

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

Submitters Perspective

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Hope

When I made my submission to God alone, I began to really notice all the things that are provided on God's beautiful earth that can give a person hope. For me, one thing that brings me hope is knowing that the sun will rise each day. This brings us a new opportunity to repent, implore and grow closer to God. God gives us so many opportunities to right any wrongs we have made, and for me, it feels like a personal connection to God, seeing the sun rise every day, knowing I have such an opportunity to be closer to God than the day before.

[6:96] At the crack of dawn, He causes the morning to emerge. He made the night still, and He rendered the sun and the moon to serve as calculation devices. Such is the design of the Almighty, the Omniscient.

[14:33] He has committed the sun and the moon in your service, continuously. He has committed the night and the day to serve you.

[16:12] And He commits, in your service, the night and the day, as well as the sun and the moon. Also, the stars are committed by His command. These

are (sufficient) proofs for people who understand.

I used to think that hope was somewhat of a bad word. We are taught to say "God willing" rather than "hopefully." However, God inspired me with the thought that if we pair God and hope together, then there is nothing wrong with using the word hope. I came to this conclusion after reading what Abraham says: *[26:82] "The One who hopefully will forgive my sins on the Day of Judgment."* A light bulb went off in my head and I began to see the word hope in an entirely new light.

Hope is defined as: a feeling of expectation and desire for a certain thing to happen.

As submitters what is it we desire? Forgiveness, happiness in this life and in the Hereafter. And God promises us that.

[10:64] For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law. Such is the greatest triumph.

Happiness Now, and Forever
[22:15] If anyone thinks that GOD cannot support him in this life and in the Hereafter, let him turn completely to (his Creator in) heaven, and sever (his dependence on anyone else). He will then see that this plan eliminates anything that bothers him.

[32:17] You have no idea how much joy and happiness are waiting for you as a reward for your (righteous) works.

Perfect Happiness: Now and Forever
[41:30] Those who proclaim: "Our Lord is GOD," then lead a righteous life, the angels descend upon them: "You shall have no fear, nor shall you grieve. Rejoice in the good news that Paradise has been reserved for you.

When I read these verses, it gives me hope because these are God's promises to us. God has provided us with His word in the Quran. His word is full of His promises and we know that God never breaks His promise. And this gives us great hope.

I want to reflect on the hope derived from God's promise of forgiveness.

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Before I finally made my submission to God alone I had a very difficult time believing that God would forgive my poor decisions and my disbelief. Even today, Satan can whisper that I'm not worthy of God's mercy, and make me despair. But I remember a verse that had an enormous impact on me and continues to serve as a reminder of God's immense mercy.

[8:38] Tell those who disbelieved: if they stop, all their past will be forgiven. But if they return, they will incur the same fate as their previous counterparts.

I am so thankful that God pointed out this verse to me. It always gives me hope. No matter how bad you were, if you just stop and turn to God, all your past will be forgiven. Not just some of the things, but ALL your past.

There are many verses in Quran about forgiveness. And for good reason. God continuously reminds us of how forgiving He is. How merciful. He repeats it to drive home the point, to plant the seed in your brain. God reminds us of His forgiveness over and over because Satan will not stop trying to sneak in and tell us otherwise.

[2:268] The devil promises you poverty and commands you to commit evil, while GOD promises you forgiveness from Him and grace. GOD is Bounteous, Omniscient.

[3:133] You should eagerly race towards forgiveness from your Lord and a Paradise whose width encompasses the heavens and the earth; it awaits the righteous.

[3:135] If they fall in sin or wrong their souls, they remember GOD and ask forgiveness for their sins—and who forgives the sins except GOD—and they do not persist in sins, knowingly.

[4:96] The higher ranks come from Him, as well as forgiveness and mercy. GOD is Forgiver, Most Merciful.

[5:9] GOD promises those who believe and lead a righteous life forgiveness and a great recompense.

[11:90] "You shall implore your Lord for forgiveness, then repent to Him. My Lord is Most Merciful, Kind."

[23:118] Say, "My Lord, shower us with forgiveness and mercy. Of all the merciful ones, You are the Most Merciful."

[67:12] As for those who reverence their Lord, when alone in their privacy, they have attained forgiveness and a great recompense.

[74:56] They cannot take heed against GOD's will. He is the source of righteousness; He is the source of forgiveness.

[110:1] When triumph comes from GOD, and victory.

[110:2] You will see the people embracing GOD's religion in throngs.

[110:3] You shall glorify and praise your Lord, and implore Him for forgiveness. He is the Redeemer.

Have hope in each new day and in God's immense mercy and forgiveness.

Ayyub

* * * * *

No Fear, No Grief: Insights from the Quran and Modern Psychology

I want to provide a comprehensive view of how both the Quran and modern psychology can guide us in managing fear and grief effectively. The Quran offers guidance on overcoming fear and grief, and we can see how psychological principles align with Quranic teachings. And we can look at some practical examples for managing fear and grief in daily life.

[2:112] Indeed, those who submit themselves absolutely to God alone, while leading a righteous life, will receive their recompense at their Lord and they have nothing to fear, nor will they grieve.

This verse emphasizes the concept of submission to God and doing good deeds, promising that such individuals will not experience fear or grief. It points to inner peace and tranquility as a result of faith and righteous actions.

Modern psychology teaches that those who engage in altruistic behavior (doing good for others) often experience greater emotional well-being. Acts of kindness and living in alignment with values create meaning and purpose, which diminishes fear and grief. Self-Transcendence is a psychological term, meaning moving beyond selfish concerns, which leads to a deep sense of fulfillment—aligning with the Quran's teaching of submission and goodness.

[2:262] Those who spend their money in the cause of GOD, then do not follow their charity with insult or harm, will receive their recompense from their Lord; they have nothing to fear, nor will they grieve.

This verse highlights the importance of giving charity sincerely for the sake of God, without seeking praise or causing harm to others. It reassures that sincere charity brings peace and protection from fear and grief. Psychological studies show that people who give to others without expecting anything in return feel happier and less anxious. Acts of generosity lead to the release of oxytocin, a hormone that increases feelings of trust and reduces stress. Giving sincerely in the way of God, without expecting praise, brings emotional peace. Generosity without expectations leads to a sense of fulfillment and lowers anxiety and depression.

[2:274] Those who give to charity night and day, secretly and publicly, receive

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their recompense at their Lord; they will have nothing to fear, nor will they grieve.

This verse extends the idea of charitable giving—whether done privately or publicly—as a consistent practice. It promises that those who give selflessly will be rewarded and protected from fear and grief. Consistent acts of compassion and generosity, whether seen by others or not, foster a deep sense of satisfaction and inner peace. This aligns with the psychological understanding that helping others reduces emotional suffering. Doing good for the sake of goodness (rather than recognition) nurtures a sense of intrinsic motivation, which in turn supports emotional stability and lowers feelings of fear or grief.

[2:277] Those who believe and lead a righteous life, and observe the Contact Prayers (Salat), and give the obligatory charity (Zakat), they receive their recompense from their Lord; they will have nothing to fear, nor will they grieve.

This verse connects belief in God with righteous actions, prayer, and giving charity. The Quran reassures believers that such individuals will find both spiritual and emotional peace, free from fear and grief.

Research shows that people who engage in spiritual practices, such as prayer, along with acts of charity, tend to experience lower levels of anxiety and depression. Spirituality provides a sense of purpose, while prayer and charity enhance emotional resilience. Modern psychology highlights that a life rooted in purpose, including acts of charity and consistent ethical behavior, leads to psychological well-being, reducing fear and grief.

Consistent acts of kindness improve mental health, fostering resilience against fear and grief. Both the Quran and modern psychology emphasize that fear and grief can be managed through a combination of faith, righteous actions, and

charity. Practical applications include engaging in consistent acts of kindness, prayer, and maintaining a strong sense of purpose, which align with both Quranic guidance and psychological principles. This encapsulates the core teachings of the Quran and modern psychology, showing their alignment in fostering emotional resilience and well-being.

The teachings in these verses of the Quran also promote universally recognized virtues such as submission to a higher purpose, doing good deeds, and giving charity. Modern psychology supports that these actions—altruism, purpose-driven living, and generosity—lead to emotional resilience, peace, and freedom from fear and grief. Thus, even without formal religious knowledge or contact with modern civilization, a person acting according to these principles is following a path that is morally sound, emotionally fulfilling, and in alignment with both Quranic guidance and psychological well-being.

Quranic Guidance on Overcoming Fear and Grief

[2:38] We said, “Go down therefrom, all of you. When guidance comes to you from Me, those who follow My guidance will have no fear, nor will they grieve.”

This verse promises that those who follow divine guidance will be protected from overwhelming fear and grief. Cognitive Behavioral Therapy (CBT) is about replacing irrational fears with rational, positive thoughts. This aligns with this idea of following a “guidance” (mental framework) to avoid fear. Faith can calm the heart and mind, providing emotional ease during challenges. *[8:10] GOD gave you this good news to strengthen your hearts. Victory comes only from GOD. GOD is Almighty, Most Wise.*

Modern psychology recognizes the power of mindfulness and spirituality in reducing stress and emotional pain. Mindfulness practices often help in reducing grief by centering oneself in the present

moment, similar to the Quran’s call to trust and surrender. Practicing gratitude and trust in a higher purpose can relieve stress, similar to mindful breathing techniques.

[3:139] You shall not waver, nor shall you grieve, for you are the ultimate victors, if you are believers.

This verse encourages resilience and positive action even in the face of difficulties. The focus on building strengths and optimism reflects the Quran’s encouragement not to give in to grief but to remain strong. Practicing positive affirmations and maintaining a growth mindset can help overcome grief and despair.

[2:153] O you who believe, seek help through steadfastness and the Contact Prayers (Salat). GOD is with those who steadfastly persevere.

Steadfastness and prayers are the primary tools to handle fear and grief. Acceptance and Commitment Therapy (ACT) encourages acceptance of difficult emotions, similar to the Quran’s call for patience. Instead of avoiding or suppressing emotions, ACT promotes committing to values and goals despite discomfort. A person struggling with grief can benefit from practicing acceptance and using prayer as a source of emotional strength.

[9:40] If you fail to support him (the messenger), GOD has already supported him. Thus, when the disbelievers chased him, and he was one of two in the cave, he said to his friend, “Do not worry; GOD is with us.” GOD then sent down contentment and security upon him, and supported him with invisible soldiers. He made the word of the disbelievers lowly. GOD’s word reigns supreme. GOD is Almighty, Most Wise.

This verse emphasizes divine support, reducing fear and grief by fostering a sense of community and compassion. In Social Support Theory, modern psychology stresses the importance of having a

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support network to combat loneliness, depression, and anxiety. Being part of a religious or social group can help buffer the emotional impact of fear or grief through shared support.

The Balance of Hope and Fear

[15:49] Inform My servants that I am the Forgiver, Most Merciful. [15:50] And that My retribution is the most painful retribution.

This verse highlights the balance between hope in God's mercy and fear of His punishment. It's important to balance our emotions. Just as hope prevents despair, fear (in a healthy amount) prevents recklessness. Psychology highlights the balance between optimism and caution for emotional well-being. Balancing hope for future success while preparing for potential challenges keeps a person emotionally stable.

Quranic Advice

- Trust in God's plan.
- Seek patience through prayer.
- Stay connected with others.

Psychological Tools

- Mindfulness, gratitude, and spiritual practices.
- Therapy models like CBT, ACT, and positive psychology.

Everyday Examples

- Use breathing exercises when anxious (aligns with Quran's call for calmness).
- Find a support group during tough times (reflects community in religion).

Both the Quran and modern psychology offer profound insights into managing fear and grief. Integrating spiritual and psychological practices leads to a holistic approach to overcoming fear and grief, allowing us to live with greater peace and purpose.

Mahmood

* * * * *

Water as an Allegory

Water is one of the most essential elements for our survival. We can do without food, but we cannot survive without water.

So, why does GOD continually use water in the Quran, telling us that *"He sent down water from the sky to clean you therewith" [8:11]*. Is it just for the physical properties that water possesses for us, or is there a deeper allegorical meaning behind it?

The Arabic word for water is Ma'a = ماء

The gematrical value (GV) of Al-Quran + Al-Ma'a = 383 + 73 = 19x24.

This tells me that just as water is essential to our bodies, the Quran is equally (if not more) essential to our souls. The Quran is the water to our souls. They are both "sent down" [3:3, 8:11], and they both occupy parallel functions for the human being, one for the body, and one for the soul!

This further highlights the importance of God's words for the salvation of our souls; it is like the water we so desperately need for our bodies. We would never forget to drink water throughout the day, similarly, when we begin to feel unhappy, uneasy, or confused, we can run back for cool drink from the Quran to revive our thirsty souls and for healing (10:57).

May GOD always keep us hydrated both in body and soul!

Abeer

Conference Reminder

God willing, the annual conference of United Submitters International will be held in Dallas TX, on August 1-3. It is an opportunity to remember God, increase our knowledge and meet our brethren in faith (3:191-194, 18:28, 58:11, 49:10).

For discounted advance registration, please register and book your rooms by July 14. Details of the conference are at: www.masjiduntucson.org/conference/

If you have questions, please email us at: info@masjiduntucson.org