

Fast 15

1. “O people, an admonition has indeed come to you from your Lord and a healing for what is in the hearts; and **a guidance and a mercy** for the believers.” — Ch. 10, v. 57.
2. “Is it not enough for them that We have revealed to you (O Prophet) the Book which is recited to them? Surely there is **mercy** in this and a reminder for a people who believe.” — Ch. 29, v. 51
3. “And certainly We have brought them a Book which We make clear with knowledge, **a guidance and a mercy** for a people who believe.” — Ch. 7, v. 52
4. “These are the verses of the Book of Wisdom — **a guidance and a mercy** for the doers of good...” — Ch. 31, v. 2–3
5. “And the Quran that We reveal is **a healing and a mercy** to the believers, and it only increases the wrongdoers in loss.” — Ch. 17, v. 82

Notes: Several times the Quran calls itself a guidance **and a mercy** for the believers. Also it calls itself a healing and a mercy for the believers. The “healing” is explained in the 1st passage above as “healing for what is in the hearts”. It treats the doubts and wrongful desires which arise within the hearts, and which then lead to the commission of bad deeds. It achieved this in practice for those who accepted Islam in the time of the Holy Prophet Muhammad, who through the Quran were cured of the worst and most incurable spiritual ailments and vices.

The Quran is also a healing for the body in the sense that if its teachings of moderation, self-restraint and pure living are followed, a person will be in better health than if he did not follow those principles. For example, it directs all human beings to “eat the lawful and good things from what is in the earth” (2:168), and also not to eat and drink these good and lawful things to excess (7:31). Only by us following these teachings can the Quran also act as a healing for the body, and not by some purely ritual recitation of its verses over the body.

Its purpose as a guidance is that those who follow it may receive mercy. Compassion and forgiveness from Allah comes upon them. He or she who sincerely

attempts to follow the guidance, but stumbles due to human weakness, is lifted up by the mercy of Allah.

In the above passages, along with being a guidance and mercy, the Quran is also spoken of as explaining its message with *knowledge* (number 3) and as containing *wisdom* (number 4). Knowledge and wisdom appeal to the higher senses of man and develop his mind, whereas obeying orders blindly suppresses these senses and makes him stagnate. Any human being can easily judge whether the Quran does or does not support its teachings by means of knowledge, and whether or not what it says is marked by wisdom.

In the 5th passage it is stated that while the Quran is a healing and mercy to believers, it “only increases the wrongdoers in loss”. Every benefit gained by a believer through following the Quran is a loss for the wrongdoers. But if believers themselves don’t appear to be gaining anything, because of not following the Quran, then the wrongdoers won’t see that they have lost anything! It is only if the lives of the believers show that the Quran has acted as a healing and mercy for them, that the wrongdoers can be seen to be in loss. Note that “wrongdoers” are mentioned here, in contrast with “believers”, and the loss they suffer is due to their own misdeeds, and not caused by the Quran.

Inspiring sayings

Maulana Muhammad Ali said in a Friday *khutba*:

“No night passes when I do not fall before God in prayer in the latter part of the night, feeling in my heart that I am in the presence of God along with my *Jama ‘at*. At that time, during prayer, the face of each and every member of the *Jama ‘at* appears in my view and I pray for all of them that Allah may increase their strength and courage and enable them to make ever greater sacrifices for the religion.” — *A Mighty Striving*, page 284.