

October 29, 2004

LEGISLATING OR PROHIBITING FOODS - FOR WHATEVER REASON

**I seek refuge in Allah from satan the rejected.
In the name of Allah, The Most Gracious, The Most Merciful.**

This is a favorite subject amongst most people at dinner table, at parties or other gatherings, to talk about the benefits or harmful effects of certain foods. People love to emphasize how certain foods have more vitamins than others or that certain foods have less calories which can reduce your weight. The believers have also engaged in this futile subject at one time or another. The prime reason for this discussion is that there are not too many subjects to talk about. Moreover, there are plenty of diseases prevalent at any given time, which keep the humans in fear most of the time. When struck with a disease, most people wonder at themselves trying to figure out if they could have done something differently. Some even console themselves by saying that they ate and drank modestly, mostly home-made and healthy foods, and even exercised. They try to rationalize the cause of the disease. Just like they do not know who created them; their mind does not stretch far enough to realize that God is behind everything.

If you look back over time, through human books, magazines, and newspapers, you will notice that diseases have always existed. So has the viruses and bacteria. Some may be the same and some are new diseases. Same is true of the viruses and bacteria. The modern-day scientists and researchers will make you believe that it is a new virus or a new disease. Or they will say that since our ancestors did not have the modern-day diagnostic tools, it was left undetected. Thus, each generation would like to think that they are smarter and more intelligent than the one before it. The hardest thing to accept anything is when you lack facts or the reasons behind it. This sets fear in the humans, which in turn causes stress and anxiety. Crazy and upset, they rush to the doctors and would settle for any medicine as long as it removes their problem. They have no idea that God is the One who creates everything! Once they realize this fact, their fear can change into an opportunity of worship and imploring of God.

Here is what the believers know or should know from the Quran:

2:155 Part: We will surely TEST YOU through some “fear,” “hunger,” “and loss of money,” “lives,” “and crops.”

2:156 When an AFFLICTION befalls them, they say, “We belong to **GOD**, and to Him we are returning.”

2:157 These have deserved blessings from their Lord and mercy. These are the “guided ones.”

To face something that comes from God, the rule is simple: Abraham believed in God first, then asked and implored Him as to how to worship Him. Similarly, when you have an affliction of any nature, you implore Him first to acknowledge that it comes from Him, then ask Him to heal you or direct you to do better. If He directs you to another human being (a doctor), whom He created, designed his brain, and fully controls his intellect and expertise, and knows the final outcome, then you pursue that course, by taking His name and glorifying Him. Consult God first before you consult a doctor. It would not constitute a sin to be treated by a doctor as it is not forbidden in the Quran, as long as you have implored God first. At the same time, you earn credit from God for remembering, praising, and seeking direction from Him. It would be a trick of the devil and an abomination not to take God’s name and to implore Him before you visit a doctor or a hospital.

By God’s precise design, neither aging can be reversed, nor the complete eradication of all diseases, otherwise the humans would have an eternal lifespan. He made it so complex, inter-related and inter-dependent that our lives and sustenance is not based upon one or two factors; the reality is that it is based on an infinite and yet unknown factors. Therefore, the true believers look upon disease as another creation of God. He knows the secrets and mysteries of everything He created, and He alone can cure or heal you. To shed some light on the creation of various phenomena, the inter-relationship and complexity of the Divine evolutionary factors that are fully controlled by God, I am going to recite a few verses. Let your minds stretch out and reflect how complicated all of this is --- you will realize how dependent we all are on God’s continuous mercy.

7:57 He is the One who sends the wind with good omen, as a mercy from His hands. Once they gather heavy clouds, we drive them to dead lands, and send down water therefrom, to produce with it all kinds of fruits. We thus resurrect the dead, that you may take heed.

24:43 Do you not realize that **GOD** drives the clouds, then gathers them together, then piles them on each other, then you see the rain coming out of them? He sends down from the sky loads of snow to cover whomever He wills, while diverting it from whomever He wills. The brightness of the snow almost blinds the eyes.

56:63-70 Have you noted the crops you reap? Did you grow them, or did we? If we will, we can turn it into hay. Then you will lament: We lost. We are deprived. Have

you noted the water you drink? Did you send it down from the clouds, or did we? If we will, we can make it “salty”. You should be thankful.

56:71-74 Have you noted the fire you ignite? Did you initiate its tree, or did we? We rendered it a reminder, and a useful tool for the users. You shall glorify the name of your Lord, The Great.

13:3 He is the One who constructed the earth and placed on it mountains and rivers. And from the different kinds of fruits, He made them into pairs – males and females. The night overtakes the day. These are solid proofs for people who think.

13:4 On earth, there are adjacent lots that produce orchards of grapes, crops, palm trees – dioecious and non- dioecious. Although they are irrigated with the same water, we prefer some of them over others in eating. These are solid proofs for people who understand.

16:5-6 And He created the livestock for you, to provide you with warmth, and many other benefits, as well as food. They also provide you with luxury during your leisure, and when you travel.

16:14-15 And He committed the sea to serve you; you eat from it tender meat, and extract jewelry which you wear. And you see the ships roaming it for your commercial benefits, as you seek His bounties, that you may be appreciative. And He placed stabilizers on earth, lest it tumbles with you, as well as rivers and roads, that you may be guided.

16:66 And in the livestock there is a lesson for you; we provide you with a drink from their bellies. From the midst of digested food and blood, you get pure milk, delicious for the drinkers.

79:29-33 He made its night dark, and brightened its morn. He made the earth egg-shaped. From it, He produced its own water and pasture. He established the mountains. ALL THIS TO PROVIDE LIFE SUPPORT FOR YOU AND YOUR ANIMALS.

80:24-32 LET THE HUMAN CONSIDER HIS FOOD. We pour the water generously. Then we split the soil open. We grow in it grains. Grapes and pasture. Olives and palms. A variety of orchards. Fruits and vegetables. TO PROVIDE LIFE SUPPORT FOR YOU AND YOUR ANIMALS.

SUMMARY OF GOD’S BLESSINGS SHOWING INTER-RELATIONSHIP & COMPLEXITY OF EVOLUTIONARY FACTORS:

Without winds, clouds will not move- without clouds there will be no rain- without rain, there will be no plants, trees, fruits or vegetables, or pastures – without pastures, there will be no animals and livestock – without livestock, there will be no milk to drink – without mountains, there will be no rivers – without snow, there will be no fresh water coming from the mountains – without animals, you will not have the clothes, shoes and blankets – without rivers, you will not have the sweet drinking water and fish – without the sea, you will not have the sea-food and jewelry- without trees, you will not have the tools and the furniture - without winds, there will be no pollination or the removal of pollution in the atmosphere – without mountains as stabilizers, the earth will tumble and go out of control – and when the EARTH TUMBLES, there will be NO HUMAN BEINGS LEFT. But the PRESENCE OF GOD WILL STILL BE THERE, Alhumdo Lillah, and the list goes on and on.

14:34 AND HE GIVES YOU ALL KINDS OF THINGS THAT YOU IMPLORE HIM FOR. IF YOU COUNT **GOD'S** BLESSINGS, YOU CAN NEVER ENCOMPASS THEM. INDEED, THE HUMAN BEING IS TRANSGRESSING AND UNAPPRECIATIVE.

These are just a few verses and examples. Stop and think how complex and inter-related and inter-dependent everything is. He controls all of the above and more, single-handedly, without the help of anyone. Can the disputing and idol-worshipping human fathom any of this – and give due credit to the One who deserves this: Allah, Most Glorified, Most Praiseworthy. (6:91 Part:) **THEY NEVER VALUED GOD AS HE SHOULD BE VALUED.** (39:36 Part:) **IS GOD NOT SUFFICIENT FOR HIS SERVANT?**

The blessings given above are just a microcosm of the myriad of God's blessings which can neither be created, nor matched, nor counted by anyone other than Allah. It is mind-boggling even to encompass.

As for the inter-dependency between His various creations, I will give you just 3 examples. One cannot exist without the other. This is all part of the GREAT DIVINE PLAN OF GOD.

1. Without the sun, there will be no evaporation of water. Without evaporation, there will be no humidity. Without humidity, there will be no clouds. Without winds, the clouds will not move. Without the rain, life will not spring forth. Subhan Allah.
2. God created trees and plants for us. We are dependent on each other. We breathe in oxygen, and our lungs do a chemical reaction to convert it into carbon dioxide which we breathe out. The trees and plants then breathe in the same carbon dioxide, do a chemical reaction, and breathe out oxygen, for us to

inhale back in. Without this essential and vital oxygen, our hearts and brain cannot function, and the human being perishes. Alhumdo Lillah.

3. Some of what we eat and drink is retained by our bodies to develop and nourish us. The extra is excreted out as waste, which serves as manure and fertilizer for plants and crops. The same is true for animals. The dead leaves, rotting branches and stumps of trees also turn into recyclable fertilizer. Through the rain and fertilizer and sunlight, the crops and plants grow, to service us another time. God be Praised.

The growing of crops, fruits, and vegetables; and the shopping of them; then consuming them a few times a day, takes a good portion of time in our lives. We readily advocate and advise each other as to what to eat and what not to eat. We tell each other that certain foods are good for health and others not. We stress upon the caloric and nutritional values, without knowing and realizing the hormones within the body and the chemical reactions that take place within, turning it into something unknown to us. We talk like “food gods” as if our knowledge is certain and sure. Despite all this, we still fall sick, ache and pain. WE TOTALLY FORGET THAT WE HAVE COMMITTED IDOL-WORSHIP, DIRECTLY AND INDIRECTLY, WHICH OUR ANCESTORS ALSO DID, BY TALKING, ADVISING, ADVOCATING, INFLUENCING AND LEGISLATING SOMETHING THAT IS NOT AUTHORIZED BY GOD. Once we have realized and acknowledged that we do not create our bodies or the food that we consume; how can we deviate and interfere in God’s system with teachings based on fabrications, innovations and false knowledge that is not authorized by God? His Command is as follows:

16:114 Therefore, you shall eat from **GOD’s** provisions everything that is lawful and good, and be appreciative of **GOD’s** blessings, IF YOU DO WORSHIP HIM ALONE.

16:116-117 You shall not utter lies with your own tongues stating: “This is lawful, and this unlawful,” to fabricate lies and attribute them to **GOD**. Surely, those who fabricate lies and attribute them to **GOD** will never succeed. They enjoy briefly, then suffer painful retribution.

6:118 You shall eat from that upon which **GOD’s** name has been pronounced, if you truly believe in His revelations.

6:119 Why should you not eat from that upon which **GOD’s** name has been mentioned? He has detailed for you what is prohibited for you, unless you are forced. Indeed, many people mislead others with their personal opinions, without knowledge. Your Lord is fully aware of the transgressors.

6:121 Do not eat from that upon which the name of **GOD** has not been mentioned, for it is an abomination. The devils inspire their allies to argue with you; IF YOU OBEY THEM, YOU WILL BE IDOL-WORSHIPERS.

6:138 Part: They said, “These are livestock and crops that are prohibited; no one shall eat them except whomever we permit,” so they claimed. They also prohibited the riding of certain livestock. Even the livestock they ate, they never pronounced **GOD’s** name as they sacrificed them. Such are innovations attributed to Him.

6:139 They also said, “What is in the bellies of these livestock is reserved exclusively for the males among us, and prohibited for our wives.” But if it was a stillbirth, they permitted their wives to share therein. He will requite them for their innovations. He is Most Wise, Omniscient.

6:141 He is the One who established gardens, trellised and untrellised, and palm trees, and crops with different tastes, and olives, and pomegranates – fruits that are similar, yet dissimilar. EAT FROM THEIR FRUITS, and give the due alms on the day of harvest, and do not waste anything. He does not love the wasters.

6:142 Some livestock supply you with transportation, as well as bedding materials. EAT FROM **GOD’s** PROVISIONS TO YOU, and do not follow the steps of satan; he is your most ardent enemy.

6:144 Part 1: “Were you witnesses when **ALLAH** decreed such prohibitions for you?”

6:144 Part 2: Who are more evil than those who invent lies and attribute them to **ALLAH**?

6:144 Part 3: They thus mislead the people without knowledge.

Miracle: In parts 1 and 2, the **Allah** letters are **10** and **9**, revealing a diff. of 1, the ONE GOD.

Miracle: In parts 2 and 3, the GV of **messenger's** letters are **402** and **292**, revealing a diff. of 110, being the Shahadah.

6:148 Part: Say, “Do you have any proven knowledge that you can show us? You follow nothing but conjecture; you only guess.”

Miracle: With Parts 1 and 2 of 6:144 & 6:148, taken together: The **Allah** letters are **19** and **18**, revealing the “Revelation of 1 God”.

There is a set of verses with the Supreme Miracle associated with them, that addresses the messengers.

20:81 Eat from the good things we provided for you, and do not transgress, lest you incur My wrath. Whoever incurs My wrath has fallen. **ALLAH LETTERS ARE: 14**

23:51 O you messengers, eat from the good provisions, and work righteousness. I am fully aware of everything you do. **ALLAH LETTERS ARE: 19**

The PROOFS provided by God above, stress upon the importance of this subject and confirm the Khutbah. If you do not like the taste of a particular food, or think it does not benefit you, you can choose something else while praising God. But “DO NOT” advocate or advise others against it, lest you become a god besides God. Even Muhammad was reminded in 66:1, “O you prophet, why do you prohibit what **GOD** has made lawful for you, just to please your wives? God is Forgiver, Merciful.”

We have all engaged in false prohibitions at one time or another, out of IGNORANCE. Therefore, let us repent to God a sincere repentance, and refrain from uttering anything sinful from now on. May God accept our repentance and forgive our sins.

6:120 You shall avoid obvious sins, as well as the hidden ones. Those who have earned sins will surely pay for their transgressions.

16:119 Yet, your Lord, in regard to those who fall in sin out of IGNORANCE then repent thereafter and reform – your Lord, after this is done, is Forgiver, Most Merciful.

Miracle: Note that the **verse numbers** are: **120** and **119**, **revealing a diff. of 1 (God)**.

**Peace be upon the messengers.
Praise be to God, Lord of the Universe.**