



*In the name of God, Most Gracious, Most Merciful*

# Submitters Perspective

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## Dealing with Remorse or Regret

Regret is the deep feeling of sorrow or remorse – usually due to past behavior or action. It is a *negative* energy that creates discontentment of the present moment and causes us to relive and replay a specific past event over and over. When we allow the feeling of regret to take over, we relive the nightmare, and thus hinder our full physical, psychological and spiritual potentials that the Almighty has given us.

In the Quran, the Most Gracious teaches us that regretting something we have done in the past is a waste of energy and can be detrimental to our well-being. In 57:22-23, God tells us that every single thing on earth is under His full control. He says that anything that happens on this wonderful earth and to us has already been pre-determined and recorded—even before the creation. Because of this fact, God tells us that we should not grieve over anything that has already happened to us.

*[57:22-3] Anything that happens on earth, or to you, has already been recorded, even before the creation.*

*This is easy for GOD to do. Thus, you should not grieve over anything you miss, nor be proud of anything He has bestowed upon you. GOD does not love those who are boastful, proud.*

We learn from the Quran that harboring and holding onto the emotion of regret is a sign of non-submission to God's will. A beautiful example is in 3:156:

*[3:156] O you who believe, do not be like those who disbelieved and said of their kinsmen who traveled or mobilized for war, "Had they stayed with us, they would not have died or gotten killed." GOD renders this a source of grief in their hearts. GOD controls life and death. GOD is Seer of everything you do.*

Another verse that resonates the same idea is 3:168 :

*[3:168] They said of their kinsmen, as they stayed behind, "Had they obeyed us, they would not have been killed." Say, "Then prevent your own death, if you are truthful."*

3:156 and 3:168 teach us that those who do not submit to God's will are the ones that say, "I should have done it this way," or "if I have done it that way, this would have not happened" — forgetting that the Almighty Creator of the Universe is the One that willed everything to be the way it is meant to be at that moment and that time.

In verse 76:30 God tells us that no matter what the human being wills is purely under His Will:

*[76:30] Whatever you will is in accordance with GOD's will. GOD is Omniscient, Wise.*

It is vital to understand that regret is NOT the same as trial-and-error (or, what I call, positive regret). To negatively-regret something is to *hold onto the remorse and shame* of what has happened in the past and to relive it. Trial and error (positive-regret), however, is simply acknowledging a mistake that was done, learn from it, hope to do better next time by God's Grace, and move on.

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Trial and error, to me, is synonymous to a very short-lived and positive form of regretful energy.

Both positive and negative regrets give the same outcomes. The difference is how one responds to the consequence: For example, if I place my hand on a stove and immediately remove it because the stove is hot, I have two choices: I can sit there, regret and grieve as to why I placed my hand on that hot stove. Or learn that I should be more cautious the next time, put some ice on my hand, and simply move on. In both situations I burned my hand, but my response to the situation is what truly matters.

The Almighty Creator tells us to always remember Him, to say “God Willing”—and we must mean it!—when we plan to do anything. Why is that? It’s because He wants us to acknowledge His Existence and not to harbor the feelings of regret if something doesn’t go the way we expect!

*[18:23-4] You shall not say that you will do anything in the future, without saying, “GOD willing.” If you forget to do this, you must immediately remember your Lord and say, “May my Lord guide me to do better next time.”*

The Quran shows that upholding righteousness prevents us from having either form of regrets. A good example is in 49:6, where God tells us to properly investigate rumors, otherwise we might regret blaming someone for something they hadn’t done.

*[49:6] O you who believe, if a wicked person brings any news to you, you shall first investigate, lest you commit injustice towards some people, out of ignorance, then become sorry and remorseful for what you have done.*

Whenever we feel regretful, however, we should turn it into a positive feeling that teaches us the valuable lessons we need to learn at that time, and

it should be short-lived. There is no point of fretting over the sin and letting the feeling of negative-regrets linger for a long time. This is why God teaches us that when a believer wrongs his/her soul, it is important to acknowledge the mistake, ask God for forgiveness, pray to do better next time, and then move on. Just be with God in the present moment:

*[39:53] Proclaim: “O My servants who exceeded the limits, never despair of GOD’s mercy. For GOD forgives all sins. He is the Forgiver, Most Merciful.”*

*[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.*

*[2:160] As for those who repent, reform, and proclaim, I redeem them. I am the Redeemer, Most Merciful.*

When Moses punched and killed a man, He asked God to forgive him, and God forgave him! The Quran doesn’t show that Moses held onto a self-grudge (regret) for killing the man after God had forgiven him. This is evident in 28:17:

*[28:15] Once he entered the city unexpectedly, without being recognized by the people. He found two men fighting; one was (a Hebrew) from his people, and the other was (an Egyptian) from his enemies. The one from his people called on him for help against his enemy. Moses punched him, killing him. He said, “This is the work of the devil; he is a real enemy, and a profound misleader.”*

*[28:16] He said, “My Lord, I have wronged my soul. Please forgive me,” and He forgave him. He is the Forgiver, Most Merciful.*

*[28:17] He said, “My Lord, in return for Your blessings upon me, I will never be a supporter of the guilty ones.”*

We should do the same as Moses; when we ask God to forgive us for our sins,

we need to truly believe that God forgives us! We can then let go of that regretful feeling and move on. If God forgives us, then we should also forgive our own behaviors:

*[39:53] Proclaim: “O My servants who exceeded the limits, never despair of GOD’s mercy. For GOD forgives all sins. He is the Forgiver, Most Merciful.”*

We also learn from the Quran that negative-regrets happen only to those who are outside the kingdom of God. The kingdom of God belongs to those who submit to His will and surrender to His perfect system. When Jonah decided that he was in control of things, and not God, he stepped out of God’s kingdom and experienced total negative-regrets!

*[21:87] And Zan-Noon (Jonah, “the one with an ‘N’ in his name”), abandoned his mission in protest, thinking that we could not control him. He ended up imploring from the darkness (of the big fish’s belly): “There is no god other than You. Be You glorified. I have committed a gross sin.”*

We can also see negative regrets coming from the souls that failed to nourish themselves during their earthly stay. Thus, the hell-bound souls experience a constant form of negative-regrets!

*[25:13-4] And when they are thrown into it, through a narrow place, all shackled, they will declare their remorse. You will not declare just a single remorse, on that day; you will suffer through a great number of remorsees.*

It is important to strive to completely surrender to God’s absolute system. Once we surrender, the regrets we experience will only be in a positive form that teach us valuable lessons. Please reflect on the following verses:

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*[31:22] Those who submit completely to GOD, while leading a righteous life, have gotten hold of the strongest bond. For GOD is in full control of all things.*

*[4:126] To GOD belongs everything in the heavens and the earth. GOD is in full control of all things.*

*[39:62] GOD is the Creator of all things, and He is in full control of all things.*

*[57:5] To Him belongs the kingship of the heavens and the earth. All matters are controlled by GOD.*

*[57:22-3] Anything that happens on earth, or to you, has already been recorded, even before the creation. This is easy for GOD to do. Thus, you should not grieve over anything you miss, nor be proud of anything He has bestowed upon you. GOD does not love those who are boastful, proud.*

*Joseph S*

## Chastity

*"They keep their chastity. (They have relations) only with their spouses or what is legally theirs. Anyone who transgresses these limits is a sinner." (70:29-31)*

The dictionary defines chastity as "The moral excellence of an individual manifested by not indulging in unlawful sexual activity and being pure, decent and modest in nature and behavior." The definition is very clear and easy to understand, and it explains the above verses aptly.

In the past few decades our society has undergone complete moral decay. Alcoholism, drugs and free sex are rampant. We are raising our children in this society and we have to teach them that the only laws that rule the world are God's laws and that breaking His

laws will cost them a lot of misery and problems:

*As for the one who disregards My message, he will have a miserable life, and we will resurrect him on the Day of Resurrection, blind. (20:124)*

### THE PARENTS SHOULD SET THE EXAMPLE FOR THE CHILDREN

We have to teach our children to judge themselves according to the criteria set forth in the Quran, and they can learn this only by our setting the correct examples for them to follow.

The observation of a loving and considerate relationship between parents who are obeying God's commandments is the most effective teaching method. Our aim for our children should be for the development of a believing, mature, dependable and chaste adult who is prepared to enter into a lasting, happy monogamous marriage and become a responsible parent.

God knows us better than we know ourselves. After all, He created us. He knows what is good and what is bad for us. If we realize the full implications of this statement, then it becomes easy to obey His laws without question. The unhappiness that we accrue by disobeying them therefore becomes a consequence of our own actions, and this is reflected in this life and in the hereafter:

*Anything good that happens to you is from God and anything bad that happens to you is from you. (4:79)*

Even though children reach puberty around 12 years of age, it takes another 10-12 years to grow and mature in mind and body, thought and action, to be able to enter into a lasting relationship. This period of adolescence is the most difficult period of growing up. They are not ready physiologically and anatomically.

There is no need to worry though; you just do your part and place everything in God's hands. You cannot be with them all the time, but God chaperones

the children of the believers, wherever they are, being subjected to all the temptations of this society. God's protection is complete.

So exhort the children—boys and girls—not to have sexual relations till they get married. It is very difficult to be a father and a mother and talk to your children about sex, but if you use the Quran and explain to them that this is what God says, then God will help you and protect them.

### THE PRICE YOU PAY FOR BREAKING GOD'S COMMANDMENTS

Emphasize to your children that they will have to exert a lot of self control. This is not very easy for them because the temptation is so great, but this is the only way to attain perfect happiness. Disobeying God's laws has terrible consequences: Abortions, incurable genital herpes, human papilloma virus causing cervical cancer, syphilis, gonorrhoea, chlamydia and AIDS.

Our children are special people. They are not like other children because they are very educated about God's laws. Therefore, it will be easy for them to follow God's commandments stated in 70:29-31 above. These verses command our children to remain virgins until their wedding night, then staying loyal to their spouse - never committing adultery - for the sake of their own happiness.

Marriage is a divine institution. God's advice to keep our chastity before and after marriage is for our own good. Finally, always remember that God is the one who controls our health, our wealth, our happiness and our misery:

*He is the One who makes you laugh or cry. He is the One who makes you rich or poor. (53:43,48)*

Therefore, if we teach our children to stay in God's kingdom by obeying His laws, they will be eternally happy, God willing.

*S.K., M.D.*

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## Weekly Reminders by Email

Praise God, we have started sending weekly reminders to submitters who are in our email list. The weekly reminder email is not very long. It usually consists of the topic of the week, and the corresponding link or links to get the information from. The reminder is sent every Thursday, God willing.

*[51:55] And remind, for the reminder benefits the believers.*

We would like every submitter, whether receiving our newsletters or not, to be included in the list. God willing you can join the list by sending an email to [info@masjiduntucson.org](mailto:info@masjiduntucson.org) and saying that you want to be in the weekly reminder list. If you want to make it a really short email, just write "weekly reminder" in the subject line and send it.

If you also include in the email the city and state that you live in, God willing we can compile this information and use it for the submitters without a community who are asking to communicate with other submitters in their area.

Please help us to help you and other submitters by joining the list and by being proactive, God willing.

*[3:200] O you who believe, you shall be steadfast, you shall persevere, you shall be united, you shall observe GOD, that you may succeed.*

*[87:9] Therefore, you shall remind; perhaps the reminder will benefit.*

## Signature of the Creator —An Observation

Salaam Brothers & Sisters

It is nice to know that there are those who can appreciate the miracles of our Lord and our Lord's signs. Aside from the wonderful mathematical miracle of the Quran unveiled by the Messenger of the Covenant, I have found some more signs from our Creator bearing our Creator's signature. I thought it would be interesting facts to add. Here is one of them.

The Quran mentions the word "day" 365 times and says that there are 12 months as far as our Creator is concerned (9:36). If we add the number of days in a year (365), plus the number of months (12), plus the number of weeks (52), plus the number of days in a week (7), plus the number of hours in a day (24), plus the number of minutes in a day (1440), we get 1900, or  $19 \times 100$ .

$365+12+52+7+24+1440=1900$

Salaam

Chris L.

God Willing

25<sup>th</sup>

## Annual Conference United Submitters

July 30-August 1, 2010

Tucson, Arizona



God willing start making plans for attending the Annual Conference of the Submitters.

The registration form and hotel information are mailed out with this issue of the Submitters Perspective, God willing.

The web page on the internet to circulate the conference information is

[www.masjiduntucson.org/conference](http://www.masjiduntucson.org/conference)

God willing, the registration forms and hotel information are posted there also with password access. The password can be obtained by emailing us at [info@masjiduntucson.org](mailto:info@masjiduntucson.org)

Act now and register early so that we can organize it better, God willing.