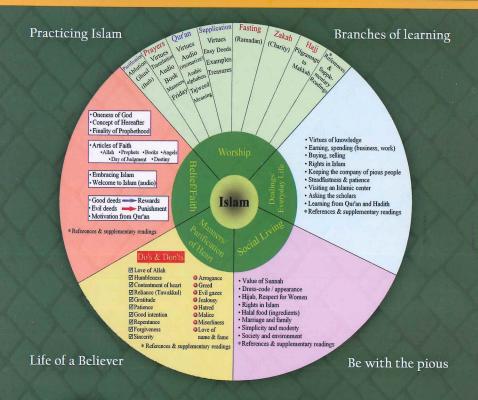
# FAITH, SPIRITUALITY AND PURPOSE OF LIFE IN ISLAM

Edited by: Terrin Day





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# Human need for religion

- Faith and spirituality have been proven to relieve stress and increase life expectancy.
- ➤ Soul of the universe remembrance of the Creator!
- ➤ Manual of human life (role-model for every walk of life) success in the world
- Correct relationship with the Creator and the creation
- Mercy for mankind success in everlasting life Hereafter



# Human need for religion

- How to thank our Creator and Sustainer?
- ➤ How to benefit from the **infinite treasures** of GOD (ALLAH) Almighty?
- How to bring peace and happiness in every walk of life?
- ➤ How to become an ideal human being and excel in doing good deeds?
- ➤ How to repent and ask forgiveness for our mistakes Is there a 2<sup>nd</sup> chance?
- How to overcome our bad habits and build a noble character for success?
- How to achieve high stations of everlasting joy in the life hereafter?



# Who is Allah, God, Lord?

- He is Allah, besides him there is no god, the All-Knower of the unseen and the seen. He is the Most Beneficent, the Most Merciful.
- He is Allah, besides him there is no god, the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allah! (High is He) above all that they associate as partners with Him.
- He is Allah, the Creator, the Inventor of all things, the Bestower of forms. To Him belong the Best Names. All that is in the heavens and the earth glorify Him. And He is the All-Mighty, the All-Wise.

[The Holy Quran, 59: 22-24]



# Is there GOD (ALLAH)?

{Mind, intellect, logic and science}

- Universe has a cause and is by-design.
- Universe has a perfect-order and fine-tuning
- Earth special shelter for life!
- ➤ Mathematical and scientific probability of even one hemoglobin molecule, or redblood cell to come into existence by "chance" or "trial and error"?
- Explore genetic coding and DNA
- "Who perfected everything which He created.." [Quran 32:7]
- "Our Lord is He Who gave to each (created) thing its form and nature, and further, gave (it) guidance. "[Quran 20:50]



# Is there GOD (ALLAH)? {Nature and philosophy}

#### Consensus of humanity

(Thousands of prophets, billions of their followers, throughout the history of mankind!)

- > The Moral Facts Existence of GOD (ALLAH)
  - Can science guide morality and feelings?
  - O Can science prove love, mercy, or charity?

"We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth". [Quran, 41:53]



# Science and Signs of One GOD (ALLAH)

- Universe, galaxies, stars and motion
- Past, present and future, human call at the time of crisis!
- Rain and life on earth
- Unique signs of every human (face, fingerprints, eye iris, DNA/ genetic coding, writing and signature)!
- Miracles inside human body
- Have not the unbelievers then beheld that the heavens and the earth were a mass all sewn up, and then We unstitched them, and of water fashioned every living thing? Will they not believe? And We have placed on the earth firm mountains, lest it should shake with them, and We placed therein broad highways for them to pass through, that they may be guided. And We have made the heaven a roof, safe and well guarded. Yet they turn away from its signs (i.e. sun, moon, winds, clouds, etc.). And He it is Who has created the night and the day, and the sun and the moon, each in an orbit floating.

[Holy Quran, 21: 30-33]

# The Loving and Merciful Allah

- The **Creator**, the **Evolver** and **Sustainer** of all that exists!
- The Most Gracious and the Most Kind,
- The Almighty and the Most Powerful,
- The Eternal and Everlasting,
- The All-Knowing, All-Seeing and Everlistening,
- > The Unique and incomparable
- > The **Highest** and the **Most Exalted**,
- > The Most Beneficent, and Most Forgiving,
- The Most Generous and the Most Gracious
- "Truly, Allah is full of Bounty to mankind, yet most of mankind give no thanks."

[The Holy Quran, 40:61]

"And to Allah belong the best names, so invoke Him by them".

[The Holy Quran, 7:180]



#### Islam 101

The central message of Islam is **One GOD (ALLAH)**, **One humanity**, **one code-of-conduct** for human life and morality.

"Islam" means "Peace", "Submission" or total "Surrender" of oneself to GOD (ALLAH).

All Prophets were like brothers, they were teaching the same belief — Oneness of GOD (ALLAH) - throughout the history of mankind!

The linguistic meaning of Islam "voluntary submission to GOD (ALLAH)"

Muslims refer to the Creator as **Allah**, which is the Arabic word for GOD. It means the worshipped One.

Islam is the second largest religion in the world.



#### What is Islam?

#### Incorrect approach

- Islamic news/media
- Islamic stereotypes
- Islamic geography
- Islamic history
- Islamic poetry
- Islamic politics
- Islamic holidays

#### Correct approach

- · Allah, The Creator
- Purpose of Human Life
   Morality for Humanity
- · Peace in worldly life
- Salvation inHereafter



# Prophets' mission in the Qur'an

- Message for Prophet Adam (peace be upon him) [20: 123-126]
- Message of Prophet Noah (peace be upon him) [71: 10-13]
- Message of Prophet Abraham (peace be upon him): [26: 78-89]
- ➤ Message of Prophet **Joseph** (peace be upon him): [12: 39-40]
- ➤ Message of Prophet **Moses** (peace be upon him): [26: 24-26]
- Message of Prophet Jesus (peace be upon him): [19:30-36]
- Message of Prophet Muhammad (peace be upon him): [7:158]



# Why are there problems in the world?

- "GOD (ALLAH) does not do the least bit of injustice to anyone but people wrong themselves." [10:44]
- "Verily, the (human) self is inclined to evil, except when my Lord bestows His Mercy" [12:53]
- "Indeed, Satan induces [dissension] among them. Indeed Satan is ever, to mankind, a clear enemy.[17:53]
- "Evil (sins and disobedience) has appeared on land and sea because of what the hands of men have earned (by oppression and evil deeds, etc.), that Allah may make them taste a part of that which they have done, in order that they may return (by begging forgiveness)." [30:41]
- "..And We test you with evil and with good as trial; and to Us you will be returned." [21:35]



## Problems in the world, and solution

- "Anything bad that happens to you is a consequence of your own deeds, and He (Allah) overlooks many (of your sins)." [Quran 42:30]
- "O mankind! Your rebellion will only harm yourselves. You may enjoy the worldly life but to Us you will all return and We will let you know all that you had done." [Quran 10:23]
- "If the people of the towns had but believed and feared Allah, We should indeed have opened out to them (All kinds of) blessings from heaven and earth; but they rejected (the truth), and We brought them to book for their misdeeds." [Quran 7:96]



## Who is Allah, God, Lord

- The Creator Of Adam without Father and Mother
- ➤ The **Creator** of **Jesus** from Virgin Mother Mary, without any Father
- The **Creator of** Moses, Muhammad (S.A.W.), you and me
- The Creator of Heavens, Earths and everything in it
- Muslim believes it is **NOT different but Same** One GOD (ALLAH), Allah, Lord...whatever you call him ...
- > Has No Partner
- > Has No wife and no children



#### One GOD - with Reference from Bible

- And he said, Thou canst not see my face: for there shall no man see me, and live. Exodus 33:20
- Hear, O Israel: The LORD our God is one LORD.
  Deuteronomy6:4
- ... before me there was no God formed, neither shall there be after me. ... I, am the LORD; and beside me there is no saviour. Isaiah 43:10-11
- .... I am the LORD; and there is none else. Isaiah45:18
- Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. Matthew 4:10
- ..... And he said unto him, Why callest thou me good? there is none good but one, that is, God. Matthew 19:17



# Islam - Religion of prophets in history

<u>Greetings</u>: All prophets had customs to greet believers with the words: "Peace be with you".

('Assalamualaikum' for Muslims)

<u>Taking Off Shoes</u>: God ordered Moses to take off shoes (*Exodus 3:5*); "Put off shoes from your feet..." (*Joshua 5:15*)

Muslims take off shoes when they enter Mosque.

<u>Purification Before Prayers</u>: "Moses...washed his feet..." (Exodus 40:31-32).

Muslim purify before each prayer, 5 times a day.

Fasting: Jesus fasted 40 days. (Matthew 4:2)

Muslims fast one month in a year during Ramadan.



# Islam - Religion of prophets in history

#### **Prayer Bowing Heads to the Ground:**

"Abraham fell his face..." (Genesis 17:3)

"Moses...bowed his head..." (Exodus 34:8)

"Jesus...fell on his face & prayed..."

(Matthew 26:39)

Muslims bow heads to the ground in prayer

#### Not Bowing to Statues or making Images of God:

"Thou shall not..any graven image...(Exodus)

Muslims don't bow to statues/images except God



# Islam - Religion of prophets in history

Abraham's Son Ishmael: The name Ishmael (God hears) was chosen by God Himself (Genesis 16:11) Muslims respect Ishmael like Isaac as son of Abraham.

Wine Drinking Prohibited: "...drink neither wine nor strong drink..." (Luke 1:15)

Muslims don't drink wine or alcohol ever.

<u>Pork Forbidden</u>: God ordered Moses: "And the swine is unclean to you..." (*Leviticus 11:7*).

Jesus never ate pork in his life. Muslims never eat pork.

<u>Interest Forbidden</u>: "Take thou no usury..." (*Leviticus*).

"He has put not out his money to usury."
(Psalms 15:5).

Interest is <u>forbidden</u> in Islam.



# **Prophets and Scriptures**

- Some of the prophets acknowledged in Islam –
- Adam, Noah, Abraham, Ishmael, Ishaq, Jacob, Joseph, Moses, Aaron, David, Solomon, Zakaria, John, Jesus and Muhammad (peace be upon them all)
- "Say: "We believe in God, and in what has been revealed to us and what was revealed to Abraham, Ishmael, Isaac, Jacob, and the Tribes, and in (the Books) given to Moses, Jesus, and the prophets, from their Lord: We make no distinction between one and another among them, and to God do we bow our will."

(Qur'an 3:84).

 Muslims believe in <u>all</u> Prophets of GOD (ALLAH), and that the source of <u>all</u> divine books is one GOD (ALLAH)



# Jesus - a great Prophet of Islam!

#### Jesus in the Quran!

- ➤ Virgin Birth of Jesus [3: 45-47]
- > Story of Mary [19: 16 40]
- Infant Jesus gives speech! [19:30]
- ➤ Miracles of Jesus [3:49, 5:110]
- > Jesus Belief in One GOD (ALLAH) [3:50, 4:171, 5:116]
- > Jesus was not killed [4:157]
- > Jesus in the Quran, general references :

[2:87, 2:136, 4:163, 5:114, 33:7, 42:13, 57:27, 61:14]

- MICHAEL H. HART in his book on Ratings of Men, ranked Mohammed first in the list, who contributed towards the benefit and uplift of mankind: "My choice of Muhammad to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular levels."
- (M.H. Hart, THE 100: A RANKING OF THE MOST INFLUENTIAL PERSONS IN HISTORY, New York, 1978, p. 33)



- Descendant of Ishmael, the first son of Abraham.
- Born in Mecca, Saudi Arabia, in the year 570 C.E.
- Received first revelation from Allah at the age 40 through the angel Gabriel.
- Died in the year 632 C.E, after preaching Islam for 23 years.
- Say (O Muhammad SAW): "O mankind! Verily, I am sent to you all as the Messenger of Allah" [The Holy Quran, 7:158]
- George Bernard Shaw is quoted as saying:
  - "He must be called the Saviour of Humanity. I believe that if a man like him were to assume the dictatorship of the modern world, he would succeed in solving its problems in a way that would bring it much needed peace and happiness."<sup>1</sup>

(The Genuine Islam, Vol. 1(8). Singapore: 1936)



And remember, Jesus, the son of Mary, said: "O Children of Israel! I am the apostle of God (sent) to you, confirming the Law (which came) before me, and giving Glad Tidings of an Messenger to come after me, whose name shall be Ahmad..."

Qur'an 61:6

- > The **Last** Prophet (570-632 A.D)
- > Torah and Bible talked about him.
- > Orphan at Birth
- Respected and Trusted by all
- When he told them to stop worshipping idols and believe in One GOD (ALLAH), they turned against him and tried to kill him.
- They stoned him, forced him and his followers to starve and finally made him leave his home
- > They waged wars against him and his followers
- Muslims respect him and love him as a prophet but never as a GOD (ALLAH), or part of God or son of God.

**LAMAR TINE**, the renowned historian, speaking on the essentials of human greatness wonders:

- "If greatness of purpose, smallness of means and astounding results are the three criteria of human genius, who could dare to compare any great man in modern history with Muhammad?
- "Philosopher, orator, apostle, legislator, warrior, conqueror of ideas, restorer of rational dogmas, of a cult without images,
- The founder of twenty terrestrial empires and of one spiritual empire, that is MUHAMMAD.
- As regards all the standards by which Human Greatness may be measured, we may well ask,
- ➤ IS THERE ANY MAN GREATER THAN HE?" (Alphonse de Lamar tine, HISTOIRE DE LA TURQUIE, Paris, 1854, Vol. II, pp 276-277)



# Learning Islam

■ The Quran – Source of Islamic Knowledge:

Arabic speech of GOD (ALLAH), revealed to Prophet Muhammad in words and in meaning, and preserved in written form.

Teachings of the Prophet:

Actions, sayings, and approvals of the Prophet Muhammad, may GOD (ALLAH)'s peace and blessings be upon him

- "Reward" is not just for prayer or fasting, but for every permissible act to please Allah (God Almighty):
- Working to provide shelter and food for our family;
- Remembrance of the Creator during ordinary tasks;
- Even a simple smile to someone!



# Is the Qur'an Word of GOD (ALLAH)?

- Quran printed in Europe, China, India, Middle East, US, Africa ... EXACTLY the SAME. Not a single word or letter in the Qur'an has been changed in the last 14 centuries!
- Hundreds of thousands of people, including small children, have memorized this book from cover to cover.
- Challenge for mankind to produce any chapter or verse similar to the Quran.
- Precise Scientific explanations, not known to mankind at the time of revelation!



## Quran, Science and Human Life

- ➤ The complete code of life and a living miracle across space and time.
- Teaches How to prepare for our next life;
- Guides How to manage personal, business and community life;
- Full of **Prophecies**, revealed 1400 years back, that have come true;
- Scientific explanations that now Scientists are telling us are true, for example:
- > Human Embryonic Development
- Creation of Universe
- Formation of clouds
- Movement of sun and moon in orbits
- Rivers & Oceans and Waves in oceans
- Formation of mountains, etc.
- > SCIENCE IS TELLING TODAY, WHAT ALLAH TOLD 1400 YEARS BACK!



# Mind, Reason and Hereafter? (Five Senses, Logic and Revelation)

## The realm of logic, reason, intellect and mind

The seen-system of the universe, worldly life, cause and effect, science and engineering, math, geography, biology, technology and inventions ...

## Out of scope, but real questions?

- What happens at death and in the grave?
- Is there Paradise and Hellfire?
- Is there a Day of Judgment?



#### Ultimate Justice in Life Hereafter

The Worldly Life is an exam.

4 witnesses recording every action and word;

- We will be **raised again** with Body and Soul.
- This world will end and everlasting life in the New World will start.
- Correct faith and good deeds lead to Paradise.
- Incorrect faith or bad deeds lead to Hellfire.



# Quran, Healing and Spirituality

- Quran has Verses with special healing effects
- Repentance and seeking forgiveness could clean up past mistakes and guilt and erase sins from the book of deeds
- Real Life is Hereafter and the worldly life is its preparation.
- Patience brings great rewards
- Devotion in prayers establishes a strong connection with the Creator of the entire universe!



# Dispelling myths about Islam

- ➤ Jihad Literally means struggle. No such term as "holy war" in Islam
- ➤ Women Are not oppressed in Islam. They have equal rights of property ownership, education, choice of marriage ... since 1400 years!
- Muslim does not mean Arab. Most Muslims are not Arabs!
- Islam is not anti-Western
- Islam does not teach terrorism



#### The Muslim Woman

Islam gives a **very high** and **honorable** status to women and gave them rights and duties according to her personality. Islam gave women **dignity** which no other ideology or faith has ever done.

#### Muslim women

- Dress modestly
- Hijab/ veil from strange men
- Respected by all
- Honored by all
- Equal rights

(not treated as an object and never looked at with lust)

- From a small flower-like daughter, a pious sister, a loving wife, a merciful mother, to a distinguished grand-mother (a fountain of love, mercy and purity) a great contribution to human society.
- > First convert to Islam was a woman!



# Real Problems in the world, not because of Religion!

- Violence
- Disbelief
- Homelessness
- Poverty
- Suicide
- Drug abuse

- Immorality
- Shamelessness
- Greed and lust
- Addictions
- High rate of divorce
- Breakup of families



#### An Ideal Believer

- > No depression
- No drugs
- No violence
- No suicide
- No arrogance, jealousy, greed, showing-off
- No hatred, malice, lies, cursing or slandering



#### A believer is never a loser!

- Imagine a believer who always remembers and seeks help from his Creator, praises Allah by his tongue, in his heart, expresses gratitude for His bounties, is patient in hardships. He supplicates in all earnestness and always has good intentions. He follows the ways of the beloved Prophet (Peace be upon him, ) in his outward appearance and in his manners, conduct and etiquette. He is getting rewards at every step.
- The human heart has hidden treasures of matchless jewels. If found and applied, ordinary people on the street can become means of guidance to their communities, fountains of light, flag-bearers of justice and mercy, making the world a cradle of learning and illuminating the universe with divine knowledge.



#### Human Rights in Islam

- Universal brotherhood and sisterhood, no racism
- "O mankind! We have created you from a male and a female, and made you into races and tribes, that you may identify one another. Surely, the noblest of you, in Allah's sight is the one who is most pious of you. Surely, Allah is All-Knowing, All-Aware." [49:13]
- Respect for human life: "..if anyone saved a life, it would be as if he saved the life of all mankind.." [Quran 5:32]
- ➤ Serve Humanity: Islam's mission is to serve humanity. Islam teaches us to help the needy without any discrimination of color, creed, race, nationality or religion. "The entire humanity is Allah's family, and Allah loves him most from among His family, who benefits the family most". [saying of Prophet Muhammad (S.A.W.), peace be upon him]



#### Human Rights in Islam

"And We have not sent you, [O Muhammad], except as a mercy to the worlds."

[Quran 21-107]

"Do not oppress the orphans, and do not reject the beggars" [Quran 93: 9-10]

# Teachings of Prophet Muhammad , peace be upon him]

- "Allah will not show Mercy to him who does not show mercy to others."
- "He is not a perfect Muslim who eats his fill while his neighbor goes hungry."
- Taking care of widows and orphans, (reward equivalent to) continuous night worship, or continuous fasting.
- "Blessings are with your elders"
- "Paradise lies under the feet of the mother."
- visiting the sick 70,000 angels would pray for the believer
- "Even a smile or kind word is charity"
- "There is reward in kindness to every living thing - animal or human"

### What does Islam give to humanity?

- ➤ Justice for all
- Peace and happiness
- > Tolerance
- Protection of minorities
- > End of racism
- Life of obedience, responsibility and accountability
- Forgiveness (true repentance wipes out bad deeds)



#### What does Islam offer to humanity?

- Way out of depression and sadness
- Equal opportunity to prepare for the life Hereafter
- Eternal doors of happiness
- Connects mankind to the Creator who has all power, knowledge, treasures and mercy

"If the people of those towns had believed and had the piety (fear of God), certainly, We should have opened for them blessings from the heaven and the earth." [Qur'an 7:96]



#### Paradise - Believer's destination

- Everlasting life
- Great kingdom
- All beautiful
- Great quantity
- Outstanding quality
- Forever enjoyment
- Always Happy, Always Healthy, Always Young!



#### Faith which leads to Paradise

- ➤ I believe in Allah (God Almighty), His Angels, His Books, His Prophets, the Day of Judgment, and in the fact that destiny, good or bad, is from Allah, and in the resurrection after death.
- There is no one worthy of worship except Allah, and Muhammad (peace be upon him) is the Messenger of Allah.



#### Forgiveness and Mercy of GOD (ALLAH)

- "Your Lord is full of mercy all-embracing.."
  [Quran 6:147]
- "O My slave! Verily, as long as you worship Me and have hope in Me, I shall forgive you for what you have done; O My slave! If you meet Me with an earthful of sins, but do not associate any partner with Me, I would grant you a forgiveness as great as the whole world." [sacred Hadith, Ahmad]



#### For More Information

- Review the Holy Qur'an
- Visit your local mosque
- Contact a Muslim neighbor
- > Attend an Islam101 presentation



#### One GOD (ALLAH), One Humanity, One Religion!

- Islam universal religion for all mankind
- Islam peace, submission to the will and commands of GOD (ALLAH)
- Islam natural progression and perfection of all divine revelations
- "...This day, I have perfected your religion for you, completed My Favor upon you, and have chosen for you Islam as your religion..." [Holy Quran 5:3]

#### 5 Pillars of Islam

- Faith
- Praver
- Fasting
- Charity / Zakat
- Hajj

Our goal is to educate people to produce better believers, law abiding responsible citizens with high morals and characters, living peacefully in the society as community members having strong faith, performing good deeds, and have a sense of accountability to Almighty Allah.

## Prayer for humanity

O God! You are the Most Gracious and the Most Kind,

**O God**! You are the **Almighty** and the **Most Powerful**,

O God! You are Eternal and Everlasting,

O God! the All-Knowing, All-Seeing and Everlistening,

O God! You are the Highest and the Most Exalted,

**O God**! You are the **Light** of the heavens of the earth,

O God! You are the Most Beneficent, and Most Forgiving,

O God! You have the most beautiful names.

**O God**! we are **needy**, we are **weak**, we are **poor**, we are **sinners** and we have shortcomings.

O God! Give us **peace** and Guide us all to the **straight path!** 



#### Islam 101

#### One GOD (ALLAH), One Humanity, One Religion!

Is there One GOD (ALLAH)?

What is the purpose of Human Life on earth?

Is the QURAN Word of GOD (ALLAH)?

Do Muslim believe in JESUS (AS) and MOSES (AS)?

Is Muhammad (ALLAH's peace be upon him) the Last Messenger?

Have questions about HUMAN RIGHTS and serving humanity?

How can we attain PEACE and eternal happiness?

The human heart has hidden treasures of extraordinary jewels. If found and applied, ordinary people on the street can become means of guidance to their communities, fountains of light for those lost in the dark, and upholders of justice and mercy, making the world a cradle of learning and illuminating the very nature of the universe with Divine knowledge.

