The Blessings of Ramadan: Gifts from God

Every year, specific days are designated for fasting as indicated in the Quran. This is the month of Ramadan, the month when out of God’s infinite mercy, He revealed the Quran, His final scripture to Humanity. Sura 2:185 states:

Ramadan is the month during which the Quran was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. GOD wishes for you convenience, not hardship, that you may fulfill your obligations, and to glorify GOD for guiding you, and to express your appreciation.

Observing Ramadan brings many blessings from God and opportunities to be appreciative. God tells us that to fast is best for us “if we only knew”. He designed us and knows what is best for our bodies and for our souls’ growth. [2:183] O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation. Fasting during Ramadan remits sins and demonstrates appreciativeness of God. By God's design, fasting is one of the rites of the religion of Submission that pays big dividends towards our place in the hereafter.

Fasting is not easy for everyone and God is aware of individual circumstances. Thankfully, God does not put any of our efforts of worship to waste. For those who can fast with great difficulty, God in His mercy provides other options. In 2:184, … Those who can fast, but with great difficulty, may substitute feeding one poor person for each day of breaking the fast. If one volunteers (more righteous works), it is better. But fasting is the best for you, if you only knew.

Ramadan can be a quiet, peaceful time of meditation, reflection, and reading Quran, privately or as a group, and a time of identifying personal weaknesses, and repentance. For those who do fast, as outlined in the Quran, it is an amazing experience. Every tummy rumble is a chance to remember God. Mild dehydration and hunger pains dull out worldly distractions and God truly makes it easy.

When the fast is broken at the end of each day, the aromas and appearance of food and liquid seem tastier and brighter. This is a profound reminder of God's support, that He is the Provider, and in control of all things. This remembrance in turn brings a sense of peace and well being that many people celebrate by glorifying God.

The most important blessing of Ramadan, as God designed it, is that Ramadan is a feast for the soul. What an amazing feast it is.

Emily
Gardens of Thoughts

This is the idea—that in our minds there is a garden of thoughts that needs care and tending, just like a physical garden of flowers or vegetables.

There is physical labor involved in tending a garden in our yard; well, there is mental labor in keeping our garden of thoughts well maintained. Just as we pull up weeds to help our plants stay healthy and strong, so we need to weed our thoughts. Bad thoughts will creep in and if left unattended may choke off the good thoughts. This takes constant care and vigilance, for Satan is very adept at planting impure thoughts. But by seeking refuge in God, we can pluck out the ugly weeds and give our care and attention to the good thoughts.

[41:36] When the devil whispers an idea to you, you shall seek refuge in GOD. He is the Hearer, the Omniscient.


To maintain and protect our garden, we need to weed out the wrong information from the wrong people. Just like too many weeds, too much bad information can ruin our garden.

[3:28] The believers never ally themselves with the disbelievers, instead of the believers. Whoever does this is exiled from GOD. Exempted are those who are forced to do this to avoid persecution. GOD alerts you that you shall reverence Him alone. To GOD is the ultimate destiny.

[3:30] The day will come when each soul will find all the good works it had done brought forth. As for the evil works, it will wish that they were far, far removed. GOD alerts you that you shall reverence Him alone. GOD is Compassionate towards the people.

These garden pests can come from many directions, seeking to invade our garden. They may even look and sound harmless. Again, we must seek refuge in God to protect our fragile thoughts from such invaders.

[3:118-20] O you who believe, do not befriend outsiders who never cease to wish you harm; they even wish to see you suffer. Hatred flows out of their mouths and what they hide in their chests is far worse. We thus clarify the revelations for you, if you understand. Here you are loving them, while they do not love you, and you believe in all the scripture. When they meet you they say, “We believe,” but as soon as they leave they bite their fingers out of rage towards you. Say, “Die in your rage.” GOD is fully aware of the innermost thoughts. When anything good comes your way they hate, and when something bad happens to you they rejoice. If you steadfastly persevere, and maintain righteousness, their schemes will never hurt you. GOD is fully aware of everything they do.

[17:36] You shall not accept any information, unless you verify it for yourself. I have given you the hearing, the eyesight, and the brain, and you are responsible for using them.

Just as sunlight is vital for an abundant and healthy garden, so we need to keep light on our thoughts to help the right ones grow and blossom.

[24:35] GOD is the light of the heavens and the earth…. Light upon light. GOD guides to His light whomever He wills. GOD thus cites the parables for the people. GOD is fully aware of all things.

[2:257] GOD is Lord of those who believe; He leads them out of darkness into the light.

No matter how Satan and his followers try to blot out the sunlight, God will always preserve it and will shine it on us when we turn to Him.

[9:32] They want to put out GOD’s light with their mouths, but GOD insists upon perfecting His light, in spite of the disbelievers.

Our virtual garden can produce good things by God’s will. If we keep God foremost in our thoughts and follow His commandments, He will reward us with a lush garden in fertile soil.

[7:55-8] You shall worship your Lord publicly and privately; He does not love the transgressors.

Do not corrupt the earth after it has been set straight, and worship Him out of reverence, and out of hope. Surely, GOD’s mercy is attainable by the righteous.

He is the One who sends the wind with good omen, as a mercy from His hands. Once they gather heavy clouds, we drive them to dead lands, and send down water therefrom, to produce with it all kinds of fruits. We thus resurrect the dead, that you may take heed.

The good land readily produces its plants by the leave of its Lord, while the bad land barely produces anything useful. We thus explain the revelations for people who are appreciative.

We need to remember that our virtual garden is only temporary. Our ultimate goal is to attain Paradise. Just as a garden can produce food to feed a family through the winter, so our garden of thoughts can reap huge benefits for us in the Hereafter, if we maintain it in the proper manner.

[57:20-1] Know that this worldly life is no more than play and games, and boasting among you, and hoarding of money and children. It is like abundant rain that produces plants and pleases the disbelievers. But then the plants turn into useless hay, and are blown away by the wind. In the Hereafter there is either severe retribution, or forgiveness from GOD and approval. This worldly life is no more than a temporary illusion. Therefore, you shall race towards forgiveness from your Lord, and a Paradise whose width encompasses the heaven and the earth. It awaits those who believed in GOD and

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According to the glorious Quran, all praise in the heavens and everything on earth. To Him belongs all kingship, and to Him belongs all praise, and He is Omnipotent. Therefore, to God belongs all praise and we are prohibited from praising the dead prophets and saints such as Jesus, Muhammad, Ali, Hussain, etc. We are also prohibited from praising and glorifying any living being besides God. In our daily conversations we must be careful when we use words of praise and glorification. God is the Supreme Being and Creator of all things; He is alone worthy of all praise, glorification, exaltation, and worship. Without God’s help we cannot accomplish any good deeds. All power belongs to God alone and God alone should be praised and glorified.

“Praise the LORD! I will give thanks to the LORD with all my heart, in the company of the upright and in the assembly. Great are the works of the LORD; they are studied by all who delight in them. Splendid and majestic is His work; and His righteousness endures forever. He has made His wonders to be remembered; the LORD is gracious and compassionate.”

[Psalm 111:1-4]

Praise the LORD! Praise the LORD, O my soul! I will praise the LORD while I live; I will sing praises to my God while I have my being. Do not trust in princes, in mortal man, in whom there is no salvation. His spirit departs, he returns to the earth; in that very day his thoughts perish. How blessed is he whose help is the God of Jacob, whose hope is in the LORD his God; who made heaven and earth, the sea and all that is in them; who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free. The LORD opens the eyes of the blind; the LORD raises up those who are bowed down; the LORD loves the righteous.”

[Psalm 146:1-8]

We should praise and glorify God for guiding us. We could not possibly be guided, if it were not that God has guided us (7:43).

One of the characteristics of the believers is that they are praising of their Lord; [9:112] They are the repenters, the worshipers, the praisers, the meditators, the bowing and prostrating, the advocates of righteousness and forbidders of evil, and the keepers of GOD’s laws. Give good news to such believers.

Everything in the universe praises His glory. Everything in the heavens and the earth glorifies God but we do not understand their glorification (17:44). The trees, mountains, stars, the thunder, etc. praise and glorify God; [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.

Once God saves us from our enemies, we should praise Him for saving us from the evil people (23:28). We should fall prostrate upon hearing God’s revelations and praise and glorify Him without any arrogance (32:15). We need to praise and glorify God in order to develop our souls. God does not need our praises and glorification. [35:15] O people, you are the ones who need GOD, while GOD is in no need for anyone, the Praiseworthy.

We must praise and glorify God, and reverence Him, and observe Him in every chance that we get, before sunrise, at dawn as the stars fade away, when we get up, before sunset, when we retire at night, throughout the day and night; [40:55] Therefore, be patient, for GOD’s promise is true, and ask forgiveness for your sin, and glorify and praise your Lord night and day.

[33:42] You shall glorify Him day and night.

[30:17] Therefore, you shall glorify GOD when you retire at night, and when you rise in the morning.

[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.

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Those who are with God are never too proud to worship Him and praise and glorify Him and devotedly fall prostrate before Him (7:206).

Messengers, prophets, and devout believers praise and glorify God frequently. Moses, after imploring His Lord to make Aaron his partner in his mission, says it’s so, “we may glorify You frequently”. David, the resourceful, was an obedient servant of God. He used to glorify God night and day (38:17-8).

Abraham, a prophet/messenger, after God granted him Ismail and Isaac, praised the Lord: [14:39] “Praise be to GOD for granting me, despite my old age, Ismail and Isaac. My Lord answers the prayers.

There are direct commandments to believers to praise, glorify, extol the Lord and magnify Him constantly:

[15:98] You shall sing the praises of your Lord, and be with the prostrators.

[76:26] During the night, fall prostrate before Him, and glorify Him many a long night.

[87:1] Glorify the name of your Lord, the Most High.

[17:111] ... magnify Him constantly.

Those who praise and glorify mortal human beings such as Jesus, Muhammad, Ali, Hossein, etc. must take notice of Jesus’s profound statement that there is none good but One, that is, God. “And Jesus said unto him, Why callest thou me good? none is good, save one, that is, God.” [Luke 18:19]

Thus, if a righteous prophet such a Jesus does not call himself good why should we exalt, praise, and glorify other human beings. As Jesus said none is good but God.

According to the Quran, no human being should exalt another human being. God is the One who exalts whomsoever He wills (4:49). Prophets and messengers of God disapprove of those who exalt them. Nowhere in the Quran do we find a prophet or a messenger of God exalting themselves or another human being. God says that He reserves the abode of the Hereafter for those who do not seek exaltation on earth (28:83).

Exalting another besides God is to set up partners with the Creator of all things. God poses profound questions in the Quran. Who is the One who guides you in the darkness of land and sea? Who is the One who sends the winds? (27:63) Is it prophet Muhammad, Ali, or Hussain, etc.? or God Almighty? Therefore, only His Name must be exalted. God be glorified above having any partners.

In all circumstances and in all scriptures, we are told we must only exalt our Creator and Sustainer, the Omnipotent, Omniscient God.

Let them praise the name of the Lord, For his name alone is exalted; His glory is above earth and heaven. [Psalm 148:13]

Human pride will be brought down, and human arrogance will be humbled. Only the Lord will be exalted on that day of judgment. [Isaiah 2:11]

[28:70] He is the one GOD; there is no other god beside Him. To Him belongs all praise in this first life, and in the Hereafter. All judgment belongs with Him, and to Him you will be returned.

Praise the Lord! Praise the Lord from the heavens; Praise Him in the heights! Praise Him, all His angels; Praise Him, all His hosts! [Psalm 148:1-2]

I will exalt you, my God the King; I will praise your Name for ever and ever. [Psalm 145:1]

Great is the Lord and most worthy of praise; His greatness no one can fathom. [Psalm 145:3]

[69:52] Therefore, you shall glorify the name of your Lord, Most Great.

Lord, you are my God; I will exalt you and praise your Name, for in perfect faithfulness you have done wonderful things, things planned long ago. [Isaiah 25:1]

God Almighty does not share His glory nor His praise with anyone else. “I am the Lord; that is my name; my glory I give to no other, nor my praise to carved idols.” [Isaiah 42:8]

All praise and glory belong to GOD alone. We have nothing within us that deserves glory. God alone must be praised, glorified, and exalted.

Ahmad