remember. Q 28 : 43

### A BELIEVING SERVANT

"And, indeed we gave our Grace to Moses and Aaron. And we saved them and their people from the great distress; helped them, so that they became the victors; and we gave them the clear scripture; and guided them to the right path; and we left for them (a goodly remembrance) among generations in later times; peace be upon Moses and Aaron! Verily, thus do we reward the good-doers. Verily, they were two of our believing servants." Q 37 : 114 - 122

In summary Moses is a human being, a believing servant, a chosen one, a messenger of Allah, a prophet of Allah and a light from Allah.

## JESUS IN ALLAH'S SIGHT

(i.e. Jesus Christ (Peace Be Upon Him) According to the Holy Qur'an).

### 1. HIS BIRTH : A MERCY FROM ALLAH

And mention in the Book (the Qur'an O Muhammad PBOH) the story of Mary, when she withdrew into seclusion from her family to a place facing east. She placed a screen (to screen herself) from them; then we sent to her Our Ruh (angel Gabriel), and he appeared before her in the form of a man in all respects. She said: "Verily! I seek refuge with the Most Beneficent (Allah) from you, if you do fear Allah". (The angel) said: I am only a Messenger from your Lord, (to announce) to you the gift of a righteous son". She said: "How can I have a son, when no man has touched me, nor am I unchaste?" He said: "So (it will be), your Lord said: That is easy for me (Allah): And (we wish) to appoint him as a sign to mankind and a mercy from us (Allah), and it is a matter (already) decreed, by Allah."

So she conceived him, and she withdrew with him to a far place (i.e. Bethlehem valley about 4 - 6 miles from Jerusalem). And the pains of childbirth drove her to the trunk of a palm-tree. She said: "Would that I had died before this, and had been forgotten and out of sight!" Then (a voice) cried unto her from below her, saying: Grieve not! Your Lord has provided a water stream under you; it will let fall fresh ripe - dates upon you." "So eat and drink and be glad, and if you see any human being, say verily! I have vowed to fast unto the Most Beneficent (Allah) so I shall not speak to any human being this day". Then she brought him (the baby) to her people, carrying him. They said: "O Mary! indeed you have brought a thing fariyya (an unheard mighty thing). "O Sister (i.e. the like) of Aaron (not the brother of Moses but he was another pious man at the time of Mary)! Your father was not a man who used to commit adultery, nor your mother was an unchaste woman." Then she pointed to him (Jesus). They said: How can we talk to one who is a child in the cradle?" He (Jesus) said: Verily! I am a slave of Allah, He has given me the scripture and made me a prophet." And He has made me blessed wherever I be, and has enjoined on me prayer, and zakat, as long as I live". And dutiful to my mother, and made me not arrogant. And salam (peace) be upon me the day I was born, and the day I die, and the day I shall be raised alive! such is Jesus, son of Mary, (it is) a statement of truth, about which they doubt (or dispute). Q 19 : 16 - 35

Verily, the similitude (the likeness) of Jesus in Allah's sight is the likeness of Adam. He created him from dust, He said to him "Be" and he was. Q 3 : 59.

### 2. THE WORTH OF JESUS IN THE SIGHT OF ALMIGHTY GOD

(a) A Righteous Prophet

"And Zakarya and John and Jesus and

Elias, all in the ranks of the righteous.” Q 6 : 85

(b) He is not a God

“Surely, in disbelief are they who say that, Allah is the Messiah, son of Mary. Say (O Muhammad): “Who then has the least power against Allah, if He were to destroy the Messiah, Son of Mary, his mother, and all those who are on the earth together? And to Allah belongs the dominion of the heavens and the earth, and all that is between them. He creates what He wills. And Allah is able to do all things.” Q 5 : 17

### 3. JESUS (PBOH) IS NOT A SON OF GOD

And the Jews say: Ezra is the Son of Allah, and the Christians say Messiah is the Son of Allah. That is a saying from their mouths. They imitate the saying of the disbelievers of old. Allah's curse be on them, how they are deluded away from the truth. Q 9 : 30

The Messiah (Jesus), Son of Mary, was no more than a Messenger; many were the Messengers that passed away before him. His mother (Mary) was a siddiqah (i.e. she believed in the words of Allah and His Books). They both used to eat food as any other human being). Look how we make the Ayats (proofs, evidences, verses etc.) clear to them, yet look how they are deluded away (from the truth). Q 5 : 75

#### A SERVANT OF GOD

He (Jesus) was no more than a servant: We granted our favour to him and made him an example to the children of Israel”. Q 43 : 59

### 4. MESSAGES OF JESUS (PBOH)

(a) Confirmation of Tawrah (Old Testaments)

(b) Announcement of more mercies of Almighty God.

She (Mary) said: “O my Lord! How shall I have a son when no man has touched me” He (Gabriel) said: So (it will be) for Allah creates what He wills. When He has decreed something, He (Allah) says to it only: “Be” - and it is. And He (Allah) will teach him (Jesus) the Book and Al-Hikmah (i.e. the sunna, the faultless speech of the prophets), wisdom and the Tawrah and the Gospel. And will make him (Jesus) a Messenger to the children of Israel saying:

“I have come to you with a sign from your Lord, that I design for you out of clay, as it were, the figure of a bird, and breathe into it, and it becomes a bird by Allah's leave; and I heal him who was born blind, and the leper, and I bring the dead to life by Allah's leave. And I inform you of what you eat, and what you store in your house. Surely, therein is a sign for you, if you believe. And I have come confirming that which was before me of the Torah, and to make lawful to you part of what was forbidden to you, and I have come to you with a proof from your Lord. So fear Allah and obey me. Truly, Allah is my Lord and your Lord, so worship Him (alone). This is the straight path”. Q 3 : 47 - 51

## 5. THE DEPARTURE OF JESUS

And they (Jews) said (in boast) "We killed Messiah Jesus, Son of Mary, the Messenger of Allah - but they (Jews) killed him not, nor crucified him, but the resemblance of Jesus was put over another man (and they killed that man), and those who differ therein are full of doubts. They have no (certain) knowledge, they follow nothing but conjecture. For surely; they killed him not (i.e. Jesus, Son of Mary) but Allah raised him (Jesus) up (with his body and soul). And Allah is Ever All-powerful, All-wise. Q 4 : 156-158

## 6. THE SECOND COMING OF JESUS

And he (Jesus, Son of Mary) shall be a known sign for (the coming of) the Hour (Day of Resurrection) i.e. (Jesus's decent on the earth). Therefore have no doubt concerning it (i.e. the Day of Resurrection). And follow me (Allah) (i.e. be obedient to Allah and do what He orders you to do, O mankind)! This is the straight path (of Islamic monotheism, leading to Allah and to His paradise). And let not satan hinder you from the right religion i.e. Islamic Monotheism verily, he (satan) to you is a plain enemy. Q 43 : 61 - 62

## 7. THE EXPECTATION, ON THE DAY OF JUDGEMENT, OF THOSE WHO FALSIFY THE TEACHINGS OF JESUS

And (remember) when Allah will say (on the Day of Resurrection): O Jesus, Son of Mary! Did you say unto men: Worship me and my mother as two gods besides Allah?" He will say: Glory be to you! It was not for me to say what I had no right to say. Had I said such a thing, you would surely have known it. You know what is in my inner-self though, I do not know what is in yours, truly, You, only are the All-knower of all that is hidden and unseen. "Never did I say to them aught except what you (Allah) did command me to say: "Worship Allah, my Lord and your Lord, and I was a witness over them while I dwelt amongst them, but when you took me up, you were the watcher over them, and you are a witness to all things. (This is a great admonition and warning to the christians of the world). If you punish them, they are your slaves, and if you forgive them, verily you, only you are the All-mighty, the All-wise." Q 5 : 116 - 118.

## 8. QURANIC PIECES OF ADVICE TO THE PEOPLE OF THE BOOK (SCRIPTURES) (I.E. JEWS & CHRISTIANS)

O People of the scripture (Jews and Christians)! Do not exceed the limits in your religion, nor say Allah aught but the truth. The Messiah Jesus, Son of Mary, was (no more than) a Messenger of Allah and His word ("Be!" - and he was) which He bestowed on Mary and a spirit (Ruh) created by Him; so believe in Allah and His Messengers say not: Three (trinity)! lease! (it is) better for you. For Allah is (the only one Allah (God), Glory be to Him (far exalted is He) above having a son. To Him belongs all that is in the heavens and all that is on the earth. And Allah is All-sufficient as a Disposer of affairs." Q 4 : 171.

## 9. A CHALLENGE TO THE JEWS AND CHRISTIANS

“Verily, the likeness of Jesus in Allah’s sight is the likeness of Adam. He created him from dust, then He said to him: “Be!” and he was. This is the truth from your Lord, so be not of those who doubt.

“Then whoever disputes with you concerning him (Jesus) after (all this) knowledge that has come to you i.e. Jesus being a slave of Allah, and having no share in Divinity say:

(O Muhammad PBOH). “Come, let us call our sons and your sons, our women and your women, ourselves and yourselves - then we pray and invoke (sincerely) the curse of Allah upon those who lie.”

Verily, this is the true narrative (about the story of Jesus), and La ilaha illa Allah (none has the right to be worshipped but Allah, the one and the Only True God, who has neither a wife nor a son). And indeed, Allah is the Mighty, the All-Wise. And if they turn away (and do not accept these true proofs and evidences) then surely, Allah is All-Aware of those who do Mischief.” Q 3 : 59 - 63.

10. In summary, Jesus (PBOH) is a human being, a servant of Allah, a righteous prophet of Allah, an example to the children of Israel, a healer and a bird-maker by Allah’s permission, a Christ (Messiah or anointed), a messenger of Allah, a word and a spirit created by Allah, a witness, a bearer of glad tidings a chosen (beloved) one, a light and a mercy from Allah.

## MUHAMMAD IN ALLAH'S SIGHT

### A MESSENGER AND A PROPHET

"Muhammad is no more than a Messenger; many were the Messengers that passed away before him. If he died or was slain, will you then turn back on your heels? If any did turn back on his heels, not the least harm will he do to Allah, but Allah (on the other hand) will swiftly reward those who serve HIM with gratitude". Q 3 : 144

Muhammad is not the father of any man among you, but he is the Messenger of Allah and the last (end) of the prophets. And Allah is ever All-Aware of everything. Q33 : 40

### HIS DUTY

"I (Muhammad) have been commanded only to worship the Lord of this city (Makka), Him who has sanctified it and His is everything. And I am commanded to be from among the Muslims (those who submit to Allah in Islam). And to recite the Qur'an, so whosoever receives guidance, receives it for the good of his ownself, and whosoever goes astray, say (to him): I am only one of the warners. And say (O Muhammad): All the praises and thanks be to Allah. He will show you His Ayat (signs, in yourselves and in the universe or punishments, etc), and you shall recognise them. And your Lord is not unaware of what you do."

Q 27 : 91 - 93

### EXALTED STANDARD OF CHARACTER

And verily, for you (O Muhammad PBOH) will be an endless reward. And verily, you (O Muhammad PBOH) are on an exalted standard of character. Q 68 : 3 - 4

### FORETOLD BY JESUS

And (remember) when Jesus, son of Mary, said: O Children of Israel! I am the Messenger of Allah unto you confirming the Torah (which came) before me, and giving glad tidings of a Messenger to come after me, whose name shall be Ahmad (One who praises Allah more than others. This is another name of Prophet Muhammad). But when he came to them with clear proofs, they said: "This is plain magic". Q 61 : 6

### A WITNESS, WARNER, LAMP SPREADING LIGHT

O Prophet (Muhammad PBOH) verily, We have sent you as a witness, and a bearer of glad tidings, and a warner, And as one who invites to Allah by His leave, and as a lamp spreading light. Q 33 : 45 - 46

### AN EXCELLENT EXAMPLE

You have indeed in the Messenger of Allah an excellent example for him who hopes in Allah and the final Day and who remembers Allah much. Q 33 : 21

### A MERCY FROM GOD

"And We have sent you (O Muhammad) not but as a mercy for the Alamin (mankind, jinns and all that exists)" Q 21 : 107

Indeed Allah conferred a great favour on the believers when He sent among them a Messenger (Muhammad) from among themselves, reciting unto them His verses (The Qur'an) and purifying them (from sin), and instructing them (in) the Book (the Qur'an) and Al-Hikmah (the Wisdom) while before that they had been in manifest error. Q 3 : 164

Verily, there has come unto you a Messenger (Muhammad PBOH) from amongst yourselves (i.e. whom you know well). It grieves him that you should receive any injury or difficulty. He is anxious over you, for the believers, he is full of pity, kind and merciful. Q 9 : 128

### **GRACE OF ALLAH UNTO MUHAMMAD**

Had not the Grace of Allah and His Mercy been upon you (O Muhammad PBOH), a party of them would certainly have made a decision to mislead you, but (in fact) they mislead none except selves, no harm can they do to you in the least. Allah has sent down to you the Book (The Quran), and Al-Hikmah (Islamic law, knowledge of legal and illegal things) and taught you that which you knew not. And Ever Great is the Grace of Allah unto you (O Muhammad). Q 4 : 113.

In summary, Muhammad (PBOH) is a human being a servant of Allah, a holy prophet of Allah (The Seal of prophets), a messenger of Allah, a Witness, a bearer of glad tidings, a warner, one who invites others to Allah's Grace by Allah's leave, a lamp spreading light, one who praises Allah more than others, an excellent example to all mankind, a chosen (beloved) one, and a mercy from God (Allah).

Allah discourages a believer from making any distinction between one and another of His messengers because they are all men of honour; however, Allah, the All-knowing, has sent them with different kinds of mission and given them different degrees of rank.

"The Messenger believes in what has been revealed to him from his Lord, as do the men of faith, each one (of them) believes in Allah, His angels, His books, and His Messengers. (They say): "We make no distinction between one and another of his Messengers". And they say: We hear, and We obey: (We seek) Your forgiveness, our Lord and to you is the return (of all)". Q 2 : 285

"Glory to thy Lord, The Lord of Honour and Power! (He is free) from what they attribute unto Him. And peace be on all the Messengers! And all the praise and thanks be to Allah, Lord of the Alamin (mankind, jinns and all that exists). Q 37 : 180 - 182

He (Allah) has established for you (believers) same religion (Islam) which He ordained for Noah and that which we have inspired in you (O Muhammad). And that which we ordained for Abraham, Moses, and Jesus (Isa); saying: you should establish religion (i.e. to do what it orders you to do practically), and make no divisions in it (religion). To those who worship other things than Allah (Almighty God), Hard is the way to which you (O Muhammad), called them. Allah chooses for Himself who He wills and guides unto Himself those who turn to Him". Q 42 : 13

## PREVENTIVE MEDICINE ACCORDING TO THE HOLY QURAN

The Holy Qur'an forbids oppression, injustice, gambling, criminal abortion, rape, suicide, consumption of swine flesh, consumption of alcohol, sexual infidelity to mention but a few. It, however, encourages the use of honey and breast-milk. The importance of these Qur'anic injunctions in the maintenance of good health cannot be over-looked.

### A. JUSTICE

"Verily! Allah commands that you should render back the trusts to those, to whom they are due; and that when you judge between men, you judge with justice. Verily, how excellent is the teaching which He (Allah) gives you? Truly, Allah is Ever All-Hearer, All-Seeing." Q 4 : 58

O you who believe! stand out firmly for justice, as witnesses to Allah, even though it be against yourselves, or your parents, or your kin, be he rich or poor, Allah is a Better protector to both (than you) so follow not the lusts (of your hearts), lest you may avoid justice, and if you distort your witness or refuse to give it, verily, Allah is Ever Well-Acquainted with what you do." Q 4 : 135

"O you who believe! stand out firmly for Allah and be just witnesses and let not the enmity and hatred of others make you avoid justice. Be just: that is nearer to piety, and fear Allah. Verily, Allah is Well-Acquainted with what you do. Allah has promised those who believe (in the oneness of Allah) and do deeds of righteousness, that for them there is forgiveness and a great reward (i.e. paradise)." Q 4 : 135

"Verily, Allah enjoins Al-Adl (justice and worshipping none but Allah alone) and Al-Ihsan (i.e. to be patient in performing your duties to Allah in accordance with the sunna (legal ways). He (Allah) admonishes you, that you may take heed." Q 16 : 90

If the commandments which enjoin justice are disobeyed in a particular society, oppression would persist in such a society. Oppression, however, has many medical effects.

### 1. PSYCHIATRIC (MENTAL) EFFECTS OF OPPRESSION.

The oppressed people are usually stressed. Stress is any stimulus or change in the external or internal environment which disturbs homeostasis which under certain conditions can result in illness. Stress may have a mild effect on emotions leading, sometimes, to minor mental problems like anxiety neurosis, and it may also have a severe effect on emotions leading, sometimes, to a major mental problem like schizophrenia, a psychosis. People who suffer major mental problems (psychosis) do not have insight to their sickness. If the constitutional and genetic environments are favourably disposed to having psychiatric problems, stress would find it very easy to play a significant role in the genesis of psychiatric diseases.



The component of emotion which can be affected by stress includes affective (feeling) aspect, cognitive (knowing) aspect, behaviour and bodily concomitants.

The bodily concomitants include facial expression, posture, mobility changes in neurohormonal functions and autonomic activities. In the light of the above consequences of oppression, it is advisable that the individuals and government should strive to be just, so that everybody can be hale and hearty.

## 2. FOOD-RELATED EFFECTS OF OPPRESSION

Consequent upon the refusal or nonavailability of necessary food substances, the oppressed people may have protein calorie malnutrition, vitamins and mineral deficiency, and peptic ulcer disease.

3. The oppressed people are also susceptible to cardiovascular problems like hypertension, heart failure, heart attack (Ischaemic heart diseases), just to mention a few. The environment of the oppressed people is usually not conducive to maintaining good health. Therefore, diseases related to over crowding and poor sanitation are not uncommon among the oppressed. Examples of such diseases are pulmonary tuberculosis, malaria, cholera, and typhoid fever just to mention a few.

## B. CONSUMPTION OF GOOD AND LAWFUL FOODS

“O mankind! eat of that which is lawful and good on the earth, and follow not the footsteps of satan. Verily, he is to you an open enemy. Q 2 : 168.

O you who believe (in the Oneness of Allah)! Eat of the lawful things that we have provided you with, and be grateful to Allah, if it is indeed He whom you worship. He has forbidden you only the maytata (dead animals), and blood, and the flesh of swine, and that which is slaughtered as a sacrifice for other than Allah (or has been slaughtered for idols, etc. on which Allah's name has not been mentioned while slaughtering). But if one is forced by necessity without wilful disobedience nor transgressing due limits, then there is no sin on him. Truly, Allah is oft-forgiving, Most Merciful. Q 2 : 172 - 173.

(a) Diseases associated with consumption of swine-flesh.

(1) Trichinosis

This is a skeletal muscle disease which may result when inadequately cooked pork is ingested.

(2) Cysticercosis (bladder worm).

This is secondary to infection by the larval stage of *Taenia solium* which is acquired by ingestion of undercooked swine flesh.

(b) Diseases associated with smoking.

Although smoking is not specifically mentioned to be forbidden, it is, however, not qualified to be called a good and lawful food. It has the following medical effects.

- (1) **Respiratory system.**  
Cigarette smoking is an important factor in the induction of lung-cancer. It may also cause abnormal and permanent expansion of distal lung tissues as in emphysema (distal airspace disease).
- (2) **Gastro intestinal system.**  
Cancer of the lip, tongue and buccal mucosa occur principally in tobacco users. Smoking and alcohol play synergistic roles in the induction of cancer of the esophagus. Cigarette smoking delays the healing of ulcers (peptic ulcer). Pancreatic and bladder malignancies are also related to cigarette smoking.
- (3) **Cardiovascular system.**  
Smoking is a major independent risk factor for myocardia infarction (heart attack). It also plays synergistic roles in hypertension (high blood pressure), hypercholesteronemia (high blood cholesterol).
- (4) **Smoking and women.**  
It can cause early menopause and foetal tobacco syndrome in pregnancy. The incidence of abropto placenta (premature placental separation), placental praevie (wrongly located placenta), premature rupture of membranes and uterine bleeding are all on the increase among cigarette smokers.

### C. ALCOHOL CONSUMPTION AND GAMBLING

They ask you (O Muhammad PBOH) concerning alcoholic drink and gambling. Say: "In them is a great sin and (some) benefit for men, but the sin of them is greater than their benefit." And they ask you what they ought to spend. Say: "That which is beyond your needs." Thus Allah makes clear to you His laws in order that you may give thought - (The order of this verse concerning alcoholic drinks and gambling has been cancelled (abrogated) by Chapter 5 verse 90-91). Q 2 : 219.

O you who believe! intoxication (all kinds of alcoholic drinks), gambling, Al-Ansab and Al-Azlam (arrows for seeking luck or decision) are an abomination of Satan's handwork. So avoid (strictly all) that (abomination) in order that you may be successful. Satan wants only to excite enmity and hatred between you with intoxication (alcoholic drinks) and gambling, and hinder you from the remembrance of Allah and from prayer. So, will you not then abstain? Q 5 : 90 - 91

If we disobey God's commandments which enjoins us to abstain from the consumption of intoxicants and gambling, we should be prepared to experience some of the medical problems that are related to such vices.

### Medical Disadvantages of Alcohol

#### 1. Intoxication

This is the term that is used to describe the loss of self-control as a result of taking

alcoholic drinks.

2. Dependence

This refers to the perpetual reliance on alcoholic drinks not minding its economic implication.

3. Nutritional problems i.e. vitamin deficiency especially Vit. B which may result in neuropathy and psychosis.

4. Alcohol can damage some organs in the human body.

- a. Hepatitis - irritation of liver cells
- b. Cirrhosis - structural damage to the liver cells.
- c. Myopathy - muscle weakness
- d. Gastrointestinal disorders.
- i. Reflux oesophagitis (irritation of oesophagus)
- ii. Tearing of oesophago-gastric junction.
- e. Blood - megaloblastic anaemia (big red blood cells)  
- Reduction in immunity to infection.
- f. Heart - cardiomyopathy (heart muscle disease)
- g. Pancreas - Calcify pancreatitis (Solidification of the irritated pancreatic tissues)
- h. Brain and spinal cord
  - i. Dementia
  - ii. Wernickes encephalopathy
  - iii. Korsakoff's psychosis
  - iv. Central pontine myelinolysis

(i) Foetal alcoholic syndrome effect of alcohol on foetus

j. Withdrawal syndrome

Difficulties encountered by an alcoholic when he is withdrawn from alcohol. Alcohol has the following possible medical advantages.

- 1. Alcohol could be used as an antiseptic i.e. propyl and isopropyl alcohols.
- 2. Butyl and pentyl alcohol are used as solvents for industrial processes.

## GAMBLING

A gambler oppresses himself. Both his soul and body suffer self-inflicted oppression. It is, therefore, not unexpected of a gambler to experience some of the medical effects of oppression. A gambler and his family may suffer food-related medical problems, mental problems, and cardiovascular problems just to mention a few.

Intoxication and gambling are preventable diseases. Obeying God's commandments is the best way of preventing them. If this is done because of God, there is a fantastic reward for such a person who abandons gambling, alcohol and injustice.

#### **D. SEXUAL INFIDELITY**

"And come not near to the unlawful sexual intercourse. Verily, it is a Fahishah (i.e. anything that transgresses its limits (a great sin), and an evil way (that leads one to Hell unless Allah forgives him). Q 17 : 32.

"The woman and the man guilty of illegal sexual intercourse, flog each of them with a hundred stripes. Let not pity withhold you in their case, in a punishment prescribed by Allah if you believe in Allah and the Last Day. And let a party of the believers witness their punishment. (This punishment is for unmarried person guilty of the above crime but if married persons commit it, the punishment is to stone them to death, according to Allah's Law). The adulterer marries not but an adulteress or a Mushrikah and the adulteress marries none except an adulterer or a Mushrik (polytheist, pagan or idolator etc). Such a thing is forbidden to the believers (of Islamic Monotheism)." Q 24 : 2-3

The adulterers and the fornicators are more susceptible to sexually transmitted diseases (STDs). The examples of S.T.Ds are gonorrhoea, syphilis, trichomona vaginitis, candidia infection Chancroid, Lymphogranulerna Venereum, Gardnerella Venginalis Vaginitis, Granyloma inguunale, condylomata Acuminate, candidiasis, Herpes simplex types Z, Hepatitis B, H. I. Virus etc.

When sexual infidelity is complicated by unwanted pregnancies, criminal abortions are usually attempted. The complications of criminal abortion include haemorrhage (bleeding), incomplete evacuation of the product of conception, incompetence (weakness of uterine opening, uterine perforation, uterine synaechae (adhesion) but some parents, sometimes, attempt the killing or dumping of the unwanted babies in the rivers, or pit-latrines etc. Both the infanticide and criminal abortions are forbidden by Almighty God.

"And kill not your children for fear of poverty. We (Allah) provide for them and for you. Surely, the killing of your children is a great sin." Q 17 : 31.

#### **E. BREAST FEEDING**

"The mothers shall give suck to their children for two whole years, (that is) for those (parents) who desire to complete the term of suckling, but the father of the child shall bear the cost of the mother's food and clothing on a reasonable basis. No person shall have a burden laid on him greater than he can bear. No mother shall be treated unfairly on account of her child, nor father on account of his child. And on the (father's) heir is incumbent the like of that (which was incumbent on the father). If they both decide on weaning, by mutual consent, and after due consultation, there is no sin on them. And if you decide on a foster suckling -

mother for your children, there is no sin on you, provided you pay (the mother) what you agreed (to give her) on a reasonable basis. And fear Allah and know that Allah is All-Seer of what you do.” Q 2 : 233

### The advantages of human milk and colostrum

- It is easily digested and absorbed by the baby because it has more - Lactalbumin and less casein when compared with cow's milk.
- Breast milk contains antibodies which protect the child against infections.
- Breast-feeding helps mothers' womb return to normal position after birth.
- Breast-feeding does not require elaborate preparation.
- Breast-feeding fosters a good mother-baby relationship.

### CONTENTS OF BREAST MILK

*(Units are weight per deciliter)*

	Human Colostrum	Human Milk	Cows' Milk
Water, g	-	88	88
Lactose g	5.3	6.8	5.0
Protein, g	2.7	1.2	3.3
Casein Lactalbratio	-	1.2	3.1
Fat, g	2.9	3.8	3.7
Linoleic Acid	-	8.3 of Fat	1.6 of Fat
Sodium, mg	92	15	58
Potassium, mg	55	55	138
Chloride, mg	117	43	103
Iron, mg	+0.09	+0.15	+0.10
Vit A, mg	89	53	34
Vit D, mg	-	+0.03	0.06
Thiamine, mg	15	16	42
Riboflavin	30	43	157
Nicotinic Acid	75	172	8
Ascorbic Acid	+4.4	+4.3	+1.6

+ = Poor Source  
 + = Just Adequate

### Review of Medical Physiology by (Ganong)

#### F. CONSUMPTION OF HONEY

Modern medicine has confirmed the significant role of honey in protecting human beings from modern diseases. Honey can also cure any hidden disease especially with the permission of Almighty God.

Honey is very rich in carbohydrate, vitamins, minerals, protein, fat and oil. Honey is used in the treatment of wounds, ulcers and gastroenteritis. The carbohydrate contents of honey

are less diabetogenic. The following verses from the Quran confirm the healing phenomenon of honey.

“And your Lord inspired the bee, saying: “Take your habitations in the mountains and in the trees and in what they erect. “Then, eat of all fruits, and follow the ways of your Lord made easy (for you).” THERE COMES FORTH FROM THEIR BELLIES, A DRINK OF VARYING COLOUR WHEREIN IS HEALING FOR MEN. Verily, in this is indeed a sign for people who think.” Q 16 : 68-69.

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## CONCLUSION

We wish the believers the best of luck: to live and die as believers. The hypocrites and the unbeliever can repent; Almighty God is ever merciful and forgiving.

“Say to the unbeliever, if (now) they desist from unbelief, their past would be forgiven; but if they persist, the punishment of those before them is already a matter of warning for them.”

Q 8 : 38

“Tell my servants that I am indeed the oft-forgiving, Most Merciful.” Q15 : 49

Oh! children of Adam, let us worship only One God who creates, among other things, Prophet Adam, Ibrahim, Jesus Christ, Moses, Muhammad (PBOT), the writers and the readers.

This Almighty God is the Most Beneficent, the Merciful, the sovereign Lord, the Holy, the source of Peace, the Guardian of faith, the Protector, the Compeller, the Majestic, the Bestower, the Provider, the Opener, the All-knowing, the Constrictor, the Expander, the Abaser, the Exalter, the Honorer, the Dishonourer, the All-hearing, the All-seeing, the Judge, the Just, the Sublime, the Aware, the Forbearing One, the Great One, the Appreciative, the Most High, the Preserver, the Maintainer, the Reckoner, the Sublime One, the Generous One, the Watchful, the Responsive, the All-Embracing, the Wise, the Loving, the Most Glorious One, the Resurrector, the Witness, the Truth, the Trustee, the Most Strong, the Firm One, the Praise worthy, the Originator, the Restorer, the Giver of Life, the Creator of Death, the Alive, the Self-subsisting, the Finder, the Noble, the Unique, the One, the Eternal, the Able, the Powerful, the Expediter, the Delayer, the First, the Last, the Manifest, the Hidden, the Governor, the Source of All Goodness, Acceptor of Repentance, the Avenger, the Pardoner, the Compassionate, the Lord of Majesty and Bounty, the Equitable, the Gatherer, the Self-sufficient, the Enricher, the Preventer, the Distresser, the Propitious, the Light, the Guide, the Incomparable, the Everlasting, the Supreme Inheritor, the Patient, and the Guide to the Right Path.

It is astonishing that some of us accept the title, CIVIL SERVANT, yet we reject a more honourable title, - GOD'S SERVANT. “There is none in the heavens and the earth but must come unto the Most Beneficent (Allah) as a Servant.” Q 19 : 93.

## ABBREVIATIONS

Q	=	Qur'an
.....?	=	Then which of the favours of your Lord will you deny?
PBOT	=	Peace be on them
P.B.H	=	Peace be on him (Prophet Muhammad)
Holy Spirit	=	Title of Angel Gabriel.

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