



More about Islam's 'Spiritual Code'

Islam's 'Spiritual Code'

BELIEF AND WORSHIP



Believe in One God
Believe in the Messengers & their Books
Believe in the Judgement and Heaven and Hell
Believe in the Unseen, being wary of Shaytan
Guard your Prayer & obligatory devotions
Be humble and devoted in Prayer

SPIRITUALITY



Nurture your relationship with God:
- Love God (*hubb*)
- Feel gratitude (*shukr*)
- Regret your mistakes / race to forgiveness (*istighfar*)
- Have awareness / mindfulness of God (*taqwa*)
- Submit your self fully to your Creator (*Islam*)
- Follow the Prophet (PBUH) (sunnah)

SERVICE



Stand up for justice
Make positive change:
- Encourage the common good
- Address the wrongs in society
Encourage empathy & compassion (*marhama*)
Care for family, neighbours, friends travellers and the poor
Free the enslaved
Be kind to those you have authority over

COMMANDMENTS



Honour your parents
Be generous to those in need
Do not shed blood or take life
Do not exploit with usury, doubled and multiplied
Do not oppress people
Do not turn people out of their homes
Do not steal
Be faithful to your promises and contracts; do not cheat
Do not come close to adultery - be faithful
Do not kill your own children, for fear of want

CHARACTER



Be patient and perseverant
Be honest, just and fair at all times
Walk on the earth lightly and with humility
Spend but avoid waste
Be careful with your tongue
Control your anger
Forgive all people
Consult in your affairs
Avoid all shameful deeds, including secret ones
Have humility in knowledge and enjoin the truth



Where does Islam's 'Spiritual Code' come from?

What is Islam *really* about?

What kind of person does
God want us to be?

- There are many places in the Qur'an where God answers these crucial questions and describes:

"Islam in a nutshell"

- And says that those who follow these teachings are **very special**
- And they will have an **immense reward** in the Hereafter!

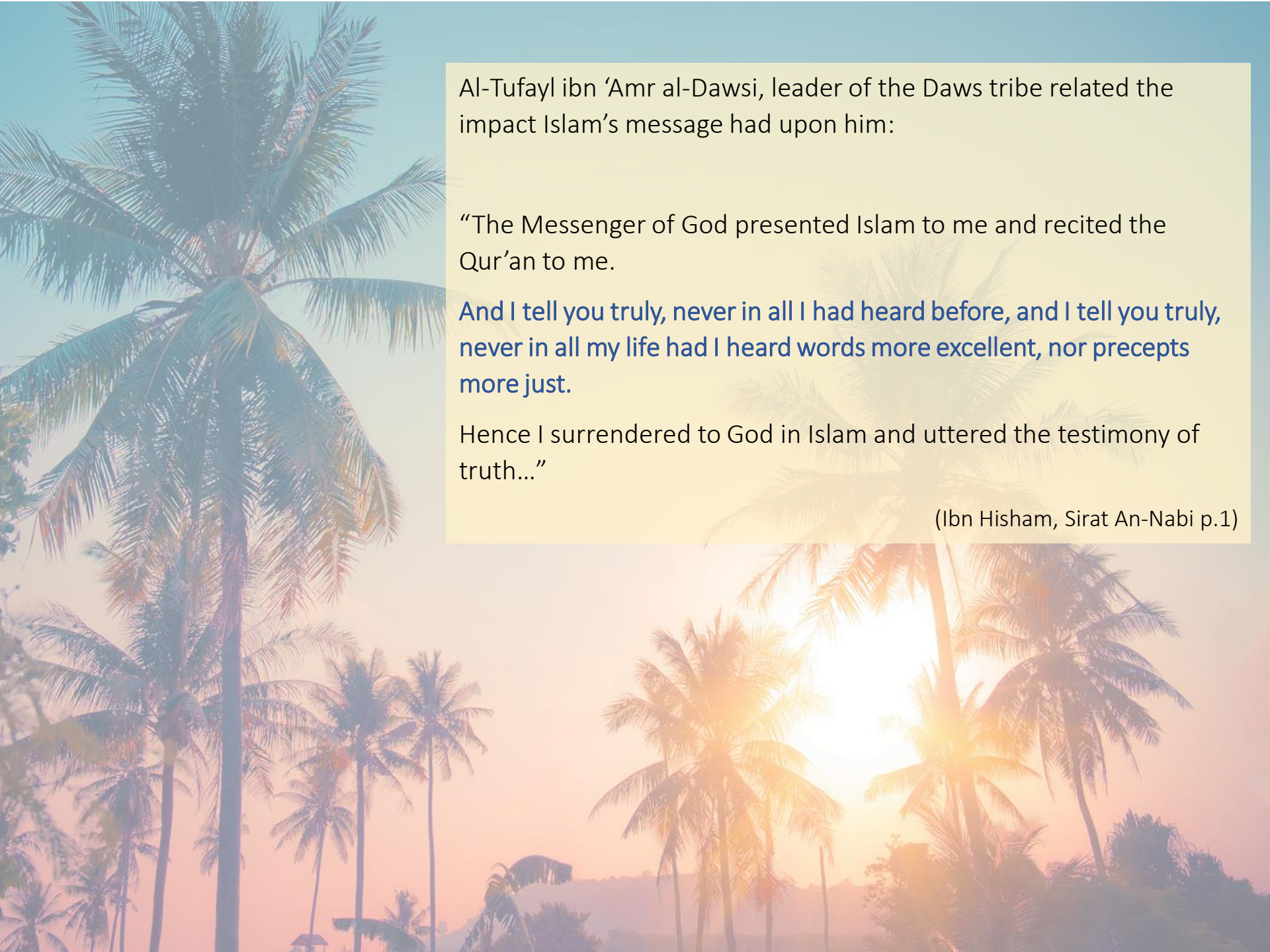


Our 'Spiritual Code'

- This 'Spiritual Code' was the basic Islam sent to **all prophets**
- It is hard-wired into our human nature (*fitrah*)
- That's why it has similarities with the teachings of other religions
- And everyone can relate to it
- And feel good and feel **truly human** when they follow it

Say (O Muhammad), "I am no bringer of new-fangled doctrine among God's messengers. I do not know what will be done with me or you; I only follow what is revealed to me..."

(Qur'an 46:9)



Al-Tufayl ibn ‘Amr al-Dawsi, leader of the Daws tribe related the impact Islam’s message had upon him:

“The Messenger of God presented Islam to me and recited the Qur’an to me.

And I tell you truly, never in all I had heard before, and I tell you truly, never in all my life had I heard words more excellent, nor precepts more just.

Hence I surrendered to God in Islam and uttered the testimony of truth...”

(Ibn Hisham, Sirat An-Nabi p.1)



Is the 'Spiritual Code' Everything?

- Because this 'Spiritual Code' was the basic Islam sent to all prophets,
- Each prophet had additional rules and rituals to suit their people
- In Islam we have additional rules for food, drink and dress
- And guidance on worship taught by our Prophet (pbuh) [e.g. salah, fasting, hajj and special supplications] to complete our spirituality


"To every (religious) community We appointed rites and ceremonies which they must observe: let them not then dispute with you (O Prophet) on this matter..."

(Qur'an 22:67)

Where are the 'Spiritual Code' Verses?

<p>2:2-5</p> <p>'The <i>muttaqun'</i> – Pious</p> <p>Sura Baqarah</p>	<p>2:83-84</p> <p>Covenant with Children of Israel</p> <p>Sura Baqarah</p>	<p>2:177</p> <p><i>Ayat al Birr</i> (The Piety Verse)</p> <p>Sura Baqarah</p>	<p>3:130-136</p> <p><i>Al 'Amileen</i> (Those who work and strive)</p> <p>Sura Ale-'Imran</p>
<p>4:36-40</p> <p>'A great reward, multiplied over'</p> <p>Sura Nisa</p>	<p>6:150-154</p> <p>God's Path, leading straight</p> <p>Sura An'am</p>	<p>16:90</p> <p>'God's instruction' to us</p> <p>Sura Nahl</p>	<p>17:19-39</p> <p>Wisdom and Commandments not to be violated</p> <p>Sura Isra</p>
<p>23:1-11</p> <p>Characteristics of <i>Al Mu'minin</i> (True believers)</p> <p>Sura Mu'minin</p>	<p>25:63-76</p> <p>Characteristics of <i>'Ibad Ul Rahman</i> (God's devotees)</p> <p>Sura Furqan</p>	<p>31:12-22</p> <p>The wisdom of Luqman</p> <p>Sura Luqman</p>	<p>42:36-43</p> <p><i>The mutawakkilun</i> (Who trust in God)</p> <p>Sura Shuraa</p>
<p>60:12</p> <p>The Pledge with the Prophet</p> <p>Sura Mumtahinah</p>	<p>70:22-35</p> <p>The <i>Mukramun</i> (held in honour)</p> <p>Sura Ma'arj</p>	<p>90:11-18</p> <p>The steep path</p> <p>Sura Balad</p>	<p>103:1-3</p> <p>Those who will not lose out</p> <p>Sura 'Asr</p>





Rewards for following the 'Spiritual Code'

Follow this particular path and the Qur'an promises us:

- God's forgiveness
- To inherit the Garden of *Al Firdous*
- The highest place in heaven
- To be **honoured** in the Gardens of Bliss

The teachings of 'Spiritual Code' verses

BELIEF AND WORSHIP

1. Believe in no other gods beside God (2:83, 2:177, 6:150, 6:151, 17:22, 60:12, 103:3)
2. Believe that God is aware of the even most subtle things (4:39, 31:16)
3. Believe that God is Most Generous - all the things that benefit us are from God (31:20)
4. Believe in the Messenger (S) and stay on the straight path revealed to him (6:153)
5. Believe in the Qur'an (2:4)
6. Believe in previous books/ prophets (2:4, 2:177)
7. Have a conviction in the Afterlife (2:4, 2:177, 4:38, 6:150, 70:26)
8. Fear the Fire (3:131)
9. Believe in the unseen (2:3) including angels (2:177)
10. Do not befriend Shaytan (4:38)
11. Be steadfast / guard your prayers (2:3, 2:83, 2:177, 23:9, 31:17, 42:38, 70:22, 70:34)

The teachings of 'Spiritual Code' verses

COMMANDMENTS

Honour your parents and show them kindness and humility (2:83, 2:177, 4:36, 6:151, 17:23)

Do not shed blood or take sacred life (unless in justice) (2:84, 6:151, 17:32, 25:68)

Do not devour usury, doubled and multiplied (3:130)

Do not oppress people (16:90)

Do not turn people out of their homes (2:84)

Do not steal from property/ money/ trusts that you have been asked to look after (6:152, 17:34, 60:12, 70:32)

Be faithful to any contract/ promise/ agreement/ covenant that you have made (2:177, 6:152, 17:34, 23:8, 70:32)

Be chaste/ Do not even come close to adultery (23:5-7, 25:68, 60:12, 70:29-31)

Do not kill your own children (6:151, 17:31, 60:12)

The teachings of 'Spiritual Code' verses

SPIRITUALITY

Worship/ serve God alone - Submit yourself completely to Him (2:83, 4:36, 17:23, 31:13, 31:22, 60:12)

Fear God (2:2, 70:27-28)

Love God (2:177, 42:38)

Be always grateful to God (31:12)

Be humble in prayer (23:2)

Spend some of the night in prayer (25:64)

Make supplication (duas) to your Lord (3:135, 25:65, 25:74)

Regret your sins (3:135)

Race towards God's forgiveness / offer sincere repentance (3:133)

Obey Allah and His Messenger (S) (3:132)

The teachings of 'Spiritual Code' verses

CHARACTER

Be patient and perseverant/ encourage patience (2:177, 31:17, 93:17, 103:3)

Be honest, strictly fair at all times, in measuring and dealing in goods (6:152, 17:34, 60:12, 70:33)

Speak justly (even if you have to criticise your own family) (6:152)

Walk on the earth in humility/ don't be arrogant (17:37, 25:63, 31:18)

Spend but without going too far, don't waste money (17:27, 17:29, 25:67)

Speak softly/ kindly (lower your voice) (2:83, 17:28, 31:19)

Avoid argument (25:63)

Do not lie and slander (60:12)

Avoid vain (useless) talk and any falsehood (23:3, 25:72)

Control anger (3:134, 42:37)

Forgive all men (3:134, 42:37, 42:43)

Consult in affairs (42:38)

Avoid all shameful deeds, including secret ones (6:151, 16:90, 42:37)

Have humility in knowledge – accept when you don't know something (17:36)

Enjoin the truth (103:3)

The teachings of 'Spiritual Code' verses

SERVICE

Stand up for justice (16:90, 42:39)

Make a change by encouraging the common good and preventing wrongs (31:17)

Encourage kindness and compassion (16:90, 93:17)

Be kind/generous to orphans (2:83, 2:177, 93:15, 4:36)

Be kind /generous to the needy (2:83, 2:177, 93:16, 4:36 , 70:24-25)

Do good to family, neighbours, friends and travellers (2:83, 2:177, 4:36)

Spend freely out of love of God, whether in prosperity or adversity (are not miserly, but not excessive), and regularly (2:3, 2:83, 2:177, 3:134, 4:37, 16:90, 23:4, 42:38)

Free the enslaved (2:177, 93:13)

Be kind to those in your charge (4:36)



Finally,

- We can see that being Muslim alone is no guarantee for paradise
- God does not look at the labels our parents stuck on us at birth
- It is faith, spirituality, character and service to others that will lead us to gardens of eternity...
- There may be many non-Muslims living the light of these teachings
- And many Muslims disgracing them

Every night, before bed, why not check yourself against Islam's
'Spiritual Code'?