Happiness is an elusive term. People say they know happiness as an emotion, a state of mind and as something to aim for, but when it comes to defining happiness, they are often uncertain how to articulate their feelings.

Merriam-Webster’s on line dictionary defines happiness as a state of well-being and contentment; a pleasurable or satisfying experience.

There is not a sane person in the world that would not want happiness. But most people look for happiness in the wrong places, and in the wrong things, such as the materials of this world.

I heard the expression “Happiness is a Choice” recently on a television show and realized later that there have been a couple of books written on the subject. One book with the same title is authored by Barry Kaufmann. This book delivers a wonderful message—regardless of the circumstances in our lives, we can find happiness. The author shows us how we can untangle all of our negative beliefs and allow a positive attitude to guide us to a happier, more fulfilling life. The quote below from the book summarizes the author’s general view:

We can choose happiness as easily as we choose unhappiness. Yet most of us go around being unhappy about everything that is happening around us. It is so amazing to realize that when we are unhappy we have CHOSEN to be that way.

Happiness: A Quranic Perspective

Happiness is Submission to God Alone is a phrase printed on all of the Submitters Perspectives newsletters. It is also posted on the web sites of the submitters as a common theme or slogan. It is not just a hollow statement but it is God’s promise for the believers. Furthermore, it’s true for all ages and for all generations.

Absolutely, God’s allies have nothing to fear, nor will they grieve. They are those who believe and lead a righteous life. 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. — 10:62 -64

As for those who discard the worship of all idols, and devote themselves totally to God alone, they have deserved happiness. Give good news to My servants. — 39:17

How can we achieve happiness through submission to God? Our priority in this life should be to fulfill God’s expectations of us. In order to know what God expects of us, we have to know our purpose here in this world.

I did not create the jinns and the humans except to worship Me alone. — 51:56

Knowing that God made us to worship Him alone, we have to live a life that will please God. That is the choice we make. So, when the experts say “happiness is a choice,” they are correct. But we have to make the right choice to be happy in this life as well as in the Hereafter. We have to choose to be with God and live by His laws.

The idea that keeping God’s laws is the source of happiness is not new. We can see this idea in the Bible, book of Proverbs:

(Continued on page 2)
Where there is no vision, the people are unrestrained, But happy is he who keeps the law. — Proverbs 29:18

When pleasing God by keeping His commandments becomes the most important aspect of our life, then God will make everything good for us. This is a promise from God.

God promises those among you who believe and lead a righteous life, that He will make them sovereigns on earth, as He did for those before them, and will establish for them the religion He has chosen for them, and will substitute peace and security for them in place of fear. All this because they worship Me alone; they never set up any idols beside Me. Those who disbelieve after this are the truly wicked. — 24:55

Therefore, our happiness depends on how we set our goals in this life. Our goals should be to worship God alone, and know that our purpose in being here is to please God. We must continuously ask ourselves what’s the most important thing in our lives and we must make God our number one priority.

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth. — Matthew 6:24, Luke 16:13

Anyone who works righteousness, male or female, while believing, we will surely grant them a happy life in this world, and we will surely pay them their full recompense (on the Day of Judgment) for their righteous works. — 16:97

Indeed happiness is a choice, and the true happiness can only be achieved by making God our only Lord and Master in life.

Abdullah

Be careful what you plant!

If you plant honesty, you will reap trust.
If you plant goodness, you will reap friends.
If you plant humility, you will reap greatness.
If you plant perseverance, you will reap victory.
If you plant consideration, you will reap harmony.
If you plant hard work, you will reap success.
If you plant forgiveness, you will reap reconciliation.
If you plant openness, you will reap intimacy.
If you plant patience, you will reap improvements.
If you plant faith, you will reap miracles.

But…

If you plant dishonesty, you will reap distrust.
If you plant selfishness, you will reap loneliness.
If you plant pride, you will reap destruction.
If you plant envy, you will reap trouble.
If you plant laziness, you will reap stagnation.
If you plant bitterness, you will reap isolation.
If you plant greed, you will reap loss.
If you plant gossip, you will reap enemies.
If you plant worries, you will reap wrinkles.
If you plant sin, you will reap guilt.

So be careful what you plant now, as it will determine what you will reap tomorrow. The seeds you now scatter will make life worse or better, your life or the ones who will come after. Yes, someday, you will enjoy the fruits, or you will pay for the choices you plant today.

Prophet Muhammad was not illiterate

There is no doubt what so ever that God Almighty is the author of the Quran. It is not just a faith based statement but based on the solid mathematical proof.

According to the Quran, Muhammad was not an illiterate man; he knew how to read and write. Muhammad was dictated by the Almighty God to write down the whole Quran before he died.

God Almighty emphasizes the importance of literacy and commands both the Prophet and us to uphold the same.

[96:1] Read, in the name of your Lord, who created.

[96:2] He created man from an embryo.

[96:3] Read, and your Lord, Most Exalted.


[68:1] NuN, the pen, and what they (the people) write.

[68:2] You have attained a great blessing from your Lord; you are not crazy.

Many verses of the Quran reveal the fact that Muhammad could read and write.

[16:98] When you read the Quran, you shall seek refuge in GOD from Satan the rejected.

[17:45] When you read the Quran, we place between you and those who do not believe in the Hereafter an invisible barrier.

[17:106] A Quran that we have released slowly, in order for you to read it to the people over a long period, although we sent it down all at once.

[29:48] You did not read the previous scriptures, nor did you write them with
(Continued from page 2) your hand. In that case, the rejectors would have had reason to harbor doubts.

[73:4] Or a little more. And read the Quran from cover to cover.

[73:20] Your Lord knows that you meditate during two-thirds of the night, or half of it, or one-third of it, and so do some of those who believed with you. GOD has designed the night and the day, and He knows that you cannot always do this. He has pardoned you. Instead, you shall read what you can of the Quran.

Muhammad's contemporaries knew that Muhammad could write.

[25:4] Those who disbelieved said, "This is a fabrication that he produced, with the help of some other people." They have uttered a blasphemy and a falsehood.

[25:5] They also said, "Tales from the past that he wrote down; they were dictated to him day and night."

[25:6] Say, "This was revealed by the One who knows the Secret in the heavens and the earth. He is Forgiving, Most Merciful."

Obviously, we cannot dictate to an illiterate person!

The Quran is the final testament of God with an extraordinary literary work. The Quran is the only miracle that was sent down to the prophet Muhammad.

[29:50] They said, "If only miracles could come down to him from his Lord!" Say, "All miracles come only from GOD; I am no more than a manifest Warner."

[29:51] Is it not enough of a miracle that we sent down to you this book, being recited to them? This is indeed a mercy and a reminder for people who believe.

[10:20] They say, "How come no miracle came down to him from his Lord?" Say, "The future belongs to GOD; so wait, and I am waiting along with you."

Muslim scholars could not understand the following Quran's challenge to produce "sura like these."

[2:23] If you have any doubt regarding what we revealed to our servant, then produce one sura like these, and call upon your own witnesses against GOD, if you are truthful.

[2:24] If you cannot do this - and you can never do this - then beware of the Hellfire, whose fuel is people and rocks; it awaits the disbelievers.

Some literary giants, including Al-Mutanabby and Taha Hussein, have answered the above challenge, but they had no awareness of the Quran's extraordinary literary work that is built onto an intricate mathematical system.

The Quran has 29 chapters that are prefixed with 14 different sets of Quranic initials—ALM, ALR, ALMR, ALMS, Q, KHYAS, S, YS, TH, TSM, TS, HM, ASQ AND N. The significance of these Quranic initials remained a divinely guarded secret for 14 centuries!

[26:1] T. S. M.

[26:2] These (letters) constitute proofs of this clarifying scripture.

[26:3] You may blame yourself that they are not believers.

[26:4] If we will, we can send from the sky a sign that forces their necks to bow.

[26:5] Whenever a reminder from the Most Gracious comes to them, that is new, they turn away in aversion.

[26:6] Since they disbelieved, they have incurred the consequences of their heedlessness.

The Muslim scholars were not aware of the Quran's built-in mathematical system and decided to proclaim Muhammad an "illiterate" man! They figured that this would make the Quran's extraordinary literary excellence truly miraculous for an illiterate person! The Arabic word they relied on to bestow "illiteracy" upon the Prophet was "ummiy".

[7:157] "(4) follow the messenger, the "ummiy" prophet (Muhammad), whom they find written in their Torah and Gospel. He exhorts them to be righteous, enjoin
demands you. Instead, you shall read what you can of the Quran.

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If you guys have it in your hearts to send me one, I thank you. Please send me one. I have so much to learn and I have no money to get one. So, if you guys have it in your hearts to send me a Quran by Rashad Khalifa, I will appreciate it. Sura 3:19 is the only way by Allah. Help me brothers and sisters.

Peace be upon you all.

Your brother Paul.

Ed.’s note: We sent a copy of the Quran to this incarcerated brother. There are many others like him. God willing, if you would like to sponsor sending of Qurans to brothers and sisters who cannot afford it, please contact us at info@masjdtucson.org.

[2:245] Who would lend GOD a loan of righteousness, to have it repaid to them multiplied manifold? GOD is the One who provides and withholds, and to Him you will be returned.

[64:17] If you lend GOD a loan of righteousness, He will multiply the reward for you manifold, and forgive you. GOD is Appreciative, Clement.

Comments from an Incarcerated Brother

Dear Brothers, Sisters,

Peace be upon you,

I have been down for 19 years of my life when I first came here I did believe in God. But in the wrong way and then I became a Shiite Muslim for 10 years. I thought I found the truth until one day on February 28, 2011, they moved me from the cell I was in to a cell with a Submitter Muslim.

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