

# THE 50 MOST IMPORTANT LESSONS OF QURAN

*The most Important lessons of Quran  
and how to apply them in life*



وَقُلْ رَبِّ زِدْنِي عِلْمًا

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**QURAN**  
MEMORIZATION GUIDE

Seyed M.H.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

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### **Lesson # 1 Stay Away from Jealousy**

Jealousy is something which is highly condemned in the Qur'an. Ayah 128 of Surah Nisa says;

“...But people are prone to selfish greed. If you do good and have faith, Allah is aware of what you do.

Moreover, another Ayah of Surah An-Nisa also states;

“And do not crave what Allah has given some of you over others. Men will be rewarded according to their deeds and women ‘equally’ according to theirs. Rather, ask Allah for His bounties. Surely Allah has ‘perfect’ knowledge of all things. [4:32]

### **Lesson # 2 Focus on Yourself and Be Productive**

It is believed that most of the religions usually encourage conformity of thought but in reality, majority of the religions usually encourage the human reason and help to incite what humans really believe. Allah tells every Muslim to focus on being abounding and emphasize on being a productive Muslim.

Qur'an says;

“Verily! The worst of (moving) living creatures with Allah are the deaf and dumb, those who understand not (i.e., the disbelievers).

### **Lesson # 3 Avoid Anger and Exasperation:**

Ayah 134 of Surah Al'Imran reads: “Those who spend [in Allah's Cause—deeds of charity, alms, etc.] in prosperity and in adversity, who repress anger, and who pardon men; verily, Allah loves the good-doers.” [3:134]

This verse clarifies that you can use your anger for constructiveness as well as destructiveness. We can convert our anger into something productive by using it to help someone or comfort others in need.

Allah has given us numerous examples in the Qur'an regarding the Prophets who chose kindness over anger.

“Prophet Ibrahim’s (PBUH) father said to him: “I will surely stone you, so avoid me a prolonged time.” [Surat Maryam: 46] He (PBUH) responded: “Peace be upon you.” [Surat Maryam: 47].

This clarifies that responding to anger with kindness should be one’s priority.

#### **Lesson # 4 Be Kind and Promote Justice:**

There are two options whenever someone hurts you. Either take revenge, do whatever they did and gossip or stay positive and show civility and kindness.

According to Qur'an Muslims are told to choose kindness and be kind to everyone not a specific group of people. The Qur'an says;

“Worship Allah and associate nothing with Him, and to parents DO GOOD, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler, AND THOSE WHOM YOUR RIGHT HANDS POSSESS. Indeed, Allah does not like those who are self-deluding and boastful.” [4:36]

#### **Lesson # 5 Avoid Idle Talk and Gossips:**

Gossip is an ultimate raiser of division and majority of the people make themselves feel better by exploiting and portraying others as bad people to make themselves seem good. However, Allah and His Prophet (SAW) greatly discouraged idle talk and gossip.

The Qur'an is pretty clear on this;

“Don’t sow division, but instead, say what is good and true. That is the path to a good life.”

### **Lesson # 6 Always be Grateful:**

Ayah 7of Surah Ibrahim guides the Muslim Ummah to be grateful and thankful in every situation. Gratitude and being grateful is the essence of Islam and is also the main aspect for the attraction of affluence, tranquility, abundance and success in one's life.

Allah tells us to be grateful in Ayah 145of Surah Al'Imran as well;

...“And whoever desires the reward of this world We will give him thereof, and – whoever desires the reward of the Hereafter – We will give him thereof. And We will reward the grateful” ]3:145[

### **Lesson # 7 Ten Quranic Commandments:**

According to the Quranic Ayah 4:5 every Muslim is told to “Speak in a civilized manner in a language that is recognized by the society and is commonly used”.

The ten Quranic Commandments teaches us the mannerism and ways to communicate with fellow beings. The best way is to speak politely and keep your voice low [31:19], avoid deceitful and ostentatious words [22:30] and talk straight without any ambiguity or deception [33:70].

#### **Ten Quranic Commandments**

1. “Speak *kindly*.” (Quran, 2:83)
2. “Speak *the Truth*.” (Quran, 3:17)
3. “Speak *justice*.” (Quran, 6:152)
4. “Speak *graciously*.” (Quran, 17:23)
5. “Speak *fairly*.” (Quran, 17:28)
6. “Speak *politely*.” (Quran, 17:53)
7. “Speak *no lie*.” (Quran, 22:30)
8. “Speak *gently*.” (Quran, 20:44)
9. “Speak *not in vain*.” (Quran, 23:3)
10. “Speak *straight*.” (Quran, 33:70)



### **Lesson # 8 Always Speak the Truth:**

The Ayah 6:152 from Surah An'am, "La Nu-kalifu nafsan illah wus-a-ha", translates, "When you speak, be just, even though it concerns a near of kin" clearly states that Qur'an guides Muslims to speak the truth in every circumstance for the betterment of worldly life and life after death.

Moreover, Allah says; "Guarantee for me six things and I will guarantee Paradise for you: tell the truth when you speak, fulfill your promises, be faithful when you are trusted, safeguard your private parts, lower your gaze, and withhold your hands (from harming others)."

### **LESSON # 9 How to recruit people?**

Prophet Moses (A.S) escapes from ruthless kingdom of Pharaoh and reaches Madyan where he happens to meet another Prophet Shoaib (A.S) after helping his daughter who were being deprived of saturating their animals by big guns of the town. While Moses (A.S) was living with Shoaib (A.S), the eldest daughter recommends to her father to appoint Prophet Moses (A.S) Head Shepherd for their cattle.

قَالَتْ إِحْدَاهُمَا يَا أَبَتِ اسْتَجِرْهُ إِنَّ خَيْرَ مَنِ اسْتَجَرْتَ الْقَوِيُّ الْأَمِينُ

One of the women said, "O my father, hire him. Indeed, the best one you can hire is the strong and the trustworthy." Quran [28/26]

Prophet Shoaib (A.S) was bit surprised and asked his daughter as to why he was being recommended for that job. She cites two qualities of Moses (A.S) for recruitment: 1) He is strong. 2) He has integrity (Qavi-ul-Amin). He was technically sound and was man of character. The Holy Quran documented this important recruitment principal for eternity. So, according to the book recruiters should look for two traits in new employees, that is skill-set and integrity/honesty.

## Lesson # 10 Conflict Resolution

فَاَحْكُم بَيْنَ النَّاسِ بِالْحَقِّ وَلَا تَتَّبِعِ الْهَوَى

“So, judge between the people in truth and do not follow [your own] desire”

Quran [38/26]

Conflicts are the part and parcel of daily corporate life. The only place without conflicts is graveyard. Conflicts are in a way a healthy thing provided people are fighting for the bottom line of the company. Personalized conflicts paralyze the company and dissipate creative energies in aimless and useless fights. The things have to be controlled when you see corporate warlords entrenched in their bunkers and shooting missiles loaded with personal agendas. Here the role of boss is critical, crucial and pivotal. He has to liberate the organization from personal agendas of vested interests. He/she has to quickly resolve the conflict according to established SOPs (Standard Operating Procedures) of the company. The entire process of conflict resolution has to be mechanical, detached from personal biases and emotions and feelings. The following verse guides clearly that personal desire should not interfere the conflict resolution process.

## Lesson # 11 Benefits of Networking

Quran categorically rejects life of monasteries and living in silos. It advises its followers to come out of their homes and spread in the universe and see the signs of Allah. It encourages building community centers and meeting people so that they help each other's and lay the foundations of peaceful and stable societies.

فَادْخُلِي فِي عِبَادِي وَاَدْخُلِي جَنَّتِي

So, enter among My (righteous) servants and enter My Paradise. [Quran89/29,30 ”

In verses 29 & 30 of Surah 89, Allah clearly orders the followers to socialize and network with His pious people if you have to enjoy the fruits of prosperity, peace

and abundance. Networking is one of the surest ways of climbing the corporate ladders and getting businesses that results in prosperity and abundance.

Modern day management gurus say that your network equals your net-worth. If your network is small, your net-worth is also small. How it all works? The successful people in your network give you inspiration and motivation to stretch yourself and smash the comfort traps of mediocrity. You are an average of your network. Stronger the network, bigger the average. Simple. It is the power of my online network that helped me raise more than Rs. 200,000 for needy people with just two simple Facebook status updates in last 3 weeks. Except one, I have never met any of the donors in life.

### **Lesson # 12 Consider Problem an Opportunity:**

Quranic Ayah 2:155 of Surah Baqarah states “Verily, We shall put you to test with some fear, and hunger, and with some loss of wealth, lives, and offspring. And convey good tidings to those who are patient, who say, when inflicted by hardship, ‘Verily we are of God and verily to Him shall we return;’ upon them is the blessings of Allah and His mercy.”

This Ayah reminds us of the trial we face which provides us an opportunity to grow. Every human being faces a trial in life at one point or the other, therefore Allah told us to pray, stay patient and wait for the right time to come.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ

“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,” Quran [2/155]

### **Lesson # 13 Seek Help through Patience and Prayer:**

Ayah 2:45 of the initial Surahs, Surah Baqarah, in the Holy Qur'an states; "And seek help through patience and prayer and indeed, it is difficult except for the humbly submissive [to Allah]."

Whenever Allah tests his people, he washes off the sins. Allah clearly states that Muslims should seek help through patience and prayer and Allah will eventually relieve the hardships. Qur'an tells us to stay calm during the difficult times and train ourselves to stay patient instead of breaking down and losing temper.

### **Lesson # 14 THE FUNDAMENTAL ARTICLES OF IMAN (FAITH)**

To believe in:

1. Allah
2. His Angels
3. His revealed Books
4. His Messengers
5. The Day of Resurrection
6. Al-Qadr; Whatever Allah has ordained must come to pass (In other words, fate and destiny).

### **Lesson # 15 SLAUGHTERING FOR OTHER THAN ALLAH**

Allah the Exalted said: "Say: Verily my prayer, my sacrifice, my living, and my dying are for Allah, the Lord of the worlds. He has no partner. And of this I have been commanded, and I am the first of the Muslim." (Ch.6: V162-163)

"Therefore, turn in prayer to your Lord and sacrifice (to Him only)". (Ch.108:V2)

Ali bin Abi Talib said "Allah's Messenger (Peace be upon him) informed me about four Judgments (of Allah):

1. Allah's curse is upon the one who slaughters (devoting his sacrifice) anything other than to Allah;
2. Allah's curse is upon the one who curses his own parents;
3. Allah's curse is upon the one who shelters heretic (who has brought a Bid'ah in religion);
4. Allah's curse is upon the one who alters the landmarks (who changes boundary lines)."

#### **Lesson # 16 TO VOW OTHER THAN ALLAH IS AN ACT OF SHIRK**

Allah the Most Exalted said: "They (are those who) fulfill (their) vows, and they fear a Day whose evil will be Widespread."(Ch.76: V7)

"And whatever you spend for Charity (for Allah's cause) or whatever vow you make, be sure Allah knows it all" (Ch.2: V270)

Narrated 'Aisha (La.) that Allah's Messenger (Peace be upon him) said: "Whoever vows that he will be obedient to Allah, he should be obedient to Him, and whoever made a vow that he will disobey Allah, he should not disobey Him." (Al-Bukhari)

#### **Lesson # 17 TO SEEK REFUGE FROM OTHER THAN ALLAH IS A PART OF SHIRK**

Allah the Most Exalted said: "And verily, there were men among mankind who took shelter with the male Jinns, but they (Jinns) increased them (mankind) in sin and disbelief." (Ch.72: V.6)

Khawlah bint Hakim (Ra) said. I heard Allah's Messenger (pbuh) say: "Whoever goes into a dwelling and says (while entering it): 'I seek refuge in Allah's perfect

words from the evil (of those creatures) which He created', no harm shall befall him until he departs from that place.!! (Reported by Muslim)

### **Lesson # 18 Importance of knowledge & application:**

The Qur'an (first juz) starts with a dua – a refuge from being in a category of الضَّالِّينَ (those who are lost and astray) or maghdoobi alaeheim الْمَغْضُوبِ عَلَيْهِمْ (those who have evoked Allaah's anger which is even worse) but rather seeking to join the – أَنْعَمْتَ عَلَيْهِمْ ranks of (those upon whom Allah bestowed favor an'ama alaeheim). – Those who were blessed by Allaah because of their knowledge of deen and application of that knowledge in life

### **Lesson # 19 Believing the unseen:**

O Allah! Though I can't see You yet I believe in You as if I can look at You with eyes of my heart! When everything (including myself) feels absolutely cold, I feel the warmth of Your mercy. I find You alert whenever I find myself drifting off the track. I believe in Your creation that's hidden from my sight and Your books I never read, Your prophets I never met and the day of recompense that is yet to come...

I long to see and reside in the abode that You created for us with all the love. I long for Your single glimpse with my eyes wide open when in shaa Allaah I'll get the chance to meet my prophet and You in Jannah.

### **Lesson # 20 How to unlock a sealed heart**

By doing more good deeds and making lots of dua, one can shed off the darkness that engulfed the heart as this hadith describes the process of how a heart is sealed gradually...

Messenger of Allah (ﷺ) said:

"When the believer commits sin, a black spot appears on his heart. If he repents and gives up that sin and seeks forgiveness, his heart will be polished. But if (the sin) increases, (the black spot) increases. That is the Ran that Allah mentions in His

Book: “Nay! But on their hearts is the Ran (covering of sins and evil deeds) which they used to earn.” [Ibn Majah]

### **Lesson # 21 Self-progression**

By efforts of removing hypocrisy from our lifestyle and not confirming to double standards. In short, acting upon what we preach/teach – either to kids or to adults.

### **Lesson # 22 Sweetness of eemaan**

In this lesson, we explored the story of a famous poet – Tufail bin Amr (RA) who tasted the sweetness of eemaan after opening his heart for truth and being confident of what he achieved after realizing his mistake of believing the propaganda of Quraish. It shows how we have perfect abilities to recognize the truth and benefit from the reminders.

### **Lesson # 23 Guidance is for the seeker**

The words of Creator have been the same all along, but the effects on creation have been entirely individual. What makes some see so much beauty in what others see ugliness? I think the answer lies in our hearts. A pure heart breathes pure life. Pure words. It sees the blooming rose instead of thorns. It highlights a growing flower beside a volcano. It wants to see beauty and hence it is visible. Beauty of guidance is truly for the seeker.

### **Lesson # 24 Purpose of brain**

Allah could've given us brains like that of animals – who can function in the world normally too. They survive fine by eating, sleeping and playing. But we were created with a higher purpose hence higher strengths. And eventually, a higher number of tests. Previously, we saw how a change of heart can yield different results in different individuals. Same goes with the brain, soul, body, time, free will...we all have all of these but how we use it makes a huge difference.

## Lesson # 25 Applying what we preach

– أَتَأْمُرُونَ النَّاسَ بِالْبِرِّ وَتَنْسَوْنَ أَنْفُسَكُمْ

Do you order righteousness of the people and forget yourselves...? – We as parents and sometimes as elders who have more knowledge, command kids/younger siblings etc. over righteousness and yet, fail to apply it in our daily lives.

The most common example being – LIES!

“NEVER LIE” we order. “BE NICE to your little ones”. “No screen time”. “DON’T CONSUME cold drinks and junk etc.” The list of double standards stacks up in no time. So, ordering righteousness is not simply limited to something praying/fasting-related only. It has a wider meaning – teaching with your actions as well and not just empty words.

## Lesson # 26 Intercession is ONLY with the permission of Allah

It doesn’t work like this – Do as you like, disobey Allah, and then ask those who are closest to Him to make du’a, expecting to get all the wishes fulfilled on behalf of someone else’s good deeds. None can save you except Allah and your own good deeds simply make your path to salvation easy.

## Lesson # 27 Following the commandments as they are – فافعلوا ما تؤمرون

The Messenger of Allah (ﷺ) delivered a Khutbah and said, “...when I order you to do something, do it as far as you can; and when I forbid you from doing anything, eschew it.” [Muslim]

## Lesson # 28 Ihsaan is Ahsan (Ihsaan is better)

Allah demands Ihsan from us, specifically for our parents, close relatives, orphans and the needy. Then everyone in general – “...And speak to people good ...” –

وَقُولُوا لِلنَّاسِ حُسْنًا

Ihsan comprises of four main components:

- 1: Sincerity (Ikhlas – for the sake of Allah).
- 2: Completeness (doing things complete).
- 3: Tastefulness (doing things in the best manner possible – the best way you can do it).



4: Correctness (doing things the right way – according to Quran and sunnah).

### **Lesson # 29 Importance of gratitude**

When you see someone and feel that your life is not enough, find a tiny little thing to be grateful for. Find positivity amidst negativity and you will see abundance in your life. If you need to make gratitude an informed daily choice in your life, you can start by keeping a gratitude journal/Alhamdulillah journal.

### **Lesson # 30 Belief in destiny**

“...Strive for that which will benefit you, seek the help of Allah, and do not feel helpless. If anything befalls you, do not say, “if only I had done such and such” rather say “Qaddara Allahu wa ma sha’a fa’ala (قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ) – Allah has decreed and whatever he wills, He does.” For (saying) ‘If’ opens (the door) to the deeds of Satan.” [Ibn Majah]

“...Be mindful of Allah, and you will find Him in front of you. Recognize and acknowledge Allah in times of ease and prosperity, and He will remember you in times of adversity. And know that what has passed you by was not going to befall you, and what has befallen you was not going to pass you by. And know that victory comes with patience, relief with affliction, and hardship with ease...” [Tirmidhi]

### **Lesson # 31 Complete submission to Allah**

إِذْ قَالَ لَهُ رَبُّهُ أَسْلِمْتُ قَالَ أَسْلَمْتُ لِرَبِّ الْعَالَمِينَ – No commandment or trial was hard enough to weaken Ibrahim (AS)’s faith in Allah. He obeyed his Rabb without questioning or complaining, due to which he was given the title of خليل الله (Friend of Allah).

### **Lesson # 32 Manifestation of religion inside out**

“The sibghah of Allah” – Ibn ‘Abbaas said in the narration of al-Kalbi, as did Qataadah and al-Hasan: the deen (religion) of Allah, and it is only called sibghah because the effects of the religion manifestly appear on one who adheres to the religion just as the effects of the dyes manifestly appear on the clothing.

### **Lesson # 33 Regular repentance**

Set a rule to make Astaghfaar your habit... Allah loves a consistent deed – be it small.

### **Lesson # 34 Remembrance of Tawhid (the Oneness of God)**

“There is no group that remembers Allah, except that the angels encompass them, mercy covers them, and tranquility descends upon them: and Allah remembers (mentions) them before those who are with Him.”

Jami at-Tirmidhi: Vol. 6, Book 45, Hadith 3378

The remembrance of God, or Tawhid (the Oneness of God), is arguably one of the most central aspects of being Muslim. By understanding the true Oneness of God, one will find that every aspect of living a fulfilling and engaging Islamic life will come naturally and easily. The Prophet Mohammad taught us that to remember Allah is both rewarding and necessary, and is one of the most beautiful acts of being Muslim.

### **Lesson # 35 Actively engaging with the Holy Quran**

“When matters become obscure for you like the darkness of the night, then turn to the Quran, for it is the mediating intercessor and the trustworthy deviser. Whoever puts it in front of them, it will lead them to Heaven, and whoever puts it behind them, it may take him to Hell.”

Kenzul Ummal: Hadith 4027

The Holy Quran remains our main and undisputable source of truth and knowledge in Islam. The Prophet Mohammad reminds us that the Quran will always be the light of truth in our many disputes and that by remembering and actively engaging with the Quran we will ultimately be rightly guided.

### **Lesson # 36 Remaining humble**

“Blessed be he who humbles himself before Allah without having any deficiency, and who humiliates himself without poverty.”

Tanbih al-Khawatir: Vol. 2, pg. 66

The Holy Prophet was the pinnacle of humbleness and humility, and the number of stories about his conduct with not only his family and companions but his enemies as well remains an important lesson to us all. Teaching us the beauty of humbleness

and the importance of humility, the Prophet Mohammad's lessons on humbleness help guide us back to the true essence of Islam.

### **Lesson # 37 Giving charity**

“Give charity without delay, for it stands in the way of calamity.”

Al-Tirmidhi, Hadith 589

The giving of charity, whether it be through the giving of food and material goods or through by being kind to others, is one of the most important lessons from the Holy Prophet. The act of selflessness, and the act of giving to others in whatever capacity available to you, is a key aspect of being a practicing Muslim, something we can all learn from the personal actions of the Holy Prophet himself.

### **Lesson # 38 The importance of being just**

“There is a Sadaqa to be given for every joint of the human body, and for every day on which the sun rises there is a reward of a Sadaqa (charitable gift) for the one who establishes justice among people.”

Sahih Bukhari: Vol. 3, Book 49, Hadith 870

Not only should we be kind and thoughtful to those around us, but we need to also be just and fair to everyone we come across in life. The Holy Prophet taught us that no matter who you come across, whether they be friend or foe, you must treat them as you would want them to treat you. This, according to the Prophet, is a powerful act of charity.

### **Lesson # 39 Not having anger in your heart**

“When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise, he should lie down.”

Sunan Abi Dawud: Book 42, Hadith 4765

The Holy Prophet remains the pinnacle of the best of human traits and qualities, and of those traits was his control over his temper. Removing anger from oneself is one of the most important aspects of being a practicing Muslim. By learning how to deal with any problem through Islamic values, one can help remove unhealthy anger and the consequences that stem from angry reactions.

**Lesson # 40 Remaining healthy both physically and mentally**

“Don’t indulge in over-eating because it would quench the light of faith within your hearts.”

Al-Mustadrak, volume 3, p81

If we indulge ourselves too much in the physical and mental distractions of this world, we create less time to connect to Allah. The Holy Prophet reminded his followers to cut back on over-eating and over-indulging oneself simply for pleasure and to instead focus on bettering our physical and mental health to help give our full potential to Allah.

**Lesson # 41 Learning to think carefully before you speak**

“Whenever he wishes to speak, he contemplates: if what he wants to say is good, he says it and benefits as a result, and if it is bad, then he keeps quiet and remains safe as a result. When a temptation arises before him, he holds fast to Allah and guards his hand and his tongue: if he sees virtue in it, he seizes it, neither losing his modesty thereat nor displaying any greed.”

Tuhaf Al-Uqool: pg. 28

Following in the footsteps of the Holy Prophet, by learning how to think before speaking one can control their emotions better, and become more aware of how to properly react and deal with day-to-day situations. The Holy Prophet teaches us that

while there is an importance to speaking out against injustices, in many cases there can also be a time for remaining silent in order to make a point.

### **Lesson # 42 Actively learning and engaging with knowledge**

“One hour of contemplation is superior to an entire year’s worship.”

Tadhkerah al-Haqaiq, Page 29

The Holy Prophet emphasized the importance of thinking and believing, and not only blindly following the mechanics or physical aspects of the religion. To simply think and believe is an act of worship, and through contemplation, we may bring ourselves closer to Allah as well.

### **Lesson # 43 Sexual Harassment at Work Place**

Sexual harassment is a common problem at work places. The story of Prophet Yusuf/Joseph (AS), is “the best of stories.

Yusuf has the potential to play a bigger role in life and he shares his vision/dream with his father. Brothers are jealous of his potential. They throw him in a well. By divine scheme, he is brought to a city and gets a chance to serve at the king’s house. He is charismatic; the wife of the king has lusty thoughts towards him.

She persuades him to have relations with her and he seeks refuge of Allah and refuses and runs away. She is running after him and the king sees both of them in this situation.

The First Lady accuses him of rape attempt but Prophet of Allah says: “It was she who sought to seduce me.” (12/26). Both of them are given a chance to explain the situation. Yusuf is successful to prove his innocence.

Sexual harassment always emanates from a position of authority. It flows down from stronger to weaker. Verse 23 of Surah 12 says: “And she, in whose house he was,

sought to seduce him”. The lady had power over the servant. She misused her power and initiated the harassment. The stereotypical thinking is that men normally initiate the harassment. It’s not true. It is the stronger position that initiates sexual harassment; it can come from a man or a lady.

There are three lessons that I will derive from sexual harassment saga of Prophet and the queen:

- 1) Always look what nuisance value the sexual harasser has over the victim to investigate. Power to terminate? Power to blackmail? Power to hurt?
- 2) The victim must seek refuge of Allah immediately.
- 3) Victim must run away from privacy. This is the Prophetic way.

#### **Lesson # 44 Every Problem is an Opportunity**

In Quran 2: 155, we find this bit of wisdom: “Verily, We shall put you to test with some fear, and hunger, and with some loss of wealth, lives, and offspring. And convey good tidings to those who are patient, who say, when inflicted by hardship, ‘Verily we are of God and verily to Him shall we return;’ upon them is the blessings of Allah and His mercy.”

These words remind us that our trials are opportunities to grow. Everyone experiences a time of testing at some point in their lives—some more than others. No one is exempt from this. But the answer to hardship doesn’t lie in wishful thinking, in desiring a life of no difficulty. The answer lies in how we respond to that difficulty when it arises.

When we respond to hardship with positivity and resilience, knowing that it is temporary, we reap rewards later. Those rewards may come in the form of intangible

wisdom and life experience, or in tangible goods, but they always come to those who are patient in adversity.

### **Lesson # 45 Don't Give in to Gossip**

Quran 17:53 says “Say to My servants that they should only say those things that are best, for Satan does sow dissensions among them, for Satan is to man an avowed enemy.”

Gossip is the ultimate Sower of division. Too often, we're tempted to make ourselves look better by putting others down. This might give us a temporary ego-boost, or a small crowd of admirers, but these benefits are always short-lived.

Eventually, most gossipers find themselves alienated—after all, if someone talks badly about one person, won't they talk badly about another? With time, these gossipers find themselves lonely, distrusted, and disliked.

Victims of gossip often feel hurt, misunderstood, and betrayed—is that really the legacy you want to leave? Or would you rather use your words to unify and uplift?

The Quran is clear on this: don't sow division, but instead, say what is good and true. That is the path to a good life.

### **Lesson # 46 Be Kind to Others**

Quran 16:91 reads “Indeed, Allah enjoins justice, and the doing of good to others; and giving like kindred; and forbids indecency, and manifest evil, and wrongful transgression. He admonished you that you may take heed.”

When someone hurts or annoys you, or when they're simply not useful to you, you're presented with a choice. You can go negative, taking revenge, bullying, or ignoring them, or you can go positive, showing kindness and civility.

According to the Quran, you should choose kindness.

This verse doesn't say do good for a certain group—it says do good for others, period.

There's good reason for this. When you're kind, you stop cycles of unkindness, wherein you're unkind to someone, and they treat you, or others, the same. And not only this, but you multiply goodness—people are much more likely to pay forward acts of kindness, despite the fact that those acts are rare.

The Quran contains much wisdom on how to live well, but this is some of the most important of what it has to say. Avoid injustice and unkindness, and your life will be changed for the better.

### **Lesson # 47 Choose Your Best Words When You Speak**

The same verses that cover gossip in Quran 17:53 also address a larger topic: when you speak, you should take the time to choose the best words possible.

Most of us simply speak without thinking. We know what we want to convey, and we come up with a few words to make it happen. Usually, we do this as quickly as possible.

But when words can cost you your dream job during an interview, or your true love during a date, they're worth thinking deeply about. Words have impact. They can persuade and uplift, or they can manipulate and destroy. And when you use what can be such a powerful weapon without thought, you can wreak untold damage and lose out on some valuable opportunities.

They can change the course of lives.

So don't get caught in the habit of using words carelessly. As Quran 17:53 says, let all of your words be your best words. If you do, you'll find nearly every aspect of your life transformed.



### **Lesson # 48 Use Your Anger to Create, Not Destroy**

Quran 3:134 reads: “Those who spend [in Allah’s Cause—deeds of charity, alms, etc.] in prosperity and in adversity, who repress anger, and who pardon men; verily, Allah loves the good-doers.”

These verses remind us of a very important ability we humans have: when we’re angry, we can use that anger for something constructive rather than for destructive ends. We can transform our rage into creative energy, using it to become a source of comfort and help to others.

Think about it. Anger is a motivating force that helps us respond to adverse situations. When we feel this intense emotion, we know that something needs to change.

It’s how we go about creating that change that makes a difference.

Rather than resorting to destructive behavior, such as violence, bullying, or insults, why not go constructive, and use your anger to motivate you toward more benevolent ends?

For example, if you’re angry about the current political situation, you can choose to either unleash your anger in the form of insults toward those you disagree with, or you can channel it into positive political activism in order to improve what you feel is broken. The Quran reminds us that our anger has power if we take the time to control it and direct it toward better ends.

### **Lesson # 49 Be Mindful of Time**

Quran 103:1-3 reads “By time, surely man is in loss, save those who believe and do good deeds, and enjoin on each other truth, and enjoin on each other patience.”

If you could read the Quran and take with you only one bit of wisdom when you put it down, it would be this. The question of how to use our time in the best way possible

is the subject of countless self-help books, seminars, and speeches, but these verses succinctly give us the answer.

Our best use of time lies in leaving the world a better place than we found it.

We should use our time to do good deeds, such as charity work. We should be truthful with one another. We should be patient—slow to become angry, and quick to forgive so that cycles of violence and abuse stop with us.

If you've ever wondered how, you should spend your time, you now have your answer. Use it to love your fellow man.

### **Lesson # 50 Think For Yourself**

Quran 8:22 highlights those who don't think for themselves, saying, "Truly, the worst of all creatures in the sight of Allah are the deaf, the dumb, those who do not use their reason."

This may come as a surprise to those who feel that religious texts encourage conformity of thought, but in reality, many religions embrace human reason, pushing their adherents to try to truly understand why they believe what they believe.

It was Socrates, the Ancient Greek philosopher, who famously echoed this thought when he proclaimed that "The unexamined life is not worth living." And it's true—a life without thought, intention, or reflection is wasted. Without taking the time to self-reflect, we simply blow about on the breeze, not really living.

Instead, pause your busy life for a moment and think about why you do the things you do. Are you intentionally going after the things that make you happy, as well as things which improve the world around you?

If you're not, think on these verses. It may just change your life.

### **Lesson # 51 Being kind to your neighbors**

“Anyone who believes in God and the day of judgment should not harm his neighbor. Anyone who believes in God and the day of judgment should entertain his guest generously and should say what is good, or keep quiet.”

Sahih Bukhari: Vol. 8, book 73, no. 47

The Holy Prophet taught us that by being kind to your neighbors you are also helping build a better Islamic community as well, and that kindness to those around you, whether they be neighbors or strangers, will help build a better relationship between you and Allah.

### **Lesson # 52 Holy Wisdom**

The Quran is a fantastic source of life-changing wisdom that you don't want to miss out on, no matter what your beliefs might be. It touches on a wide variety of topics—far more than we've mentioned here—and may contain just the knowledge you've been looking for.

Give this holy text a try, and you might just be surprised at what you find.