



Causes of
suicide

16-January-2020

Thought-provoking speech of weekly
sunnah-inspiring ijtimia

(For Islamic Sisters)

Muballighah must read the Bayan at least 3 times before delivering speech.

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Causes of suicide

وَعَلَى إِلِكِ وَأَصْحِبِكِ يَا حَبِيبَ اللَّهِ
وَعَلَى إِلِكِ وَأَصْحِبِكِ يَا نُورَ اللَّهِ
الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا رَسُولَ اللَّهِ
الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا نَبِيَّ اللَّهِ

Please note that this speech was originally written for Islamic brothers, we have done necessary changes for Islamic sisters. It may be possible that some words could have been remained unchanged! If so, Muballighah should change the wordings accordingly at the time of delivering this speech. (Majlis-e-Tarajim)

Excellence of Duood

The Holy Prophet ﷺ has stated:

مَنْ صَلَّى عَلَيَّ يَوْمَ الْجُمُعَةِ كَانَتْ شَفَاعَةً لَهُ عِنْدِي يَوْمَ الْقِيَامَةِ

The Holy Prophet ﷺ said: Whoever recites Salat upon me on the day of Friday, I will intercede for him on the day of Judgement. (*Jami'-ul-Jawami, 7/199, Hadees 22352*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters! Before listening to the speech let's, first of all, make good intentions to please Allah Almighty and earn reward. The Beloved Rasool ﷺ has said, 'نِيَّةُ الْمُؤْمِنِ خَيْرٌ مِّنْ عَمَلِهِ' *The intention of a Muslim is better than his deed.* (*Al-Mu'jam-ul-Kabeer, vol. 6, pp. 185, Hadees 5942*)

Important point

The more righteous intentions one makes the greater reward she will attain.

Note: The intentions mentioned below can be modified as per situation

Intentions of listening to the Bayan

1. Lowering my eyes, I will listen to the Bayan attentively.
2. Instead of resting against a wall etc., I will sit in reverential posture like that in Tashahhud as long as possible with the intention of paying respect to religious discourse.
3. I will make room for other Islamic sisters by folding my hands and limbs and by moving slightly.
4. If someone pushes me, I will remain patient and calm and avoid staring, snapping, and arguing with them.
5. When I hear **رُتُّبُوا إِلَى اللَّهِ، اذْكُرُوا اللَّهَ، صَلُّوا عَلَى الْحَبِيبِ**, etc., I will reply in low voice with the intention of gaining reward and encouraging others to also recite.
6. After Ijtima', I will take the lead to say Salam and shake hands and make individual effort.
7. During the speech, I will avoid the unnecessary use of mobile phone.
8. Neither will I record the speech, nor any kind of voice as it is not permitted.
9. Whatever I listen I will act upon it and later on convey it to others. In this way, I will be privileged to propagate the call towards righteousness.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Dear Islamic sisters, the topic of our speech today is 'Causes of suicide'. There are 4 primary causes of suicide:

1. Distance from the religion

2. Financial worries
3. Despair
4. Domestic disputes

Today we will hear about these 4 topics. What are the cures for these causes? We will also hear about this. Listen to the complete speech with good intentions, **إِنْ شَاءَ اللَّهُ** you will gain plenty of knowledge.

A matchless warrior

Sayyiduna Abu Hurayrah **رَضِيَ اللَّهُ عَنْهُ** relates, 'We accompanied the Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** (in a Ghazwah). Regarding a person who had professed to be a Muslim, the Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** informed us, 'He is from the Hell dwellers.' (Sayyiduna Abu Huraira **رَضِيَ اللَّهُ عَنْهُ** says:) When the battle commenced, the same person fought fiercely and got injured. Someone said, 'Ya Rasoolallah! **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** The person that you had declared to be a dweller of hellfire fought fiercely today and died.' The Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** replied, 'He has entered Hell!' Some people were on the verge of doubting this when someone informed, 'He did not die, rather, he was seriously injured. When night appeared, he did not observe patience on the pain of his wound and committed suicide.' The Beloved Rasool **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** was informed of this and he **صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ** said, **أَللَّهُ أَكْبَرُ**, I bear witness that I am Allah's (distinguished) bondsman and His Rasool.' He **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** then ordered Sayyiduna Bilal **رَضِيَ اللَّهُ عَنْهُ** to make an announcement so Sayyiduna Bilal **رَضِيَ اللَّهُ عَنْهُ** announced before the people: 'Only a Muslim will enter Paradise and, undoubtedly, Allah **عَزَّ وَجَلَّ** may support this religion (even) through a transgressor (Faajir).'

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters, 3 points become apparent from the aforementioned event:

1. Our Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** knew knowledge of the unseen through the bestowal of Allah Almighty, hence he **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** said

about that individual that he is a dweller of Hell. Imam Nawawi رَحْمَةُ اللهِ عَلَيْهِ states: He was called a hell dweller because suicide is a sin and that person will enter Paradise after suffering the punishment for his sin in the Hellfire. One opinion is that this individual who committed suicide was a hypocrite. (*Sharh-e-Nawavi, vol. 1, pp. 123,*)

2. Regardless of how pious someone outwardly looks, his days may be spent fasting and his nights in worship, no matter how greatly he worships and strives, he propagates and serves the noble religion, however if he has enmity in the heart towards the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ, then there is no value for those deeds and worship.
3. Ending has a complete effect on deeds, hence it is mentioned in a Hadees Shareef: إِنَّمَا الْأَعْمَالُ بِالنَّوَاتِيهِ meaning, **deeds are dependent upon ending.** (*Musnad Ahmad, vol. 8, pp. 434, Hadees 22898*)

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Definition of suicide and its ruling

Dear Islamic sisters! Suicide is defined as ‘killing oneself.’ It is a grave sin, Haraam and an act that leads to Hell. This body is a blessing of Allah Almighty, sound and healthy limbs are a blessing of Allah Almighty, a beating heart is a blessing of Allah Almighty and each breath is a blessing of Allah Almighty. It is very important to preserve these blessings, whereas wasting life by committing suicide is a major sin.

Allah Almighty has said in part 5, Surah Nisa verse 29:

وَلَا تَقْتُلُوا أَنْفُسَكُمْ ۗ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا ﴿٢٩﴾

Translation: and do not kill yourselves (by committing murder, or suicide etc.).

Indeed Allah is Most Merciful upon you.

Sayyid Mufti Muhammad Na’eemuddin Muradabadi رَحْمَةُ اللهِ عَلَيْهِ has stated under this verse: This Ayah proves that suicide is Haraam.

Increasing inclination towards suicide

Dear Islamic sisters, suicide is a sign of cowardice and lack of courage. Alas! Nowadays the rate of suicidal acts is steadily increasing. According to statistics from a survey carried out by a reliable international organisation, every year almost 1 million people commit suicide. From all global deaths, the rate of suicide deaths is 1.8%. According to one survey, this rate is rapidly rising. (Taken from various websites)

Dear Islamic sisters! Ponder! In this world filled with humans, every 40 seconds someone takes their own life.

Why is suicide committed? What are its main causes and how can they be cured? Let's hear about the main causes of suicide and their cures.

First cause - distance from religion

Dear Islamic sisters! **اَلْحَمْدُ لِلّٰهِ** we are all Muslims. Our religion Islam is the best of all religions. It provides guidance in every matter of the world and the hereafter. One main and important reason behind the rising percentage of suicide amongst Muslims is distance from the religion, Shari'ah and Islam. Some incidents portray a highly emotional scene. Let's listen to a few such accounts of suicide:

Summary of a report from a newspaper: A mother adorned her son as a bridegroom and made the marriage procession depart. Although the people tried their best to make her accompany them but she did not go. Later she handed over all the household jewellery and money etc. to someone and jumped into a river. Her corpse was recovered two days later.

A report from another newspaper: A father killed his daughter, two sons and his wife, and then committed suicide to end his own life as well.

A report from a newspaper: A father slapped his 14 years old son in a state of anger. In reaction, the boy locked himself in the bathroom and burnt himself alive.

صَلَّى اللّٰهُ عَلَى مُحَمَّدٍ

صَلُّوْا عَلَى الْحَبِيْبِ

Condemnation of suicide

Dear Islamic sisters! No matter how much sorrow is expressed over these accounts, it is no doubt less. These are just a few incidents from our society; newspapers are filled with thousands of similar reports. Those who committed suicide perhaps thought that their difficulties would cease after this act whereas instead of being free from difficulties, they have actually become severely trapped in the displeasure of Allah Almighty. They fall prey to the evils of the Nafs [ego] and choose to escape the blessing of life provided by Allah Almighty and terminate their lives with their own hands. Death can become a means of painful punishment for them. By means of suicide, those who are seemingly turning their face away from the difficulty of the world could be entrapped in the difficulty of the hereafter.

Remember! That death which occurs with the soundness of faith and beliefs is very good. Such a death is a path leading towards paradise. Such a death is a massive blessing from the blessings of Allah Almighty. Whereas falling prey to the whispers of shaytan and selling the hereafter in exchange for the world is immense foolishness. The punishment for suicide cannot be endured at all. Let's listen to 3 blessed sayings of the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ concerning punishments of the hereafter which are a consequence of suicide:

1. Whatever a person commits suicide with; he will be tormented with the same thing in the Hellfire.' (*Sahih Bukhari, vol. 4, pp. 289, Hadees 6652*)
2. Whoever committed suicide using an iron weapon, he will be punished in the fire of hell with the same weapon. (*Bukhari, Kitab-ul-Janaaz, vol. 1, pp. 459, Hadees 1363*)
3. Whoever strangled his own neck, he will continue to strangle his own neck in the hellfire. And whoever speared himself, he will continue to spear himself in the hellfire. (*Bukhari, vol. 1, pp. 460, Hadees 1365*)

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

The world is a prison

Dear Islamic sisters, no doubt committing suicide is like trapping yourself in difficulties. The worldly difficulties are bearable whereas the difficulties to be

faced in the hereafter are unbearable. Allah forbid! If someone is troubled by thoughts of committing suicide, then she should scare herself by means of the aforementioned warnings, take heed and make the attack of shaytan unsuccessful. No matter what worries there are, she should be an embodiment of patience and contentment against the circumstances.

Remember! In this journey of life, a person does not always remain in the same state. One day brings glad tidings for her whilst another day brings news of grief. Sometimes rain of happiness showers upon her and at other times the storms of calamities and difficulties blow. Sometimes a person herself gets caught up in this storm and at times her home is destroyed. In short, a person constantly confronts calamities and worries.

This is why Islam has instructed us to be patient upon calamities and grateful to Allah Almighty on the occasions of happiness. Allah Almighty places Muslims into trial to forgive their sins and to elevate their ranks. Whoever gains success in being patient upon calamities and trials, she comes under the shade of Allah Almighty's mercy.

Hence Allah Almighty has said in Para 2, Surah Al Baqarah verse number 155-157:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ
 وَبَشِّرِ الصَّابِرِينَ ۚ الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ
 ۝١٥٥ وَأُولَٰئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ ۖ وَأُولَٰئِكَ هُمُ الْمُهْتَدُونَ ۝١٥٦

And We will definitely test you with some fear and hunger, and with some deficiency of wealth, lives and fruits, and give glad tidings to those who are patient. (Patient ones are those) that, when they are afflicted with any calamity, they say, 'We belong to Allah and only to Him we are to return.' These are the people upon whom are the blessings of their Lord, and mercy; and it is they who are on the (Straight) Path.

[Kanz-ul-Iman (Translation of Quran)] (Part 2, Surah Al-Baqarah, Ayah 155, 156, 157)

Dear Islamic sisters, ponder! The Noble Quran is stating that Allah Almighty tests a person by inflicting her with calamities. Now, the one who displayed impatience over them, raised her voice, uttered words of ungratefulness from her tongue or took the path of suicide **مَعَآذَ اللَّهِ** after becoming displeased, she has failed miserably in this test and has become deserving of hundreds of thousands of more calamities than before. The calamity did not end by showing impatience; on the other hand the immense reward that would have been attained by showing patience has also been lost which in itself is a big calamity. This is why patience should be adopted.

The excellence of a believer as mentioned in a Blessed Hadees is that when happiness reaches him, he shows gratitude to Allah Almighty and when difficulty reaches him, he is patient. *(Muslim, pp. 1222, Hadees 7500)*

The meaning of patience and its blessings

Dear Islamic sisters. No doubt:

- Patience contains goodness in totality
- Patience is a quality which saves one from the worries of the world
- Patience refers to remaining happy upon the pleasure of Allah Almighty
- Patience refers to saving oneself from sins
- Patience is a means of gaining nearness to Allah Almighty
- Patience is a cause of gaining great and countless reward
- By being patient, one receives the help of Allah Almighty
- By being patient, the blessings of Allah Almighty are attained
- Patience betters the worldly life as well as the hereafter
- Allah Almighty has mentioned patience at more than 90 places in the Noble Quran and has frequently attributed high ranks and goodness to patience; He **عَزَّوَجَلَّ** has referred to them as the fruits of patience, and has prepared such blessings for the patient ones which are not for anyone else. *(Mukashafa-tul-Quloob, pp. 499)*
- From all the worships, it is only patience which Allah Almighty has not just linked to Himself but He has also given the glad tidings of being with

the patient people. Hence Allah Almighty has said in Part 10, Surah Anfaal verse 46:

وَأَصْبِرُوا ۖ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ﴿٤٦﴾

Translation: and be patient; indeed Allah is with those who are patient.

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Patience and our society

Dear Islamic sisters! Today we are becoming very distant from patience. Perhaps this is why a number of people are suffering from depression. It is due to leaving patience that a dangerous illness such as blood pressure is rapidly increasing in our society. Due to being distant from patience, some very angry and emotional people end up committing suicide owing to the depression caused by domestic quarrels, poverty, debts, illnesses, calamities, obstacles in marriage and failure in exams etc. One great way of saving oneself from suicide and many other sins is to adopt patience. Let's listen to two blessed sayings of the Beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ to increase the passion to be patient and to save ourselves from sins:

1. He صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: Allah Almighty says: When I take a beloved worldly thing from a believing bondsman and then he is patient, his reward is nothing but paradise. *(Bukhari, vol. 4, pp. 225, Hadees 6424)*
2. He صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: Whoever showed patience upon a calamity to the extent that he returned it (calamity) with good patience, Allah Almighty will write 300 ranks for him and between each rank is the distance of the heavens and the earth. *(Jami Sagheer, pp. 317, Hadees 5137)*

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters, to develop the habit of patience, it is important to give up the habit of being angry. Anger is that illness which deprives a person from patience and its reward. Therefore, if we are hurt by any comment or

something happens which is against our nature, then instead of becoming angry and thinking of revenge, we should act upon Madani In'aam number 23 whilst developing the mindset to make the attack of shaytan unsuccessful. Madani In'aam number 23 is: Today when angry at someone, did you (in the home or outside) remain quiet and cure the anger or did you react? Moreover, did you forgive or look for opportunities to take revenge?

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Second cause of suicide - financial worries

Dear Islamic sisters! The second main cause from the many causes of suicide is financial worries. Desiring to have plenty of wealth for comforts, lavish foods, extravagance on wedding occasions etc., decorations of the home, expensive clothes and having dreams of bright future and becoming a very rich person are also a cause of suicide.

There is no doubt in the fact that wealth is a basic need of humans. As long as there is enough wealth to meet needs, life passes happily. However, when the pocket is about to become empty and the rising sun arrives with a new expenditure, then the wheel of life's vehicle begins to stall. In these circumstances, sometimes refuge is sought under a thorny tree known as a loan. Meaning, the burden of a loan needs to be carried to fulfil needs. Then this tree spreads its roots and becomes so strong that some weak minded individuals become inclined towards suicide. Sometimes the expensive school and tuition fees, increasing household expenditure, electricity and gas bills, demands from the landlord and creditor push a person into such a closed room that the only way to salvation seems to be through suicide.

The cure for livelihood worry is contentment

If the mindset to live and eat in a simple way is developed in the real sense, then it will be possible to get by on a small income and perhaps no Muslim will commit the Haraam act of suicide which leads to hellfire. Remember, human desires are deeper than the ocean and wider than the heavens and the earth. Those Islamic sisters are truly blessed who whilst acting upon the

Islamic teachings, adopt 'contentment' and take control of their desires to live a peaceful life.

- Contentment is a beloved quality from the outstanding qualities of a person
- Contentment is a cause of satisfaction and comfort.
- Contentment is such a treasure that frees one from having to take help from others.
- Contentment is such a wealth that makes a person who does not have anything, carefree from depending on others.
- Contentment is the best weapon to save a person from the trap of greed.
- Contentment is such a quality that develops self-respect and confidence in a person.
- Contentment becomes a sign of great courage, elevated thinking, nobility, piety and patience in a person.
- To understand the importance of contentment, it is sufficient (to know) that Allah Almighty grants this pure blessing only to His pious and close bondsmen. The blessed lives of all the excellent Prophets عَلَيْهِمُ السَّلَام, Noble Companions رَضِيَ اللهُ عَنْهُمْ and eminent Saints رَحِمَهُمُ اللهُ are an example for us.

Millions of Salaam be upon the contentment of Mustafa ﷺ

The Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ spent all his life showing patience and contentment. The Noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would receive massive treasures in the form of war spoils. However, he صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would distribute all of it amongst the Muslims. Sayyiduna Abu Huraira رَضِيَ اللهُ عَنْهُ narrates: The family of the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ never ever ate to their fill for 3 (consecutive) days to the extent that the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ departed from this world, *(Bukhari, vol. 3, pp. 520, Hadees 5374)*

The Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would rest on a mat and he would place his blessed head on a leather pillow filled with date skin. *(Sharh Zurqaani, vol. 5,*

pp. 96, summarised) He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ never desired delicious food. He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would frequently consume thick barley bread as food. (*Seerat e Mustafa*, pp. 585-586, summarised)

Dear Islamic sisters! Our Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ spent a life of contentment despite being the owner of the treasures of both worlds. Therefore, we too should follow in the footsteps of our Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ, obey him and live a life of contentment. There are numerous worldly and hereafter benefits of contentment. Before listening to those benefits, let's first listen to the definition of contentment.

Definition of contentment: contentment refers to being satisfied with the distribution made by Allah Almighty or to consider whatever is received, as sufficient. (*Sparrow And Blind Snake*, pp. 8 summarised)

Benefits of contentment and harms of following desires

1. Contentment finishes the love of the world from the heart whereas the one who follows desires continues to become trapped in the love of the world and considers the world to be everything which is a poison for religion.
2. The one who is content will rely more on the Creator of means rather than the means. Like this, she becomes free from depending on others. Whereas the Islamic sister who is not content relies heavily on the means and considers them to be everything, like this she places her hope in people and has expectations from them.
3. Contentment saves a person from being a follower of desires and by virtue of this, life passes in peace and satisfaction whereas stress and depression is caused by following desires.
4. The biggest benefit of being content is that the pleasure of Allah Almighty and His Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ is attained. The Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: Glad tidings are for the one who gains the guidance of Islam and his sustenance is according to his need and he is content upon it. (*Tirmizi*, vol. 4 pp. 156, Hadees 2355)

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters, today we are becoming very distant from contentment. Perhaps this is why the complaint of having a lack of blessings in sustenance is widespread; likewise the increasing inclination towards bribery, deceit and robbery in society is also a means of being distant from contentment. The reports of suicidal incidents resulting from being distressed due to poverty and unemployment are adorning the newspapers daily. A major cause of this repugnant situation in society is abandoning contentment. Therefore, adopt contentment; this will result in peace and comfort as well as blessings.

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Third cause - Despair

Dear Islamic sisters, another main cause of suicide is 'despair'. There is no doubt that a person values her own life more than anything else. However, if circumstances become bad resulting in life becoming unbearable and no bright ray of hope can be seen, then the tolerance levels of an ordinary person start diminishing and she does not see any way out except to try and escape from life.

Remember! Despair also leads a person towards suicide. Regardless of the circumstances, one should not lose hope. If a half filled glass is placed on a table, a hopeful individual will perceive it as half full whereas a despairing individual will see that very same glass as half empty. The thought differs between hopeful and hopelessness. Whilst keeping an eye on the mercy of Allah Almighty, a person should always think positive and not allow negative thoughts to even come close to her. The greatness of a Muslim is that she will always be hopeful in the mercy of Allah Almighty. The Noble Quran has also ordered this in Part 13, Surah Yusuf verse 87:

وَلَا تَأْسُوا مِن رَّوْحِ اللَّهِ

Translation: and do not lose hope in the Mercy of Allah

Dear Islamic sisters, we learn that a person should not despair in the mercy of Allah Almighty. Even if the biggest problems afflict us including calamities,

worries, unjustified opposition, strong storms of oppression, domestic disputes, financial concerns and obstacles in marriage etc., we should never lose hope. Repent and seek forgiveness during these calamities and supplicate to Allah Almighty. He Almighty will create such means that enable showers of happiness to rain down. **إِنْ شَاءَ اللَّهُ**

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Family disputes: Another cause of suicide

Dear Islamic sisters, family disputes are also a major cause of suicide. Remember, family disputes are a very destructive disease. Therefore, it is in the best interests of a person to keep the harms of fighting and quarrelling in mind and continue to refrain from fighting and quarrelling. Even if a person fights with us for no reason, we should control our anger and stay far away from quarrelling despite being on the truth. Because the fortunate individual who does not quarrel despite being on the truth will **إِنْ شَاءَ اللَّهُ** succeed.

Hence the Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** said: The one who does not quarrel despite being on the truth, I guarantee a house for him on the outskirts of Paradise. (*Abu Dawood, vol. 4, pp. 332, Hadees 4800*) He **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** also said: A person cannot reach the perfection of faith until he leaves quarrelling despite being on the truth. (*Mawsu'ah Ibn Abi Dunya, vol. 7, pp. 101, Hadees 139*)

صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

Dear Islamic sisters, Satan, the cursed, has destroyed the peace of our homes by distracting us from the Sunnah of the Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**. Our manner of living has become distorted. The Islamic and moral values of our domestic life have been destroyed. Due to the evil of being distant from religious knowledge and a lack of Tarbiyyah in conformity with the Sunnah, most members of a family hate one another. Therefore, sometimes a husband, a daughter or a son, a mother or a father commit suicide due to domestic quarrels.

One way to resolve these family disputes is by watching or listening to the Madani Muzakaraha or Sunnah-inspiring speeches at home via Madani

Channel, delivering Dars daily and establishing the Madani environment of Dawat-e-Islami within the home. The house in which every family member offers Salah and is habitual in adopting the Sunnah, **لِنْ هَآءِ اللّٰهِ** no horrible news of suicide will be heard from such households. The curse of suicide is common among those who are heedless of Salah, fashion lovers, viewers of movies and dramas, fond of music, those who regard worldly knowledge as their goal of life and who live a life of impiety.

If every Muslim joins Dawat-e-Islami, with the grace of Allah **عَزَّوَجَلَّ** and His Beloved Prophet **صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**, the evil of suicide may be eradicated completely from the Muslim society. (*Khud Kushi ka 'ilaaj, pp. 59 to 62, summarised*)

Keep in mind that it is permissible to donate reward to the Muslims who have committed suicide.

The Sunnahs and manners of drinking water

Dear Islamic sisters, let us listen to a few Sunnahs and manners about drinking water, taken from the booklet of Ameer-e-Ahl-e-Sunnat **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ** entitled '163 Madani Pearls'.

First, listen to 2 sayings of the Beloved and Blessed Rasool **صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**:

1. Do not drink water in one breath like a camel. But rather, drink it in two or three breaths. Recite **﴿بِسْمِ اللّٰهِ﴾** when you begin to drink it and when you have finished, recite **﴿اَلْحَمْدُ لِلّٰهِ﴾**. (*Sunan-ut-Tirmizi, vol. 3, pp. 352, Hadees 1892*)
2. The Noblest Rasool **صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** forbade breathing or blowing into the pot. (*Sunan Abi Dawood, vol. 3, pp. 475, Hadees 3728*)

Commenting on aforementioned blessed Hadees, a renowned commentator, a great thinker of Ummah, Mufti Ahmad Yar Khan **رَحْمَةُ اللّٰهِ تَعَالٰى عَلَيْهِ** has stated: Breathing in container is an act done by animals, moreover, keep your mouth away from container when you breathe as the breath is sometimes poisonous (i.e. keep glass away from mouth when exhaling breath). Do not blow on hot tea or milk in order to cool it down, but wait for a while, when it gets a little cold, then drink it. (*Mirat-ul-Manajih, vol. 6, pp. 77*)

Nevertheless, there is no harm in blowing onto water after reciting Salat-‘Alan-Nabi etc. with the intention of seeking cure.

- Recite ﴿بِسْمِ اللَّهِ﴾ before drinking water.
- Drink in small sips by sucking the water, big sips cause liver disease.
- Drink water in three breaths.
- Drink water with the right hand and
- in sitting position.
- Drinking water left in container after ablution is a cure for 70 diseases, as it resembles Zamzam water. Except for these two (i.e. leftover water of Wudu and Zamzam water), drinking any kind of water while standing is Makruh. *(Derived from: Fatawa Razawiyyah, vol. 4, pp. 575; vol. 21, pp. 669)* Drink leftover water of Wudu and Zamzam water whilst standing and facing Qiblah.
- Having drunk water, say ﴿الْحَمْدُ لِلَّهِ﴾.
- Hujjat-ul-Islam Sayyiduna Imam Muhammad Bin Muhammad Ghazali رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ has stated: Recite ﴿بِسْمِ اللَّهِ﴾ before starting to drink [water], ﴿الْحَمْدُ لِلَّهِ﴾ at the end of first breath, ﴿الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ﴾ after the second breath and recite ﴿الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ﴾ after the third breath. *(Ihya-ul-‘Uloom, vol. 2, pp. 8)*
- After some moments of drinking water, if you see the empty glass, you will notice a few drops of water gathered in the bottom of glass, drink them as well.