

# Finding meaning in Islam

A guide for the ones seeking answers, hope and peace from Islam

Alaa Dusky



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Author: Alaa Dusky  
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## Why the Quran and Hadiths?

The Quran and Hadiths are two of the most important sources of guidance and inspiration for Muslims around the world. Both texts play a crucial role in shaping the beliefs, practices, and values of the Islamic faith, providing a rich and comprehensive framework for understanding the teachings of Islam. In this book, we will explore the teachings and purpose of the Quran and Hadiths.

The Quran, often referred to as the holy book of Islam, is believed by Muslims to be the literal word of God as revealed to the Prophet Muhammad (peace be upon him) through the angel Gabriel. It is considered the ultimate source of authority and guidance for Muslims, providing them with spiritual, moral, and ethical principles to live by. The Quran covers a wide range of topics, including theology, morality, law, and guidance for personal conduct, offering believers a comprehensive roadmap for leading a righteous and fulfilling life.

The history of the Quran dates back to the early years of Islam, when the Prophet Muhammad (pbuh) began receiving revelations from Allah in the form of verses and chapters. Over a period of 23 years, these revelations were compiled into what is now known as the Quran. The Quran is divided into 114 chapters, or surahs, each addressing different aspects of faith and practice. It is recited and memorized by Muslims around the world, serving as a source of comfort, guidance, and inspiration for believers in their daily lives.

The Hadiths, on the other hand, are a collection of sayings, actions, and approvals of the Prophet Muhammad (pbuh) that were recorded by his companions and later scholars. The Hadiths provide additional context and clarification to the teachings of the Quran, offering practical examples of how to apply its principles in everyday life. They cover a wide range of topics, including prayer, fasting, charity, family relations, and social ethics, providing believers with a comprehensive guide to living in accordance with the teachings of Islam.

The history of the Hadiths dates back to the time of the Prophet Muhammad (pbuh), who served as a living example of the teachings of the Quran. His companions closely observed his words and actions, recording them for future generations to learn from. Over time, these narrations were compiled into collections of Hadiths, with each narration carefully authenticated and verified for accuracy and reliability. Today, there are several collections of Hadiths that are considered to be the most authentic and authoritative sources of prophetic tradition.

Islam, like many other religions, serves as a source of guidance, comfort, and solace for believers during times of hardship and adversity. The purpose of Islam, and religion in general, when it comes to facing challenges in life, is to provide a framework for understanding and coping with difficulties, to offer hope and resilience, and to instill a sense of purpose and meaning in the face of adversity.

## Hardships in Islam

In Islam, the concept of faith is central to dealing with hardships in life. Believers are taught to have trust in Allah and to rely on His wisdom and mercy in times of difficulty. The Quran, the holy book of Islam, is replete with verses that provide solace and reassurance to believers facing trials and tribulations. For example, in Surah Al-Baqarah, verse 286, it is stated: "Allah does not burden a soul beyond that it can bear." This verse serves as a reminder that hardships are a part of life, but with faith and patience, believers can overcome them.

Similarly, the Hadiths, the sayings and actions of the Prophet Muhammad (pbuh), offer practical guidance on how to navigate through challenges in life. The Prophet said: "my nation is forgiven and it will not be punished in the Hereafter. Its punishment is in this world: [it is befallen by] afflictions, earthquakes and killing." Al-Mullaa said: "Most of their punishment is taken away in this world by the hardships, difficulties, diseases and other afflictions that befall them."

So, the hardships that a person goes through, wipes out their sins, even if he might have caused them himself. While this by no means takes away the struggles of a person, is it a way of blessing and protecting the believer in the long run against their own corruptions.

Faith gives people the strength to persevere through difficult times, knowing that there is a higher purpose and meaning to their struggles. The belief in an afterlife, where the righteous will be rewarded and the unjust will be held accountable, provides believers with a sense of justice and fairness in an often unjust world.

Moreover, religion offers a sense of community and support to believers facing hardships in life. The Islamic community, or Ummah, is meant to provide a sense of solidarity and brotherhood to believers, offering them a support system of like-minded individuals who can offer help, guidance, and comfort during times of need. The act of coming together in prayer, charity, and communal worship can help believers feel connected to something greater than themselves and can provide a sense of belonging and purpose.