

Points to Ponder

Excerpts from the 20th Juz of the Qur'an

Surah Ankaboot

Ayah 46: Recite (O Muhammad SAW) what has been revealed to you of the Book (the Quran), and perform As-Salat (Iqamat-as-Salat). Verily, As-Salat (the prayer) prevents from Al-Fahsha' (i.e. great sins of every kind, unlawful sexual intercourse, etc.) and Al-Munkar (i.e. disbelief, polytheism, and every kind of evil wicked deed, etc.) and the remembering (praising, etc.) of (you by) Allah (in front of the angels) is greater indeed [than your remembering (praising, etc.) Allah in prayers, etc.]. And Allah knows what you do.

After mentioning the previous civilisations and their misdemeanours as well as how Allah Ta'alaah dealt with them, there is a possibility that some sense of despair coupled with grief and sorrow could have overcome our Rasulallah Sallallahu alaihi wasallam since these traits would be adopted by this *Ummah* too. So to alleviate this sense of despondency Allah Ta'alaah gives the remedy. What is the remedy offered?

1. Recite The Holy Quran :

Recite (O Muhammad SAW) what has been revealed to you of the Book (the Quran)
Recitation of Quran whether understanding or not is an antidote against depression, anxiety and a sense of hopelessness. Of course if understood the effect would be far more greater, but even just mere recitation has its benefits. The imperative *أتل* (recite!) refers to reading , reciting not necessarily with comprehending:

أن التلاوة لا تكون إلا لكلمتين فصاعد

فالتلاوة بإقامة الألفاظ وضبط الحروف

Although we should remember that contemplating and acting upon what has been read is the perfection of *Tilaawah*. Abdullah bin Mas'ud R.A. narrates:

والذي نفسي بيده ! إن حق تلاوته أن يُحِلَّ حلاله ، ويحرم حرامه ، ويقرأه كما أنزله الله ، ولا يحرف
الكلمة عن مواضعه ، ولا يتأول منه شيئاً على غير تأويله

I swear by that being in Whose hands my life lies, the true right of *Tilaawah* (recitation of the Quran) is to regard as halaal those aspects which it renders Halaal , to regard as Haraam those factors which it has stated as Haraam, To recite it in the way it was revealed by Allah, Not to

edit a single word from its correct place and not to interpret any part of it in any way which is not befitting.[Ibn Katheer]

DO TRY THIS AT HOME!!

if you are feeling down, overcome with depression recite the Quran, it will definitely alleviate your woes and miseries.

2. the 2nd antidote for worries is Salaah.

“and perform As-Salat (Iqamat-as-Salat). Verily, As-Salat (the prayer) prevents from Al-Fahsha' (i.e. great sins of every kind, unlawful sexual intercourse,immorality etc.) and Al-Munkar (i.e. disbelief, polytheism, and every kind of evil wicked deed, etc.)”

Some people complained about a young person to Rasulullah Sallallahu alaihi wasallam that he had the habit of stealing and doing some other shameless acts, But he also was performing salah. Rasulullah Sallallahu alaihi wasallam saidsoon he will discard those vile acts. That's exactly what happened and Rasulullah Sallallahu alaihi wasallam said to the Sahabah “Did I not tell you?”

Surah Rum

Ayah 21: And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.

What are HUSBANDS and Wives for?

Allah Ta'alaah has regarded them as a partner to the other in which comfort, peace, tranquillity and support is found.

Our Mother Khadija R.A. offered those comforting words which boosted the morale and courage of Rasulullah Sallallahu alaihi wasallam when it was most needed.

When Rasulullah Sallallahu alaihi wasallam received revelation the first time , He was overcome with anxiety, fear etc.. Khadijah R.A. comforted him with these words :

"Never! By Allah, Allah will never disgrace you. You keep good relations with your Kith and kin, help the poor and

the destitute, serve your guests generously and assist the deserving calamity-afflicted ones."

He Sallallahu alaihi wasallam would say ***"When none believed me, Khadijah did. She made me a partner in her wealth."***

Abu Huraira (Allah be pleased with him) reported that Rasulullah Sallallahu alaihi wasallam said: When a woman spends the night away from the bed of her husband, the angels curse her until morning. This hadith has been narrated through the same chain of transmitters (with a slight variation):" He said: Until she comes back." [Muslim]

Surah Luqman

Ayah 6: And of the people is he who buys the amusement of speech to mislead [others] from the way of Allah without knowledge and who takes it in ridicule. Those will have a humiliating punishment.

Ibn Masood may Allaah be pleased with him said about this verse "I swear by the One other than Whom there is no God that it refers to singing [ghinaa].", and he repeated this three times. Ibn Abbaas may Allaah be pleased with him said it referred to 'singing and the like' while Jaabir may Allaah be pleased with him is reported to view its meaning to signify singing and listening to songs. Many taabi'oon such as Mujaahid, Ikrimah, Mak-hool and Umar ibn Shu'ayb viewed it as a censure of music and song.

Consider the next verse for a moment:

*Ayah 7: And when Our ayat (Verses or signs) are recited to him, **he turns away arrogantly**, as though he did not hear them, **as though in his ears were obstruction**. So give him (good) tiding (s) of a painful torment.*

How often does it not happen that a person is listening to music, there comes along a friend who probably has made a change for the better, maybe it's Ramadhan so he says "instead of listening to music lets listen to this Qira'ah, lecture , Nasheed" . He changes the dvd, immediately there is a sense of disapproval , listening to Quran makes us feel uneasy, we turn away, we make excuses, we suddenly have to leave, etc etc. **he turns away arrogantly**, as though he did not hear them

There's a concept today called "ipod oblivion". People are so engrossed with their ipods, etc that they have become heedless of the road, pedestrians are now being advised NOT to have these ipods on whilst they are commuting:

The BBC ran a report on this matter saying that it has turned out to be lethal.

Check this link:

{ HYPERLINK "www.bbc.co.uk/news/10463227"
}

Now read the Quranic verse explaining those people who are involved in the music craze and industry:

'iPod oblivion' blamed for 17 accidents a day as gadget makes users deaf to the outside world

Read more: { HYPERLINK
"http://www.dailymail.co.uk/sciencetech/article-1300816/iPod-oblivion-blamed-17-accidents-day.html" \ "ixzz22y4afzMr" }

“as though in his ears were obstruction.”

Surah Ahzaab

Miracle!!

Ayah 4: “In no way has Allah made to any man two hearts within the hollow of his body”

Allah has not put for any man two hearts inside his body. (Ahzab 33:4)

Here Allah distinctly mentions MAN. As well as Allah does not use CHEST (SADR) *thoracic cavity*, instead Allah Ta'ala uses JOWF, i.e. cavity, which includes the hollow area from the chest down to the lower abdomen till the pelvis.

Why didn't Allah mention women?

Think about it: a woman has the ability to get pregnant and therefore may have two, or even three or four or more hearts in her body!!

SubhanAllah the Qur'an is so precise even in this minute detail!