



What is the Qur'an? & Why should you read it?

An introduction of the Qur'an for Non-Muslims

Compiled by

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In the name of Allah, Most Beneficent, Most Merciful

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1. Introduction!

What is the Qur'an and why should we read it?

1. Because it has all the great features that we will see in this booklet.
2. It is the book of success. What is the proof? Prophet Muhammad ﷺ who brought it and followed it first became the most successful person in the history according to Encyclopedia Britannica, 11th Edition. He became the most influential person too, according to Michael H. Hart, author of "The 100." There is no other person in the history who brought a book, followed it, and became the most successful person.
3. Its first recipients were people in the Arabian Desert which had no school, no university, nothing. But when they followed it, they excelled in all fields of life, spiritual, material, educational, economical, and political, a power that lasted almost 1000 years. They were the happiest too, at peace with their heart and mind.
4. It helps you develop success attributes.
5. It is a unique book, the most widely read, studied, and memorized book.
6. It is an authentic and uncorrupted book.
7. The Prophet ﷺ could never have written it, because of the book's extensive coverage of topics.
8. Nobody could produce a book like it.
9. It is the only book addressed by God Himself. No other book claims to be so!
10. It is addressed to the whole mankind without any bias because of their color, race, language, or region.
11. It invites people to think... and not believe in things blindly!
12. This is the ultimate book to get peace, spirituality, and tranquility in this life.

13. It is the best book to fight depression and mental problems.
14. It is a complete and perfect book covering different aspects of human life.
15. It gives amazing models of the best of humans who walked on this earth.
16. It gives clear and convincing answers to ultimate questions: Why am I here? Where will I go after I die? etc.
17. It has a number of miracles, scientific, statistical, historical, etc.
18. Its predictions came true! Therefore, its predictions about our future after death will also come true! You can't ignore this book!
19. It shows the best way to ask God
20. It is the best book to know about God
21. It is the best book to guard against weakness and evils

And last and the most shocking fact is...It is brought by a prophet who could not read nor write. It is impossible for such a person to write such a great book! It can only be from God.

Read the Qur'an. It is for you.. for your own peace, happiness, and success in this world and in the hereafter!

In this booklet, we will address each of the above features in more details...



2. A Book of Success

What is the Qur'an and why should we read it...because it is a book of success. The Qur'an was given to Prophet Muhammad (peace be upon him) by God. He followed it and became the world's most successful person.

Muslims will always say that Muhammad ﷺ is the greatest. Therefore, we present here some of the quotes by those who are not Muslims.

- Encyclopedia Britannica in its 11th Edition says: ...Muhammad is the most successful of all Prophets and religious personalities including Jesus and Moses.
- Michael H. Hart wrote a book ... The 100: A Ranking of the Most Influential Persons in History he put Muhammad at the top and said: He was the only man in history who was supremely successful on both the religious and secular level.
- La Martin the renowned historian says: If greatness of purpose smallness of means and astounding results are the three criteria of human genius who could dare to compare any great man in modern history than Muhammad. He describes prophet Muhammad as: Philosopher, Orator, Apostle, Legislator, Warrior, Conqueror of ideas, restorer of rational dogmas, -----
---without images the founder and of -----one's spiritual empire that is Muhammad.
- Professor Masserman one of the past president of USA psychiatric association says leaders must fulfill three functions: (i) provide them with a set of beliefs, (ii) provide a social organization in which people feel relatively secure, and (iii) provide for the well being of the led. Perhaps the greatest leader of all times was Muhammad, who combined all three functions. To a lesser degree, Moses did the same.

What was the manual of the prophet? The Qur'an. Please note that you won't find any person in the history who presented a book or wrote a

book and became the most successful by following the same book. This is a clear proof that the Qur'an is a word of God and Muhammad is His messenger.

Don't you want a book which shows how to succeed, a book which is applied tested and proven to give results? Read the Qur'an, it is for you!

Please note that there is nothing great about Muslims in this issue. They did not invent the Qur'an nor shaped the prophet. The Qur'an is from God for the whole humanity.

Don't look at the backwardness of Muslims. Don't say: If Muslims have the Qur'an, why are they not great? Well, because they are not following it. Don't judge a car by the driver nor judge a book of science or success by someone who does not use it or uses it wrongly.

In the next part we will see that those who followed the Qur'an also became great leaders.



3. Followers of the Qur'an became leaders!

The companions of Prophet Muhammad ﷺ believed in the Qur'an. They followed it in his life and continued following it after his death. As a result, they became the leaders of humanity in spiritual, moral, intellectual, social, cultural, financial, and political areas.

Within 50 years, the two superpowers of those times, the Romans and the Iranians, were defeated by his followers. They liberated the humanity from the oppression of rulers and gave them freedom. There is no such book which transformed a society in such a short time and took it to the pinnacle of its performance.

Muslims as a whole group remained the leaders for the next 1000 years, till almost 1700 AD. Their decline started only because they did not practice the Qur'an properly.

Please note that before the arrival of the Prophet, they were backward, uneducated, unknown, and insignificant on the world stage.

What did the Prophet ﷺ do to his followers? The Qur'an describes his mission:

هُوَ الَّذِي بَعَثَ فِي الْأُمِّيِّينَ رَسُولًا مِنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَإِنْ كَانُوا مِنْ قَبْلُ لَفِي ضَلَالٍ مُّبِينٍ

It is He who has sent among the unlettered a Messenger from themselves reciting to them His verses and purifying them and teaching them the Book and wisdom - although they were before in clear error [62:2].

This was carried on throughout the 23 years of Prophet's life. He recited to them the Qur'an whenever a new part was revealed. All these revelations were given in the context of their day-to-day situations.

Not only that, they listened to the Qur'an everyday multiple times including that in the daily prayers from the Prophet ﷺ directly. They saw

him practicing it in his life. They knew the Arabic language very well and they found the Qur'an to be miraculous and inspiring them to change for the better. They learnt it, pondered over its verses, memorized parts of it and some of them memorized the complete Qur'an.

The result was amazing. Their faith in the book and in the messenger became very strong. They changed their lives and became the best of the individuals. They had all the required individual and collective qualities for a successful transformation of the society.

In the next part, we will see how the Qur'an helps a person develop the attributes of success.



4. The Qur'an helps you develop success attributes

There has been a lot of research going on about the attributes that make a person successful. For example, a research at the Harvard University found them as: **Positive attitude, Gratitude, Perseverance, Discipline, etc.**

Let us look at **Positive attitude**, the most important attribute of success and see how the Qur'an helps you develop it. First, let us look at the Qur'anic theory.

God created this world as a test. He wants to give us more, if we take this test positively. He has given us many things - to test us - including our physique, nose, face, family, country, and its situation, etc. As an obedient slave, we must say: O God! Help us fulfill our duties without any complaint against You. Solve our problems and correct our conditions in order to achieve success - in this world and in the Hereafter.

Now, let us look at the practical solution given by the Qur'an. It asks us to **establish prayer** 5 times a day. In these prayers, we repeat Tasbeeh (سبحان ربي; i.e., My Lord is free from defects) almost 200 times every day, that too not while standing but **when we bow down** or puts our face on earth. We say رَبِّي, my Rabb, with love and affection. As if we are saying: O God! We submit to you completely and do not have any complaint about any test in our life.

This Tasbeeh is recited more than 100 times everyday. It is the most powerful and effective way to develop a strong positive attitude! The present day "Success Experts" cannot help us reach even a fraction of it.

Gratitude:

Right in the beginning, the Qur'an says: الحمد لله i.e., all praise and thanks be to God. A number of verses teach us to be grateful to God.

Prophet Muhammad ﷺ who showed us how to practice the Qur'an has taught us numerous supplications during those 5 prayers and for different activities such as eating, drinking, dressing, before sleep or getting up, etc. Almost 100 times everyday, we say الحمد لله.

There is no better way than this to develop gratitude!

We mentioned just two attributes. There are many more attributes that Qur'an will develop in you if you make it as a book **to guide you** to the best of this world and the hereafter.

The Qur'an gives you examples of prophets such as Joseph who had strong faith in God and survived the worst life crises. Prophet Muhammad ﷺ lived a very tough life of poverty and persecution but as the first person who practiced the Qur'an, he always had enormous positive attitude and gratitude and as a result became most successful person in history, as we saw in the last episode.

In the next part, we will see how the Qur'an says it clearly and authoritatively that it is from God. No other book has that clarity.



5. A Unique Book

1. The Qur'an is the most widely read book in existence (a/c to EB, 11th Edition). Everyday 100s of millions recite it. In fact, there is a miracle in its name itself. The meaning of the word Qur'an is: that which is recited often. The name of the prophet on which it was revealed is Muhammad ﷺ. The meaning of the word Muhammad is: the one who is praised most. Indeed nobody in the history of mankind has received such a great praise and love by his followers than Prophet Muhammad.
2. It is the most widely listened to because it is recited in three congregational prayers everyday in the mosques. Every Ramadan, the fasting month, almost the whole book is recited by Muslims in night prayers.
3. It is the most widely memorized book in existence. Even today there are almost 20 million people who have memorized the whole book. Every Muslim memorizes a few chapters of the Qur'an. Surprisingly, more non-Arabs have memorized this book than the Arabs. Even more surprising is the fact that the memorization is done at an age where kids don't even understand it. Indeed God says:
ولقد يسرنا القرآن للذكر
Indeed, we have made the Qur'an easy to understand and memorize.
4. It is the Most widely explained book. Thousands of commentaries of the Qur'an are available in different languages. Since Islamic law is based on the Qur'an and Sunnah, Qur'an is extensively referred to in different rulings for 1.8 billion Muslims worldwide.
5. It is the most widely studied book throughout the history because a Muslim's spiritual, intellectual, social, financial, and all others aspects of life are guided by it.

6. Most widely used in calligraphy. You can witness in almost every mosque and historical buildings and palaces. Taj Mahal for example is full of Qur'anic calligraphy.
7. Most widely believed in (even tho' Christians are more in numbers, they have different versions of Bible and not all of them believe in it).
8. Most widely used book to expel spiritual and material diseases too
9. Most widely practiced book both at individual and societal levels. The prophet who received and practiced it first became the most successful of all religious and secular personalities. Societies which practice it even today are the most secure and peaceful societies.
10. It is a unique book which is recited in its original language even though 82% of the Muslims are non-Arabs.
11. It is the unique book which is preserved throughout the past 1400 years without a change even in a single letter or sound of it.
12. It is a historical best-seller too!

Read the Qur'an! It is for you.

In the next part, we will see that it is an authentic and uncorrupted book.



6. Authentic and uncorrupted book

Suppose you have to cross a big, dense, and dangerous forest with mountains, lakes, and rivers inside it. You surely will need a map. Let us say you are offered two different maps. About the first one:

- You know all the historical details of the author
- The author himself followed it and reached the destination successfully
- His followers also were successful in reaching their destination
- You know that it is the same map which the author had followed 1500 years ago

And then there is another map:

- You don't know for sure who the author is.
- You don't have authentic details of the person who is claimed to be the author.
- You don't know who have changed the map over the past 100s of years.

You will of course prefer the first map! You would surely not risk your life because of the fear that you may be attacked by animals or you may die finding the way out.

We have to follow a map of life in this world. You live this life just once. You have only one chance. Therefore, even if you have been following any other book, have a look at the Qur'an too.

- The Qur'an is brought by Muhammad (pbuh) and he followed the Qur'an first and showed us how to follow it.
- He is acknowledged even by non-Muslims that he was the most successful (Encycl. Britt, 11th Edition) and the most influential (The 100 by Michael Hart)

- Surprisingly, in spite of all the successes, he never claimed that he wrote it. He always attributed the book to God. He himself could not read nor write anything!
- His followers became world leaders within 50 years.
- The Quran is preserved till today. Thousands of people have been memorizing the complete book throughout the history and even today.

God says:

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

O people! There has come to you advice from your Lord, and healing for what is in the hearts, and guidance and mercy for the believers. (10: 57)

Therefore, please read the Qur'an! It is for you! God has sent it for your own prosperity and success in this world and in the hereafter.

In the next part, we will see why is it such a great book that even the Prophet could not have written it.



7. Why Prophet Muhammad (pbuh) could not have written the Qur'an?

Prophet Muhammad grew up in a small village in a remote desert where there was no university, no college, or not even a school. He did not know how to read or write!!! How then could he write a book which contains:

- Civil rights law, family law, criminal law, military law, business laws, dietary laws, rules of arbitration, rules of governance, and laws dealing with other nations.
- Reference to scientific facts on astronomy, oceanography, water cycle, process of human birth, etc. most of which were not known to humanity until recently.
- Stories of past nations and their prophets. These stories describe the great ethics of the prophets unlike how they are described in Bible or Torah.
- Theoretical and practical guidelines for universal brotherhood without any preference to any race, color, language, region, sex, etc.
- Amazing spiritual guidelines through which everyone can find ultimate satisfaction.
- Complete guidelines for building a huge civilization. Muslims ruled as a superpower for almost 1000 years! The Qur'an is the foundation of the Muslim civilization of 1.8 billion Muslims, even today.

Every person in this world wants his name to be credited with great works. Yet, in spite of all his achievements, he always attributed all his contributions to God.

The Qur'an was revealed to the Prophet over a long period of 23 years yet you can never find any contradictions in it. Not even that, you can not find the effect personal events of loss, sickness, death of relatives, etc. that the prophet went through!

Arabic language is much more challenging than English in terms of composition and grammar. Prophet Muhammad ﷺ sometimes recited long revelations in just one sitting. One such example is Chapter 6 which contains almost 3000 words and yet you can't find a single mistake in it. Please note that general authors write their articles, review them, edit them, and then present them to the public. Prophet Muhammad did not have any such opportunity as he could not read nor write.

Furthermore, in the life of the prophet, you don't see any

- Gradual movement to leadership. How could he then suddenly start giving amazing lectures with a distinct language, style, and content!
- Even today you can read the sayings of Prophet ﷺ and then read the Qur'an . You can see the difference between the two styles very clearly.

Millions of books have been written over the past 1400 years about different aspects of the Qur'an and it is a never ending ocean of knowledge and wisdom.

The truth is: The Qur'an is from God. It is for you!

In fact, God challenged the humanity to bring a book like it. In the next part, we will see more about this challenge.



8. Why nobody could produce a book like the Qur'an, even after being challenged!

Prophets were given miracles so that people know for certain that they are indeed supported by God. The greatest miracle given to Prophet Muhammad ﷺ is the Qur'an. It is an eternal miracle and is there for everyone to see. God says: **Say: 'If mankind and the jinns were together to produce the like of this Qur'an, they could not produce the like thereof, even if they helped one another'" [al-Isra' 17:88]**

Qur'an is neither prose nor poetry, yet it is extremely powerful and eloquent. Each chapter is unique in its rhythm, syntax, structure, etc.

Here are some of the features that make the Qur'an unique.

1. The opponents of Islam among Arabs and the **Jews & Christians** living in Arabia in those times were masters of Arabic poetry and prose. They were challenged to bring a chapter like that of the Qur'an to prove that it is not from God. If the challenge were easy, they would surely have done it instead of fighting Muslims and losing their wealth and lives in those fights. Their inability to bring a book like the Qur'an is a very strong proof that the Qur'an is unique and it is from God.
2. The enemies of Islam **among Arabs of those times** were so much afraid of the effect of the Qur'an that they had run a campaign to ask the visitors of Makkah not to listen to the Qur'an. They knew that if someone listens to it, he will most probably accept its message. Even today, if you listen to it attentively, you will be mesmerized, even if you don't believe in it.
3. The Arabs of those times in general were backward in education, economy, culture, morals, politics, etc. But within

50 years, practicing this book made them the super power of the world in all aspects. This leadership lasted for more than 1000 years. They lost it now because their relationship became lose with the Qur'an! Is there any book on the face of the earth that has brought this huge change, that too within such a short time?

4. The Qur'an addresses all aspects of this life and the life after death. It is simply impossible for any human to do that effectively. Humans keep modifying their constitutions every now and then.
5. Can anyone make predictions all of which came true? Can anyone talk about scientific knowledge that will come to be known as true after 2 or 3 centuries?

Don't forget the miraculous fact that the Qur'an was revealed to Prophet Muhammad who could not read nor write! It is impossible for such a person to write this book. It can only be from God. Check it for yourself. It is for you.

Read it with an open mind and humility, and you will surely benefit from the many lessons, encouragements, good news, and warnings given in it.

In the next part, we will see how the Qur'an says it clearly and authoritatively that it is from God. No other book has that clarity.



9. A book directly from God to you

When you read the Qur'an, you will realize from its presentation itself that it is from God. The authority, the power, and the confidence of the one who has 'composed' it is obvious. In the beginning itself the Qur'an says:

This is the book about which there is no doubt [2:2].

No other book starts with such a strong note. Books compiled by humans always say: Please let us know the errors so that we can correct them in the next edition.

The Qur'an that we have today is exactly the same which was recited by Prophet Muhammad (pbuh). The whole Qur'an is from God directly. Angel Gabriel received the message from God and conveyed it to Prophet Muhammad ﷺ over 23 years. Each part of the Qur'an was revealed to him as per the situation through which the Prophet and his companions were going through. Every time a part was revealed, the Prophet would call scribes and ask them to record it.

Here are some verses which clearly state that it is from God. You won't find similar verses in any other scripture!

- **تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْحَكِيمِ** The revelation of the book is from God, the Exalted in Might, the Wise. (39:1, 40:2, 45:2, 46:2)
- Addressing Muhammad, God says: Indeed, We have sent down the Book to you, in truth. So worship God, [being] sincere to Him in religion. (39:2)
- Asking people to follow it, God says: And this is a Book We have revealed [which is] blessed, so follow it and fear God that you may receive mercy. (6:155)
- At another place, God says: And indeed, the Qur'an is the revelation of the Lord of the worlds. (192) The Trustworthy

Spirit (i.e., angel Gabriel) has brought it down (193) Upon your heart, [O Muhammad] - that you may be of the warners - (194) in a clear Arabic language.

God created us; He knows us; He is therefore the best one to guide us because He will not have any bias or partiality. It is indeed a huge favor of God on us that He sent us a book to protect us from damaging ourselves and to show us the path to success in this world and in the hereafter.

Don't forget the miraculous fact that the Qur'an was revealed to Prophet Muhammad who could not read nor write! It was impossible for him to write this book. It can only be from God. Check it for yourself. It is for you.

In the next part, we will see it clearly that the Qur'an is for the whole mankind without any bias to anyone's race, color, region, etc.



10: Quran is for the whole mankind

The whole world is created by God. He made sure that whatever we need is provided to us including stable earth, safe sky, air, water, oxygen, food, parents, relatives, and so on. He created this world for us as a test but He made sure that we know the correct answers. Therefore, He made the first man Adam a **prophet** (owbp) and gave him complete guidance. He kept sending this guidance through prophets throughout the history and in every part of the world. The last book He sent was the Qur'an through prophet Muhammad (pbuh) ﷺ. Why is it the last one? Because God ensured that it is protected and it is complete.

In the Qur'an, God addresses us as O people or O Mankind. He does not say: **O Arabs, O Asians, O Blacks, or O Whites.**

Let us take a few sample verses from the Qur'an. Each one of these will touch your heart. Everything is simple, direct, natural, logical, spiritual, and valid for the whole mankind.

يَا أَيُّهَا النَّاسُ اعْبُدُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ وَالَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O mankind, worship your Lord, who created you and those before you, so that you may become righteous; so that you may save yourself (from the fire in the hereafter)- (2:21)

The verse continues and I read the translation here: [He] who made for you the earth a bed [spread out] and the sky a ceiling and sent down from the sky, rain and brought forth thereby fruits as provision for you. So do not attribute to Allah equals while you know [that there is nothing similar to Him]. (2:21)

Let us take the translation of some more verses:

O mankind, there has to come to you instruction from your Lord and healing for what is in the hearts and guidance and mercy for the believers. (10:57)

O mankind, fear your Lord, who created you from one soul and created from it its mate and dispersed from both of them many men and women. (4:1)

O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is All-Knowing and Acquainted. (49:13)

The values the Qur'an gives are independent of time, space, culture, race, color, gender, and language. All these values can be implemented today also.

Don't forget the miraculous fact that the Qur'an was revealed to Prophet Muhammad who could not read nor write! It is impossible for such a person to write this book. It can only be from God. Check it for yourself. It is for you.

In the next part we will see how the Qur'an invites us to think. It is not a book of blind or illogical beliefs.



11. Qur'an invites you to ponder and think and not just believe blindly

Hundreds of verses of the Quran exhort its readers to study one's own body, the nature around us, past history, and the Quran itself. There is no invitation to blind or illogical beliefs in this book.

The Qur'an asks people to use the ability given to them by Allah to think and use reason. It condemns those who do not use it. God says: Indeed, the worst of living creatures in the sight of God are the deaf and dumb who do not use reason. [Al-Quran 8:22]

At another place, the Qur'an says: ...They have hearts with which they do not understand, they have eyes with which they do not see, and they have ears with which they do not hear. Those are like cattle; rather, they are more astray. It is they who are the heedless. (Al-Quran 7:179)

About numerous signs spread throughout the universe, God says: Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding; Those who remember God while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this without purpose ..." (Al-Quran 3:190-191)

The Quran reasons the unity of God by saying: If there were gods in them [i.e., in the earth and the heaven] other than the one God, then surely they would have been ruined ... (Al-Quran 21:22)

Prophet Muhammad (pbuh) was the perfect example of how to practice the Qur'an. Edward De Bono, who is a world leader on thinking says: Prophet Muhammad had more to say about thinking than any other religious leader.

Quran identifies the obstacles to thinking. Among them are:

(i) Pursuit of one's desires that disturbs impartiality and good judgment. The Qur'an says: And who is more astray than the one who follows his desire without guidance from God? [28:50]

(ii) Pursuit of guesswork. The Qur'an says: They follow not except assumption and what [their] souls desire, even though there has already come to them from their Lord guidance. (Al-Quran 53:23)

(iii) Blind imitation of forefathers. The Qur'an says: And when they are told to follow what God has revealed, they respond, "No, we will follow what we found our forefathers doing." Even though their forefathers did not understand nor were they guided? (Al-Quran 2:170)

(iv) Blind imitation of wrong leaders. The Qur'an says that in the hellfire, the wrongdoers will say, "Our Lord, indeed we obeyed our masters and our dignitaries, and they led us astray from the [right] way (Al-Quran 33:67)

In the next part we will talk about the Qur'an as a book of peace and spirituality and to fight depression and a solace for the troubled heart.

Don't forget the miraculous fact that the Qur'an was revealed to Prophet Muhammad who could not read nor write! It is impossible for such a person to write this book. It can only be from God. Check it for yourself. Read it! It is for you.



12: Get peace and tranquility from the Qur'an

The Qur'an is the pure word of God. God created our hearts and minds and in fact everything. When these hearts and minds listen to the Creator, they find a powerful unending natural spiritual appeal.

- The Qur'an is uniquely composed. It is neither prose nor poetry yet it is very much balanced in the way it is written. When you listen to it, it leaves a strong effect on your heart and mind. Just test it once and you will see that.
(You can play/listen to a beautiful recitation here)
- You can watch the reaction of Muslims on hearing the Qur'an in so many videos on youtube. You can see that some people's tears flow on listening to the Qur'an. They listen to God, they feel His love, care, and mercy. They get the soothing effect from it. Simultaneously, they want to say sorry to God for not being able to fulfill the duties. They cry in hope for receiving His mercy and in fear of His punishment because of their own shortcomings. And this way, they get closer to God and as a result their day to day life is much more balanced, peaceful, and caring for others.
- When you think over the Qur'an, you will immediately find that it speaks of eternal realities that are out of the limits of humankind. There is no time limit or space limit here.
- The Qur'an gives us the words and sentences to praise our God, show our thanks, our gratitude, our love, and our dedication to Him.
- We are made of body and soul. Just like our physical body needs material food, the soul needs spiritual food. The

Qur'an provides that spiritual food in addition to providing guidelines on how to live our day to day life.

- Read the Qur'an, it is for you and get real joy, hope, peace, satisfaction, tranquility, big heart, and big vision. Get the strength for the day to fight temptations, evils, and laziness!

Don't forget the miraculous fact that this book was revealed to Prophet Muhammad (pbuh who could not read nor write! It is impossible for such a person to write such an amazing and spiritually powerful book. It can only be from God. Check it for yourself. It is for you.

In the next part, we will see how the Qur'an helps you to fight the depression and other psychological diseases.



13: Fight depression and find solace for a troubled heart

- The Qur'an guides your heart to face challenges and difficulties and also provides the supplications to help you get over those challenges.
- It reminds us of the purpose of creation. When we read it, we are convinced that we should focus on our eternal life after death. The problems of this world are there for test only and appear to become much smaller. The Qur'an inspires us to be patient and persevere through the difficulties and do our best in every situation and never give up.

God says: And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, Who, when disaster strikes them, say, *إنا لله وإنا إليه راجعون* "Indeed we belong to God, and indeed to Him we will return." Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided. (2:155-157)

- In the first part of the statement given above, i.e., we belong to God, we see the bigger picture and in the second part, i.e., to Him we will return, we see that everything is going to pass. We are here for a short time. This approach helps a person lift himself up from the limits of space and time and see hope and positivity.
- God convinces us that everything is in His control. Nothing happens without His permission. Here is a quotation from the Qur'an: Say, "Never will we be struck except by what God has decreed for us; He is our protector." And upon God let the believers rely. (9:51)

- God talks to us through the Quranic verses. God knows our problems and deals with them accordingly. If you study the Quran, you'll see your life running somewhere between those words. All you need to do is to pause and see what it has for you and you'll never be turned down. It is a cure for the depression, worries, grief, and many other diseases. It is a solace for a troubled heart.
- In the Qur'an, we come across the stories of the Prophets who were the chosen people of God, yet they had been through a lot of difficulties, pain, and challenges. They never gave up. These stories give us huge inspiration to overcome life's challenges; they decrease our grief and worries.
- The Qur'an talks of the excellent attributes of God. It conveys to us clearly that God loves us and He cares about us. He gave the best for us. He promises to give the support in this world and the ultimate and everlasting happiness to us in the hereafter.
- Read the Qur'an to get over the trivial matters, get spiritually nourished, grow in faith and wisdom. Read it to make you 'holy'. It is the best tool to fight depression and despair.
- Don't forget the miraculous fact that this book was revealed to Prophet Muhammad (pbuh) who could not read nor write! It is impossible for such a person to write such an amazing and spiritually powerful book. It can only be from God. Check it for yourself. It is for you. In the next part, we will see that the Qur'an is a complete and perfect book.

14: The Qur'an is a Complete and Perfect book of guidance

The Qur'an addresses all aspects of human life in a balanced way.

- It works on building up a strong belief. Only 500 verses of the Qur'an talk about different commandments. The rest, i.e., almost 5700 verses are about building up faith through the appeal to one's heart and mind. They address emotions as well as intellect. Why? Because God wants us to build a strong faith. Only through strong faith, one can resist and overcome the temptations of this world. Only through strong faith, one can get the motivation to implement different commands and face the challenges of life with patience and perseverance.
- The Qur'an uses the best and the most effective ways to convince a person:
 - It describes the signs in the Universe and in one's own body and creation and in the past History of good and bad people
 - It gives detailed description of the ultimate future, i.e., the heaven and the hell
 - It gives simple examples and logical truths, such as there can not be two gods! Or that this creation can not be without a purpose.
- The Qur'an gives a comprehensive creed in all aspects. It conveys the message that
 - God is one. He created everything.
 - Angels receive the books from God and deliver them to messengers.
 - The messengers convey the message to us humans and show how to practice them.

- Those who accept the message will live a pure life and prosper in the hereafter and those who reject will end up in hellfire.
- The Qur'an Gives a balanced program of worship:
 - Use your heart to believe in God, to love Him, to have trust in Him
 - Use your tongue to remember God, to praise Him, and to ask Him alone
 - Use your body to perform five daily prayers, to fast one month, and to go for Hajj
 - Use your wealth and efforts in service to God and in service to humanity
 - Try your best in practicing Islam and conveying it to others.

In addition to these, the Qur'an gives clear guidelines on morals, dealings, family and social life, finance, and governance.

The most important and the best of all is that this is not just theory. God had sent His messenger, Muhammad (pbuh), to implement all these teachings in his personal life and to implement it in a society which was ignorant, corrupt, backward, and damaged. Yet, when Prophet Muhammad ﷺ preached his message, it was transformed into a society which was supremely successful in all areas of human progress. Within 50 years, they became the superpower in every field and their leadership lasted for more than 1000 years. They lost it now only because they left practicing the Qur'an due to their own negligence.

The message of the Qur'an is as fresh and live as it was yesterday. It contains the last, final, complete, and perfect message.

Don't forget that this miraculous book is brought by a prophet who could not read nor write. It is impossible for such a person to write such a great book! It can only be from God. Check it for yourself. Read it! It is for you.

15: The Qur'an gives amazing real life role models

As human beings, right from our childhood, we look at parents and others as models to improve ourselves and to be our best. God has created us and knows that we need real life models so that we can get the inspiration to follow His teachings. He has given us a number of models in the Qur'an, especially those of the prophets.

The prophets loved God and obeyed Him in spite of all the challenges that they had to face throughout their lives. As a result, God blessed them with amazing courage and inspiration to overcome the challenges.

In the Qur'an, you will never find any bad attribute linked with these prophets (compared to what you find in other religious books, unfortunately). In the Qur'an, you will find them as perfect models.

Prophet Muhammad (pbuh) who practiced the Qur'an in the best way became the most successful as attested even by non-Muslims. About the prophet, the Qur'an says: Indeed in the Messenger of Allah (Muhammad ﷺ) you have a good example to follow (33:21).

His life is an amazing example of how a person can love God and follow Him in spite of all kinds of challenges that may come from family, friends, community, and country. They include emotional, physical, financial, political, and administrative challenges.

We see the example of Prophet Job who had lost his family, friends, assets, as well as health. Look at his amazing patience and politeness as described in the Qur'an: And [mention] Job, when he called to his Lord, "Great harm has afflicted me, and You are the Most Merciful of the merciful." As a result, God gave him multiple blessings at the end.

We see how prophet Joseph was patient and steadfast even though he was made a slave and kept in a prison for a number of years. All these sufferings had started with the jealousy of his own brothers. Yet, when he got the power and resources, he not only forgave his brothers but gave them all kinds of support and help. In spite of his life full of sufferings, he mentions only the positive aspects in one of his amazing prayers. Addressing his father, he says:

“He has blessed me, when He released me from prison, and brought you out of the wilderness, after the devil had sown conflict between me and my brothers. My Lord is Most Kind towards whomever He wills. He is the All-knowing, the Most Wise.”

You will find models of gratitude, perseverance, of well-wishing and service to humanity, of confronting injustice, and so many others but for the sake of brevity, we mentioned only a couple of them here.

The Qur’an also describes the evil role models of Fir’oun, Qaroon, Abu Lahab, and bad leaders and followers of different nations. It then warns us to avoid following these models because all of them lost in this world and will face ever-lasting humiliation and punishment in the hereafter.

Don’t forget that this miraculous book is brought by a prophet who could not read nor write. It is impossible for such a person to write such a great book! It can only be from God.

Read the Qur’an! It is for you.

16. Clear and convincing answers to the ultimate questions

The Qur'an is a book of guidance. It not only contains guidance but proofs that this guidance is from our Creator. All of us at one time or another want to know who we are, why we are created, where we are going, etc. The answers given by the Qur'an to such ultimate questions are very clear, straightforward, and convincing. Let us take some of these questions:

Who created us and what should we do in this world and why?

O mankind, worship your Lord, who created you and those before you, that you may become righteous - (21) [He] who made for you the earth a bed [spread out] and the sky a ceiling and sent down from the sky, rain and brought forth thereby fruits as provision for you. So do not attribute to Allah equals while you know [that there is nothing similar to Him].

Worship is as much a necessity as eating and breathing is because for our spiritual and intellectual self, nothing can satisfy it other than the correct worship of the one and only God.

Why are we created? What is our purpose? Answer: [He] who created death and life to test you [as to] which of you is best in deed.

What should be our most important concern? What should we constantly pray for? Answer: Guide us to the straight path - (6) The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

How can I get peace and happiness and satisfaction in my life? Answer: Surely, it is in the remembrance of God that hearts find comfort (13:28)

What will happen after we die? Answer: Those who believe and do good deeds will be in the Gardens of Bliss. But those who disbelieve and reject Our revelations—these will have a humiliating punishment. (22:56-57)

Where am I going? Answer: God gives you life, then He makes you die; then He will gather you for the Day of Resurrection, about which there is no doubt. But most people do not know. (45:26)

Do I belong to any super / inferior race? Answer: O people! We created you from a male and a female, and made you races and tribes, that you may know one another. The best among you in the sight of God is the most righteous. God is All-Knowing, Well-Acquainted. (49:13)

These are just some of the samples. You will get answers to all the ultimate questions in the Qur'an. You will get clear guidance on what to believe and what to act upon. It is a complete book of guidance. Read the Qur'an. It is the best gift for you from God Himself for your own peace, happiness, and success in this world and in the hereafter.

You can compare these answers with those given by different philosophies and religions in this world and you will know how clear, simple, logical, and straightforward these answers are. The reason is simple: According to the Qur'an, other theories or religions are either man-made or distorted or lost versions of the original message given by God.

Don't forget the miraculous fact that this amazing book was brought by a Prophet who could not read nor write! It can only be from God. Check it for yourself. It is for you.

17. The Qur'an – A Living Miracle

The Qur'an has many miraculous attributes that prove that it is from God. It contains many scientific truths that humans came to know only through the recent technological advances. Just a few examples are given here.

1. Only recently we came to know that the universe is expanding. About this, the Qur'an says: And We have built the heaven with might and We continue to expand it indeed (51:48).
2. What lies below the mountains has been a mystery till now. Modern geology has let us know that the mountains have deep roots into the Earth's crust. Qur'an compares them with pegs! What a precise description! A peg has most of its part hidden. Qur'an says: "Have We not made the earth as a bed, and the mountains as pegs?" (Quran 78:6-7)
3. It is now known that male sperm decides the sex of the child: Qur'an says: And that it is He who created the two kinds—the male and the female; from a sperm drop, when emitted (53: 45-46). The fact that it is the sperm that determines the child's sex has only recently been established.

Qur'an has amazing numerical miracles too that were realized only recently. Let us take only a few here.

- The number of times the word "day" occurs in the Qur'an is 365!
- The number of times the word "month" occurs in the Qur'an is 12!

There are so many matching counts in the Qur'an. For example. Dunya meaning this world 115 times; the hereafter 115 times. Satans 88 times; angles 88 times.

God says in the Qur'an that Jesus (A) is similar to Adam (A) in terms of creation. Adam did not have parents and Jesus did not have a father. Both were born miraculously. Interestingly, both of them occur in the Qur'an 25 times.

Surah Al-Kahf mentions that the people of the cave "stayed" in the cave for 300 years. The word "stayed" is 300th in that chapter!!!

Here is one more example. Let us the 13th Chapter. It is 13th Juz. Till 13th verse, God talks about His signs in the universe. In the last 13 words of the 13th verse, His tone changes to warning. In the end of the verse He threatens in just 13 letters! وهو شديد المحال. It means: And He is severe in assault.

It must be noted that Qur'an is not a book of science but a book of signs! These signs remind us that God has created this world with a purpose. You can visit different websites that talk in detail about hundreds of miracles in the Qur'an such as kaheel7.com.

The most important point is that the Qur'an is not just a book written by an author. It is a book that was implemented by the one who brought it and became the most successful man in the history of the world, that too in all fronts of life and the society which implemented it also became a leader.

Ever more important is the fact Prophet Muhammad who brought the book could not read or write! It can only be from God. Read the Qur'an. It is for you.



18. The Predictions of the Qur'an came to be 100% true.

The Qur'an is the last revelation of God sent down through angel Gabriel to Prophet Muhammad ﷺ in 7th century AD. There are historical predictions that were made in the Qur'an at the time of its revelation. We will take some which are clear to everyone who pays a little attention. These predictions clearly prove that the Qur'an is the word of God because nobody could have made such predictions.

- God made sure that the book reaches every human being from the 7th century till now and till the end of this world. Indeed He promised in the book itself that the book will be protected. He said, "Indeed, it is We who sent down the Qur'an and indeed, We will be its guardian [15:9]." Therefore, till today, there is absolutely no change in any manuscript of the Qur'an. You can collect copies from the countries from the North, the South, the East, and the West of the world or collect copies going all the way back up to the times of Prophet's companions, you won't find any difference at all.
- God gave two predictions in the Qur'an which were extremely difficult to happen. Romans were defeated by Persians in around 615 AD. Both were super powers of that time. Qur'an said that within 3 to 9 years, Romans will defeat Persians and that Muslims too will be victorious against their enemies. At the time of this prediction, Muslims were persecuted in Makkah. Hearing this, the enemies of Islam mocked at Muslims. However, it did happen at both fronts. Muslims got victory in Badr and Romans defeated Persians under a new leadership.
- The prediction that Muslims will be victorious was given several times in the Qur'an at the time when they were

weak, few, and being persecuted in Makkah. Nobody could have imagined that their situation will change. However, within 23 years of Prophet Muhammad's propagation, the whole of Arabia came under his control.

- When God revealed the Ayah in Madinah, "God will protect you from the people [5:67]," the Prophet ﷺ asked his companions guarding him to go away. It was at a time when he was under serious threats from the hypocrites in Madinah, the opposing Jewish groups, and from the enemy tribes around Madinah. Indeed, no enemy could attack him personally till he died.
- About Abu Lahab, a staunch enemy of the Prophet in Makkah, God said in the Qur'an that he will be destroyed [111:1]. It was a prophecy that he would never become a Muslim. Abu Lahab lived almost 10 years after the revelation of this verse. All he could do to discredit the Qur'an was just to say: I believe. He could have done that without any sincerity and then could have claimed later that the Qur'an is wrong. But he was kept away by God from doing this trick.

There are just some of the predictions. Qur'an is indeed the word of God. Read it! It is for you!



19. Shows the best ways to ask God!

God is extremely caring, kind, and merciful. He has sent down the Qur'an for all of us. It shows the best ways to ask God for all our needs. The Qur'an says:

God intends to make things clear to you, and to guide you in the ways of those before you, and to redeem you. God is Most Knowing, Most Wise. (26)

He knows that at different times we will need His comfort and His help to overcome challenges of this life. Therefore, in addition to advising us, He showed us how great people, i.e., prophets, overcame all the challenges with strong belief in Him and by asking Him for all their needs.

God mentions in the Qur'an that He is always there to help us. He says:

And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. (2:186)

He also gave us a number of supplications that we can use in different situations of our life. Each of these supplications are excellent means to give us courage, confidence, and hope.

For example, right in the first chapter, God has taught us the most important prayer:

Guide us to the straight path - (6) The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray. (7)

Here are some more prayers:

رب زدني علما O My Lord! Increase me in knowledge!

رب اشرح لي صدري ويسر لي أمري O My Lord, put my heart at peace for me. (25) And ease my task for me. (26)

“Lord, enable me to appreciate the blessings You have bestowed upon me and upon my parents, and to act with righteousness, pleasing You. And improve my children for me. I have sincerely repented to You, and I am of those who have surrendered.” (46:15)

“Our Lord, give us goodness in this world, and goodness in the Hereafter, and protect us from the torment of the Fire.” (2: 201)

Say, “God is enough for me; there is no god except He; in Him I have put my trust; He is the Lord of the Sublime Throne.” (9:129)

There are many more prayers in the Qur’an taught by God Himself! How extremely lucky we are to have this precious gift.

Ever more important is the fact Prophet Muhammad who brought the book could not read or write! It can only be from God.

Read it! It is for you!



20. The best book to know about God

If we were extremely poor but then get all kind of support and help from one of our relatives who lives in a foreign country, won't we be eager to know more about him, meet him, appreciate him and thank him?

Here is our God who created us and the whole world around us, gave us parents so that we grow up in the best way, gave us fruits and drinks and all kinds of foods, gave us friends and relatives, kept us safely on the earth, and gave us a number of blessings including eyes, ears, skin, and face. Should we not be eager to know Him **so that** we can appreciate Him, thank Him, and love Him even more.

Here is an amazing fact. The Qur'an is composed by God, sent by God, and it is about God. It starts with his name, Bismillah. In the name of Allah. The word Allah is mentioned 2699 times. Every page has his name Allah several times and yet you will never get bored!

Almost every page of the Quran talks about God and His attributes in one way or the other. Here are three selections from the Qur'an where God introduces Himself in a very simple way.

Chapter 112: Say, "He is God, the One. (1) God, the Absolute. (2) He begets not, nor was He begotten. (3) And there is nothing comparable to Him." (4)

From Chapter 59: He is God. There is no god but He, the Knower of secrets and declarations. He is the Compassionate, the Merciful. (22) He is God; besides Whom there is no god; the Sovereign, the Holy, the Peace-Giver, the Faith-Giver, the Overseer, the Almighty, the Omnipotent, the Overwhelming. Glory be to God, beyond what they associate. (23) He is God; the Creator, the Maker, the Designer. His are the Most Beautiful

Names. Whatever is in the heavens and the earth glorifies Him. He is the Majestic, the Wise. (24)

From Chapter 2: God! There is no diety except He, the Living, the Everlasting. Neither slumber overtakes Him, nor sleep. To Him belongs everything in the heavens and everything on the earth. Who is he that can intercede with Him except with His permission? He knows what is before them, and what is behind them; and they cannot grasp any of His knowledge, except as He wills. His Throne extends over the heavens and the earth, and their preservation does not burden Him. He is the Most High, the Great. (255)

You will find many more details about God in the Qur'an. Read those details and know your Creator so that you can increase your love for Him and thank Him for His blessings.

And don't forget the amazing fact Prophet Muhammad who brought the book could not read nor write! Therefore, the Qur'an can only be from God. Read the Qur'an, it is for you.



21. The best book to guard against wrongs and to motivate us to do our best.

All of us want to get the best out of this life. Simultaneously we are tempted by Satan to commit evil, or at least be lazy and do not move forward. Why do we do that? Because our vision is short. We see the immediate benefit in these negative things.

When we study the Qur'an, it immediately helps us realize what our position is in this world and where are we headed to. It sets our compass right. How does it do that?

- God reminds us in the Qur'an that this world is a place of test. We should always be working for our hereafter. Our objective should be to please God by obeying Him and following His messengers.
- The Qur'an relates a number of stories of good people that excelled in their lives and then describes their future in the Paradise by giving details of life in Paradise. On the other side, it describes a number of bad models that lived in this world and how they failed in the end and will further face an everlasting humiliation and punishment in the hellfire.
- It presents signs of God within us and around us in this universe that show His care and kindness.
- It presents simple logical proofs that we should obey God for our own prosperity and success.

Through the Qur'an, God reminds us of the infinite blessings that He gave so that our heart is filled with gratitude. He says:

And if you tried to enumerate the favors of God, you will not be able to count them. God is Forgiving and Merciful. (16:18)

It then encourages you, inspires you, and motivates you to do your best so that you enter into the gardens of eternity, i.e., paradise.

The Qur'an says:

سَابِقُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا كَعَرْضِ السَّمَاءِ وَالْأَرْضِ أُعِدَّتْ لِلَّذِينَ آمَنُوا بِاللَّهِ
وَرُسُلِهِ

Race towards forgiveness from your Lord; and a Garden as vast as the heavens and the earth, prepared for those who believe in God and His messengers. (57:21)

A regular listening and reading of the Qur'an and pondering its message is the best way to fill our hearts with gratitude and guard ourselves from Satanic temptations and laziness and keep us continuously motivated to do good in the best way that we can.

Again, don't forget the fact that Prophet Muhammad pbuh who brought the book could not read nor write! Therefore, this book is from God only. Read the Qur'an! It is for you.



22. You need the Quran

Some people say: I don't care. Just live this life in fun and pleasure. For such people, let me give an example:

If you sleep today in your bedroom but wake up tomorrow...

- In an unknown island
- Among completely unknown people
- But with all facilities for you
- With people serving you every way ...

The first thing that you will do is to ask a series of questions :

- Where am I?
- Why am I here?
- What is this place?
- Who brought me here?
- Where am I heading to?
- Who is providing these facilities and why?

Should we not ask the same question about this world? Just because you are living here for the last 20 or 50 years does not make this question irrelevant. You should be asking:

- Why are we in this world?
- Why so many facilities are given to us such as perfect design of our body with eyes, ears, brain, heart, etc.
- Who gave me parents, earth, air, sky and so on...
- Where are we going?

Science can answer 'what' but it can not answer 'why'. Let us see how Qur'an answers it.

Its messages is that nothing can happen automatically...

- There is a Creator
- He is Kind because He did so many favors
- He must have created us with a purpose.

- There must be a time, a day when He will judge all of us and reward or punish based on how we did.

That is exactly the message of the first chapter of the Qur'an.

- In the name of God, the Most Gracious, the Most Merciful
- All praise and thanks be to God, the Lord of the worlds
- The Most Gracious, the Most Merciful
- Master of the day of Judgment (1:1-4)

But we need the guidance to know how to obey God, how to please Him. And that is dealt with in the second part of this chapter. It teaches us to say:

- You alone we worship and You alone we ask for help
- Guide us to the straight path
- The path of those you have given favors, Not of those who received (Your wrath) nor those who went astray. (1:5-7)

It is God's care and love that He sent the Qur'an. He wants us to remember His commands, promises, stories, examples, etc. so that we can live the best way in this world. He wants us to remember His signs and promises so that we can be always positive and hopeful about this life and whatever challenges we face in it.

Through the Qur'an, God reminds us even when we're not looking for guidance; He provides us comfort and solace during bad times. He gives us the push to stand upright during good times.

With the Qur'an, we will always be under the guidance directly from our creator, our loving and caring God. He will never forget nor forsake us if we stick to His guidelines.

With the Qur'an, the life will be stable, peaceful, successful, and wonderful not only at the individual level but at the society level and not only in this world but in the everlasting life of the hereafter too.

Read the Qur'an; it is for you!

You can get a translation of the Qur'an on different websites.
Here are some:

