

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

Submitters Perspective

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24/7

24/7 began as a slang term in the 1980s. It's an abbreviation, a short way of saying twenty-four hours a day, seven days a week. So its meaning is that it's continuous, constant, all the time.

That's how we should worship God—24/7. [33:42] *You shall glorify Him day and night.* [17:111] *... and magnify Him constantly.*

God tells us to glorify Him day and night and to magnify him constantly. Can we do that? Literally, perhaps not. We have to sleep; we have to eat; we have to work; we have to enjoy God's gifts to us like our children and pets. So there will be times when our mind will be on something else. Yet, 7:205-6 again tells us we should be constantly worshiping God.

[7:205] *You shall remember your Lord within yourself, publicly, privately, and quietly, day and night; do not be unaware.* [7:206] *Those at your Lord are never too proud to worship Him; they glorify Him and fall prostrate before Him.*

The footnote here can help us reconcile this. *7:205 *Your god is whoever or whatever occupies your mind most of the day.* This explains the fact that most of those

who believe in God are destined for Hell.

The key to making God totally our **GOD**, to coming as close as we can to worshiping Him night and day, 24/7, is to use every single opportunity in every day (and night) to consciously think about God. We want to find the way to have God on our minds most of the time.

God has given us so many ways to do this. The most obvious is the Contact Prayers. Five times every day we pull ourselves away from the distractions of this world to focus all our attention on God alone. We think of God when we look at the clock to see if it's time to pray; we plan when or where we could do our prayer; we use the time of ablution to thank God for the opportunity to make contact with our Creator. And then during the actual prayer, we try very hard to concentrate on the words we're saying.

[23:1-2] *Successful indeed are the believers; who are reverent during their Contact Prayers (Salat).*

[29:45] *You shall recite what is revealed to you of the scripture, and observe the Contact Prayers (Salat), for the Contact Prayers prohibit evil and*

vice. But the remembrance of GOD (through Salat) is the most important objective. GOD knows everything you do.

The remembrance of God is most important. He doesn't need our worship. We need it for the growth of our soul and to help us against evil and vice.

[87:14-5] *Successful indeed is the one who redeems his soul. By remembering the name of his Lord, and observing the contact prayers (Salat).*

[2:153] *O you who believe, seek help through steadfastness and the Contact Prayers (Salat). GOD is with those who steadfastly persevere.*

The Contact Prayers five times a day, including preparation, takes up a small part of our 24/7. We are left with hours in the day when we need to find ways to focus on God. How can we become one who glorifies God "night and day without every tiring" (21:19-20) and constantly thinks about God (33:21)?

We just need to bring God into everything we do, make Him a prominent part of our eating, working, playing, even sleeping. God tells us to mention

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His name on any food we eat (5:4, 6:118-21, 22:36). We can do more than just mention. We can marvel at the ways God has packaged our food—bananas, oranges; at the ways He made them colorful—broccoli, carrots; and the ways He made them delicious—strawberries, chocolate. Each bite can be a chance to thank God and glorify Him.

Working and playing can be distracting times. If you find yourself distracted by your computer, your phone, a video game, your job, there are still ways to remember God through all of this. Remember to say “God willing” (18:23-4) as often as you can. Say, “Praise God” when something goes well, and “Praise God” when it doesn’t go well. You can set up reminders on your phone or computer—a little alarm every half hour or so which will just tell you it’s time to put God first. It will make you smile—your little secret. No one in the office needs to know what the alarm means, but your heart will rejoice in remembering God (13:28).

TV and movies can be fun and entertaining, a way to relax and unwind, but they can pull us away from God. Or they can be a means of remembering Him. I’ll often insert “God willing” into the dialogue, knowing that’s what the character should be saying, and throw in “mashallah” when a scene is truly beautiful.

[40:55] Therefore, be patient, for GOD’s promise is true, and ask for forgiveness for your sin, and glorify and praise your Lord night and day.

As much as we try to be righteous, we know that we will slip up. Asking for forgiveness often is a good way to remember God. We can also implore Him for things. Under the subtitle “Supplication: A Form of Worship”, verse 40:60: *Your Lord says, “Implore Me, and I will respond to you. Surely, those who are too arrogant to worship Me will enter Gehenna, forcibly.”* And the footnote explains: **40:60 Supplication, imploring God for anything, even material luxuries, is a form of*

worship. Hence the commandment to implore God whenever we have any need. An atheist will never implore God for anything.

This shows that we recognize that only God can grant us anything and we are not too proud to ask. It keeps God on our mind.

What about sleeping? How do we consciously remember God during a time we are unconscious? Well, we can maximize the time before and after sleep. Before you go to bed, in addition to reading Quran, you can take some time devoted to thanking God for your day. Think about how He helped you in a difficult situation, all the ways you were blessed today. As you fall asleep, try to meditate on God’s names or your blessings. If you wake up during the night, use the time again to meditate. If you can, take the opportunity to meditate through much of the night (73:2-4&20). But even if it’s only for a few minutes as you fall back to sleep, it’s a chance to remember God. *[3:191] They remember GOD while standing, sitting, and on their sides, and they reflect upon the creation of the heavens and the earth: “Our Lord, You did not create all this in vain. Be You glorified. Save us from the retribution of Hell. [4:103] Once you complete your Contact Prayer (Salat), you shall remember GOD while standing, sitting, or lying down....* (Both of these verses have footnotes that again remind that your god is whatever or whoever occupies your mind most of the time).

And when we wake up, our first thought should be God. We can train ourselves to say something every morning—in English or Arabic—as soon as the alarm goes off. “Bismallah,” “Alhumdulallah,” “La Elaha Ella Allah,” “There is no god but God,” “He is the One and only God,” “Glory be to God.” That way our very first thought each day will be God. He is the One who sends down peaceful slumber (3:154, 8:11). And when we consistently implore Him as we go to bed and as we wake, our sleep will be much more peaceful, restful and joyful.

Ramadan is here and it’s a perfect time to keep God in the forefront of our mind. Remember His blessings when we feel hunger, and thank Him for His provisions when we break the fast.

24/7 is a lot. It’s all the time. But if we can devote our prayers and all our practices to God alone and make Him the priority in our lives, He will reward us with Paradise, both in this world and in the Hereafter.

[6:162-3] Say, “My Contact Prayers (Salat), my worship practices, my life and my death, are all devoted absolutely to GOD alone, the Lord of the universe. He has no partner. This is what I am commanded to believe, and I am the first to submit.”

[76:24-6] You shall steadfastly carry out your Lord’s commandments, and do not obey any sinful disbeliever among them. And commemorate the name of your Lord day and night. During the night, fall prostrate before Him, and glorify Him many a long night.

Lydia

* * * * *

Letter from a Prisoner

Greetings,

I am writing in regards to this wonderful message I came across—Submitters Perspective. This is truly what I’ve been looking for—good, solid information about Islam. This bulletin that you published is so eye-opening and just lets you know what God has done for us. I’ve only read about 8 issues but have fallen in love with the information from the Holy Quran that you put in the monthly bulletin.

At the present time I’m in the Arizona Dept of Corrections. I’m here for two reasons: 1) consequences of MY actions, and 2) make a change in my life. I like to think I’m making steps toward peace in my life and to live by Faith (SP vol. 30, issue 8).

God bless,

Jermaine

Awe

What does the Quran say about awe?

[37:12] While you are awed, they mock.

[13:13] The thunder praises His glory, and so do the angels, out of reverence for Him. He sends the lightning bolts, which strike in accordance with His will. Yet, they argue about GOD, though His power is awesome.

How is awe related to submission? A Wall Street Journal article by Professor Gopnik from the University of California, Berkeley teaches us about how science is connecting the feeling of awe to happiness. The author recently had a unique feeling with her grandkids at a play. She felt a sense of awe—“that special sense of the vastness of nature, the universe, the cosmos, and our own insignificance in comparison.”

The article references the work of Dacher Keltner, another professor at UC Berkeley, who has been studying awe for 15 years. To show how distinctive and recognizable awe is, the author mentions work that Prof. Keltner participated in. In that research, villagers in the Himalayan kingdom of Bhutan who listened to a brief recording of foreign (American) voices, could recognize sounds of awe. Another crucially important part of the Prof. Keltner’s earlier research also showed that awe is good for us and for society. “When people experience awe—looking up at a majestic sequoia, for example—they become more altruistic and cooperative. They are less preoccupied by the trials of daily life.”

What gives awe this powerful effect? According to Professor Gopnik, “Awe’s most visible psychological effect is to shrink our egos, our sense of our own importance.”

[2:54] ... You must repent to your Creator. You shall kill your egos. This is better for you in the sight of your Creator." He did redeem you. He is the Redeemer, Most Merciful.

[2:87] ... Is it not a fact that every time a messenger went to you with anything you disliked, your ego caused you to be arrogant? Some of them you rejected, and some of them you killed.

The author goes on to say, “Ego may seem very abstract, but in the new study the researchers found a simple and reliable way to measure it. The team showed their subjects seven circles of increasing size and asked them to pick the one that corresponded to their sense of themselves. Those who reported feeling more important or more entitled selected a bigger circle; they had bigger egos.”

The researchers asked 83 participants from the U.S. and 88 from China to keep a diary of their emotions. The researchers found that on days when the subjects reported feeling awe, they selected smaller circles to describe themselves.

Following that, the team arranged for over a thousand tourists from different countries to do the circle test. They used two locations: (1) the awe-inspiring Yosemite National Park, and (2) Fisherman’s Wharf in San Francisco, popular but not a place one would term breathtaking. Only Yosemite made participants from all cultures feel smaller.

Next, the researchers tested awe in the lab, showing people awe-inspiring or funny video clips. Consistently, only the “awe” clips shrank the circles.

So how do feelings of awe affect our relationships with those close to us? “...the awe-struck participants felt more social connection to others.”

[34:46] Say, "I ask you to do one thing: Devote yourselves to GOD, in pairs or as individuals, then reflect...."

In another test, researchers asked people to draw a ladder and indicate where they belonged on it—a well-known technique to measure status.

This was an interesting test because it compared the emotion of awe to another emotion (status). Other emotions like shame or ego can affect perception of status. Was awe the same?

The answer is no. The author ob-

served, “Awe had no effect on where people placed themselves on this ladder—unlike an emotion such as shame, which takes people down a notch in their own eyes. **Awe makes us feel less egotistical, but at the same time it expands our sense of well-being rather than diminishing it.**”

[20:130] Therefore, be patient in the face of their utterances, and praise and glorify your Lord before sunrise and before sunset. And during the night glorify Him, as well as at both ends of the day, that you may be happy.

[62:10] Once the prayer is completed, you may spread through the land to seek GOD’s bounties, and continue to remember GOD frequently, that you may succeed.

Quranically and scientifically, being in awe of God is good for us. Others see this too, by God’s leave.

“If you don’t see the greatness of God then all the things that money can buy become very exciting. If you can’t see the sun you will be impressed with a street light. If you’ve never felt thunder and lightning you’ll be impressed with fireworks. And if you turn your back on the greatness and majesty of God you’ll fall in love with a world of shadows and short-lived pleasures.” John Piper

“Happy the soul that has been awed by a view of God’s majesty.” A. W. Pink

“He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.” Albert Einstein

In a second Wall St. Journal article, further studies seem to show that “the emotion of awe may make people more empathetic, trusting, generous and humble.”

Awe and the experiences that cause it are linked to benefits from “stronger health to improved relationships, according to several recent studies.” They also “increase our prosocial behaviors, making us more generous

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and more humble.” Such experiences “... make us more willing to engage with trust and connect with others.”

The article goes on to remind us that “Awe is an emotional response to something vast, and it challenges and expands our way of seeing the world.”

The author said she heard from people who said they experienced awe at the birth of a child, watching a meteor shower and visiting the Ancient Bristlecone Pine Forest in California. A man said he found it awe-inspiring to work with homeless people and witness their resilience and kindness. The author’s dad said he experienced “nine days of awe” on a solo kayak trip in Alaska.

Awe may also help reduce inflammation. Researchers had 119 students rate how often they felt seven positive emotions (including awe). Students who reported feeling awe most often had the lowest levels of inflammation markers.

Researchers believe awe is powerful because it takes us out of our own heads. “Awe minimizes our individual identity and attunes us to things bigger than ourselves,” says Paul Piff, assistant professor of psychology at the University of California, Irvine.

Another study had college students visit a stand of tall eucalyptus trees. Half were asked to gaze up at the trees for 60 seconds—a task known to evoke

awe; the other half were asked to stand with their backs to the trees and look at a building. Afterward, researchers approached each student with a questionnaire and pretended to trip and drop their pens. The study measured whether students would bend down to help pick up pens. The “awe” group picked up 10% more pens. Moreover, when asked if they felt entitled to payment, the awe group felt less entitled.

[2:45] You shall seek help through steadfastness and the Contact Prayers (Salat). This is difficult indeed, but not so for the reverent

[23:60] As they give their charities, their hearts are fully reverent. For they recognize that they will be summoned before their Lord

What makes us feel awe? How can we repeat the feeling? I had an experience of awe while at a distribution center for the Tucson food bank. As we picked up our boxes by GOD’s grace, I saw trucks and vans coming in and out. I saw people picking up boxes for their churches and others working hard to accommodate them. I saw needy people line up at the food bank. I think about how much it takes to feed a few people for a few moments of their lives. And I think about how GOD is feeding us all. And giving us air and water. And keeping our hearts beating. And then there are the animals.... What about the insects? And the plants... Glory be to our LORD.

[6:59] ... Not a leaf falls without His knowledge...

About 40,661,600,000,000 leaves fall every autumn in the USA, or over 40 quadrillion leaves. How Awesome!

[6:103] No visions can encompass Him, but He encompasses all visions. He is the Compassionate, the Cognizant.

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Rizwan

[42:4] To Him belongs everything in the heavens and everything on earth, and He is the Most High, the Great.

Conference 2017

God willing the 32nd annual Submitters Conference will be held in Tucson AZ from July 28-30; the hotel and early registration deadline (for lower rates) is July 5th.

For more details, please visit:
<http://masjiduntucson.org/conference/>
or email us: info@masjiduntucson.org