

September 23, 2005

## **DISEASE AND AFFLICTIONS**

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

The last sermon given by me was very comprehensive and spanned over 5 Jum'ah Salat's (congregational prayers of Friday). This week, I am going to talk about "Diseases and Afflictions" that affects the lives of the human beings, the reasons behind it, and what you should be doing as believers to face and cope with it, before and after it strikes you. This will also be a very detailed sermon.

ALLAH is the Creator of everything in the Universe: including the humans, as well as the diseases, viruses, bacteria, and the germs. He created and controls the immune systems, the genes, each and every cell, and the functions of all organs of our bodies. Diseases are prevalent in all countries of the Earth and no community is immune to it. From the time of the creation of the human being till the Day of Judgment, the diseases have been and will be there, as part of God's scheme of Tests and punishment. Life is designed as a series of Tests, and God chooses to punish the humans through various means and to test them also. Whether disease is supposed to be a punishment, or a test is what I will explain as I go along.

He not only created us but taught us how to distinguish between belief and disbelief, the right and wrong path, what is good and bad for us, and most importantly, the knowledge to distinguish between the multitude of diseases, viruses, germs, and bacteria. He taught us an uncountable number of things, which I will not go into at this time in order to focus on the subject of disease. Through different situations in life, involving adversity and prosperity, God distinguishes between the appreciative and the unappreciative; and between the righteous and the wicked.

**55:3 Creator of the human beings.**

**55:4 He taught them how to distinguish.**

**Proof: The Allah letters are 4 and 5, revealing the diff. of 1 - the ONE GOD, who is the SOURCE of all knowledge and teachings for the humans.**

You will notice that the powerful, the resourceful and the rich also fall prey to disease, affliction, and accidents, just like the poor ones. Every human being ages with time and also becomes weaker in old age. However, the circumstances and the environment may change the frequency and the vulnerability of falling sick. While

God has created diseases, He has also blessed some humans to have the knowledge to diagnose them, and prescribe medication which can heal you, if God wills it. In today's world, they are called "doctors". In the past, they could have been called by other names.

**THE PURPOSE OF OUR CREATION** is clearly given through 51:56-57.

**51:56** I did not create the jinns and the humans except to worship Me alone.

**51:57** I need no provisions from them, nor do I need them to feed Me.

**Proof:** The Aleefs are **6** and **5**, **revealing the diff. of 1** - **Proof of ABSOLUTENESS OF GOD.**

These verses and the revelation of Aleef, representing the One God is followed by another verse having the Sacred Coding, to augment our belief in the One, Absolute God.

**51:58** **GOD IS THE PROVIDER, THE POSSESSOR OF ALL POWER, THE SUPREME.**

**Revealed:** The Allah letters are **14**, a **revelation of the Seven Pairs Code.**

After revealing the Sacred Code of **14** through a very powerful verse above, the last 2 verses left in chapter 51 are marked for the disbelievers through the Code of **19**, thus completing the Sacred Codes that identify the true Lord of the Universe and His scripture.

**51:59-60** The transgressors have incurred the same fate as their previous counterparts; they should not challenge. Woe to those who disbelieved from the day that is awaiting them.

**Revealed:** The Allah letters are marked to be **19**, serving a warning to the disbelievers in God, Quran, and His Sacred Codes of **14-19** and other revelations.

**God has proved the purpose of our creation** and there is a Divine System with laws in place governing all aspects of our lives here on Earth. He has designed our bodies to be dependent on food and drink, on sleep and rest, on breathing oxygen to live, and also on exercise – both mental and physical. What we consume and take in must come out, or at least most of it. A good portion of it is absorbed by the body as nutrients for our well being and nourishment. The excess food and drinks that are not absorbed into the blood stream are converted into acid and toxins through the

function of the kidney, liver, pancreas, etc. which if not excreted out causes harm to the body and diseases. Just like He has precisely measured everything, we should measure our intake of food and drink. Even the exercise required by our bodies has to be measured. Any excess can be counterproductive and harmful.

**Let me first narrate some of God's Laws relevant to our lives and health**

**7:31 Part:** And eat and drink moderately; surely, He does not love the gluttons.

**90:4** We created the human to work hard.

**94:5-6** With pain there is gain. Indeed, with pain there is gain.

**2:222 Part:** He loves those who are clean.

**90:10** Did we not show him the two paths?

**90:11** He should choose the difficult path.

**2:195 Part:** Do not throw yourselves with your own hands into destruction.

**4:29 Part:** You shall not kill yourselves. (committing suicide or hunger fast)

**4:27 GOD** wishes to redeem you, while those who pursue their lusts wish that you deviate a great deviation.

**4:28 GOD** wishes to lighten your burden, for the human being is created weak.

The gist of all the laws in the Quran, and some of them reflected above are best expressed through the following verse, in 2 parts.

**79:40 Part 1:** As for the one who revered the Majesty of his Lord,

**79:40 Part 2:** And enjoined the self from sinful lusts.

**Revealed:** The Allah letters are 5 and 6, **revealing a diff. of 1, ONE GOD.**

Though God has provided a multitude of delicious foods and drinks, and many other provisions for our comfort, He has decreed that we should not transgress the limits by being lustful about anything that He has given us. When you exceed the limits set out by Him and place a higher priority over material things and provisions than worshiping Him; that is when you become sinfully lustful.

There are foods that benefit us and some that can hurt us (for example, poisonous mushrooms). There are plants that are beneficial for us, from which we derive many nutrients and medicinal values; at the same time there are plants which cause itches, rashes, allergies, sneezing, headaches, and sores. Some plants are also poisonous. There are animals, birds, sea-creatures, and insects that a human can eat, while there are some that are harmful and poisonous. God has taught the humans how to distinguish between what is good for us or bad.

### **INTERFERING IN GOD'S DESIGN OF CREATION**

There is also a divine evolutionary order in place and a design created by God for everything. When we follow God's design without interfering and changing it, we benefit from it. On the other hand, when we alter or try to reinvent it a different way, it loses some of the benefits, or even proves harmful. What God creates and provides for us is **PERFECT**, but when we interfere in His design, it does not stay perfect. For example, He provides the grains of wheat which are wholesome and nutritious; but when the humans remove the fiber to turn it into bleached flour, it is known to cause stomach cancers. God designed milk that comes from between the digested food and blood of the livestock in order to give us pure and delicious drink. Nowadays, the same milk is categorized into homogenized, medium fat, low fat, and skim milk. Some nutrients are removed, and others added in, to suit the taste of the people and to market the same product for higher profit margins. The fruits and vegetables have undergone the same changes, a deliberate interference in God's design. There is hardly anything to eat and drink in its pure form anymore. This is one of the bases of the increase in the diseases and the appearance of new ones. These modified foods do not have the vitamins and the nutrition designed by God, and has weakened the immune systems in our bodies, thus exposing us and making us more vulnerable to viruses and diseases. A lot of foods are packaged and sold with preservatives added in them. Such foods have little nutritional value and the preservatives, and the color added to them are harmful to the health. Did you know that one can of soda pop has 10 spoons of sugar in it? The majority of ready to eat and fast foods have an excess of sugar and salt content, which is a major cause of low immune systems and disease. A good majority of people have shifted from eating of fresh fruits, vegetables, lentils, legumes, nuts, beans, to foods of convenience, which in turn makes them more vulnerable to diseases.

To illustrate a point, consider this: the few foods, fruits and provisions mentioned in the Quran by name are all beneficial for us and do not cause any harm. The doctors and scientists have nothing negative to say about them. In fact, they frequently mention the benefits of these foods. For example, the mention of beans, cucumbers, garlic, lentils, onions (2:61); grains, palms – dates and coconuts, grapes, olives,

pomegranate (6:99); honey (16:69); pure milk (16:66); spices – so essential to the preparation, marination and cooking of foods (55:12); grains, fruits and vegetables of all kinds – they provide life support for the humans and animals (81:31-32).

A few decades ago, when a person visited the doctor, the first question he asked the patient was: “What did you eat and drink? What is your diet about? The diagnosis and the remedy were focused on healthy eating habits. Nowadays, hardly any doctor asks about your diet. They are quick to diagnose and prescribe medication, which are made of chemical components. The majority of these medicines have side effects and harm other parts of the organs within the body.

### **EXERCISE DESIGNED FOR OUR BODY PARTS**

God designed our hands to do the work and the legs to walk. By using them in different ways to do our daily chores, we exercise our bodies to keep fit and to digest what we eat and drink. This natural order improves our immune system, our metabolism, our digestion, our circulation of blood, our mental abilities and gives many more benefits. Sadly, the humans have turned sedentary and spend most of their time in driving automobiles, watching T.V, operating computers, making the machines do the work, or ordering the servants to do the job, if they have them.

Just like the eyes and the ears are designed for seeing and hearing; the function of the legs and hands is referenced through the following verses:

**7:195 Part:** **Do they have legs on which they walk?** Do they have hands with which they defend themselves?

**24:45 Part:** Some of them walk on their bellies, **some walk on two legs**, and some walk on four.

This tells us that the legs are designed for walking, and if used in the manner set out by God, then you can benefit enormously as far as your health is concerned. You will also notice that you get sick less often. Walking is the best exercise for the body. It strengthens your leg muscles and spine, improves your blood circulation, and oxygenates your lungs and blood. Moreover, the sweat and perspiration has a cooling and calming effect on the whole body, thereby relaxing the stresses on the mind.

The life in heaven will be free of the tests we face here on Earth. It means that the heavenly life is free of the diseases, afflictions, accidents, chaos, misery, worries, wars, bloodshed, evil, hatred, jealousy, spying, arrogance, ego, conjecture, torture,

persecution, oppression, backbiting and all other evils and negatives that you can think of. The question arises as to why we have them here on Earth.

### **SATAN IS RESPONSIBLE FOR ALL EVIL AND BAD**

Remember, in 2:30, God tells us that He has appointed satan as the ruler (khalifa) on Earth. This important verse has precisely **110 Arabic letters**, denoting that ibles (satan) did not uphold God's Absolute Authority. Moreover, he challenged and claimed to run a dominion on his own, without realizing how miserably he will fail. The angels were already given the foreknowledge that satan will shed blood and spread evil, while they sing praises for God. The fallen angel, called ibles, was the only one who refused to fall prostrate before Adam when commanded by God. He rebelled against His Creator and turned into a disbeliever. Not only did he disobey, but in fact challenged God that he will send astray most of the human beings, excepting the few devoted sincerely to Him.

satan cannot create anything nor does he have any power over the sincere believers. He is the leader of distortion and lies and can certainly dupe, corrupt, mislead, create doubts against God and shed blood amongst the people, and spread evil. As a temporary god (ruler) appointed by GOD, he is incapable and incompetent to rule and manage this tiny spaceship with its inhabitants, called earth. Moreover, God evicted us as "enemies of one another" from the heaven. This makes the situation even more complex whereby the humans become ready subjects for satan in promoting and spreading evil, thus creating chaos, and leading each other astray. The ones guided by God and blessed with His mercy are spared of this retribution.

The mere fact that satan was kicked out of and evicted from heaven, thus losing the privilege of being in touch with the High Society, God and His angels make him even more jealous, venomous, and vengeful. How can satan be faithful to the humans or show them anything good in such a situation, especially when satan cannot return back to heaven? God has called him His enemy and also his followers. This is why The Most Gracious has said that He is the Lord of the righteous and of the believers only. (those who believe in Him and obey all His laws) To conduct the Test on earth by offering "freedom of choice", it was essential for God to appoint His enemy as the second god. After showing the people the two paths and providing evidence of His Omnipotence, Omniscience, and Absoluteness over all creations and commands, God has asked the people to believe in Him by denouncing His enemy – the devil. This is the reason God has given the profound verses of 7:172, 5:7, 36:60-62, 2:256-257, 16:51, 47:19, 47:11, 7:30, 4:119 and many more.

Based on the premise of 2 gods until the Day of Judgment (16:51 & 4:119), the Most Gracious created attributes such as, good and bad, righteous and unrighteous, belief and disbelief and many more opposites. Through this system, **ALLAH** has decreed that the righteous belong with Him; the believers belong with Him; **and all good should be attributed to HIM**. All evil, disbelief and unrighteous behavior should be attributed to satan. Though disease has been created by God, it should be attributed to satan, as it is considered bad for you, as you are all aware. That is why a human's state of health is called either as: "good health or bad health". Here is how the system is laid out for you to understand:

**4:78 Part:** Say, "Everything comes from GOD."

**7:28 Part:** Say, "GOD never advocates sin."

**27:47 Part:** He said, "Your omen is fully controlled by GOD."

**91:7** The soul and Him who created it.

**91:8** Then showed it what is evil and what is good.

**4:79 Part:** Anything good that happens to you is from GOD, and anything bad that happens to you is from you.

**42:30** Anything bad that happens to you is a consequence of your own deeds, and He overlooks many (of your sins).

**42:34** He can annihilate them, as a consequence of their own works. Instead, He overlooks many (of their sins).

**12:53 Part:** I do not claim innocence for myself. **The self is an advocate of vice**, except for those who have attained mercy from my Lord.

**3:179 Part:** GOD is not to leave the believers as you are, **without distinguishing the bad from the good**.

**8:37** GOD will sift away the bad from the good, then pile the bad on top of each other, all in one pile, then throw it in Hell. Such are the losers.

**92:4** Your works are of various kinds.

**92:5-7** As for him who gives to charity and maintains righteousness. **AND UPHOLDS THE SCRIPTURE**. We will direct him towards happiness.

**92:8-10** But he who is stingy, though he is rich. AND DISBELIEVES IN THE SCRIPTURE. We will direct him towards misery.

**27:89** Those who bring good works will receive far better rewards, and they will be perfectly secure from the horrors of that day.

**27:90** As for those who bring evil works, they will be forced into Hell. Do you not get requited for what you did?

The above verses have proven the truth of God's law: **that only "GOOD" is attributable to GOD, while all "BAD" is attributable to ourselves, meaning from satan.** If it is hard to understand, then know that we have also been evicted from the heaven alongwith the jinns and satan. We were all part of the same group of rebels and disbelievers. Only belief in God after denouncing the devil, and fully repenting for our sins distances us from satan here, in order to be redeemed by the Most Merciful. Otherwise, we are considered to be from the same lot.

### **REASON FOR DISEASES, AFFLICTIONS, MISERY, CHAOS, WARS**

When you break God's laws and violate your Covenant with Him, you are deprived of His mercy and assigned a devil to be your constant companion. You may be under the illusion of being guided but have been quietly and invisibly turned over to the devil. As has been shown from the Quran, the devil is incompetent and has no power to show you mercy. Hence, you are bound to suffer at his hands – be it disease, chaos, misery, bloodshed, wars, accidents, etc. In the Authorized English Translation of the Quran; in the beginning section "Introduction – Before Genesis", the messenger, Rashad had stated that "satan is responsible for disease, misery, war, accidents, and chaos". As a messenger, he was inspired by God with this fact and knowledge, which is now confirmed through me. I will mention some of the verses for all of you to reference on this subject, on your own.

**WAR:** see verses 2:190,191,193; 2:205; 9:12,13; 8:48 – believers never pre-empt war, they only defend themselves. They follow God's laws in fighting wars.

**CHAOS:** see verses 8:73, 21:22; in the absence of God's laws, satan causes chaos.

**MISERY:** see verses 14:28; 16:27, 94; 20:123; 39:60; 47:8.

**ACCIDENT:** see verses 12:15; 28:15.

**DISEASE:** see verses 7:134-135, God sent the disease of "plague" as a Sign of the messenger, Moses.

**Here are some of the verses to clarify this system of God**



**43:36** Anyone who disregards the message of the Most Gracious, we appoint a devil to be his constant companion.

**43:37** Such companions will divert them from the path, yet make them believe that they are guided.

**43:38** When he comes before us he will say, "Oh I wish you were as far from me as the two easts. What a miserable companion!"

**43:39** It will not console you on that day, as transgressors, that both of you will share in the retribution.

**41:25** We assign to them companions who adorn everything they do in their eyes. Thus, they end up incurring the same fate as the previous communities of jinns and humans, who were also losers.

**41:29** (On the Day of Judgment) Those who disbelieved will say, "Our Lord, show us those among the two kinds – the jinns and the humans – who misled us, so we can trample them under our feet, and render them the lowliest."

**4:38 Part:** If one's companion is the devil, that is the worst companion.

**4:119 Part:** Anyone who accepts the devil as a lord, instead of **GOD**, has incurred a profound loss.

**58:19 Part 1:** The devil has possessed them, and has caused them to disregard **GOD's** message.

**Revealed:** The message herein is revealed through **messenger's letters** being **14**.

**58:19 Part 2:** These are the party of the devil. Absolutely the party of the devil are the losers.

**Revealed:** The complete message is summed up by God by inscribing **messenger's letters** as **19** to warn the people who disregard God's message and His messenger by rejecting the Ultimate Miracle and Sacred Codes of **14 - 19**.

**God has commanded the people to submit to Him fully and not to follow the steps of satan**

**24:21 Part 1:** O you who believe, do not follow the steps of satan. Anyone who follows the steps of satan, should know that he advocates evil and vice.

**Miracle:** The Aleefs are **14**, revealing the Ultimate Miracle. This should help you to avoid following the steps of satan.

**24:21 Part 2:** If it were not for **GOD's** grace towards you, and His mercy, none of you would have been purified. But **GOD** purifies whomever He wills. **GOD** is Hearer, Knower.

**Miracle:** God blesses some humans to be purified through a messenger; the **Allah letters** are **25** and **messenger's letters** are **41**, revealing the sum of  $25 + 41 = 66$ , Praise be to ALLAH. A new revelation is created – see verse 25:41.

**2:208 Part 1:** **O you who believe, you shall embrace total submission;**

**2:208 Part 2:** **Do not follow the steps of satan, for he is your most ardent enemy.**

**Revealed:** **Messenger's letters** are **15** and **16**, revealing a diff. of 1 – total submission to GOD can only be achieved through the messengers. This is why God has chosen to reveal this important proof through the messenger's letters, followed by a verse with proof from His name letters. Verse 2:208 also reveals the profoundness through the Sacred Codes.

**2:208 Part:** **“Do not follow the steps of satan.”**

**Revealed:** The GV of **messenger's letters** = **140**, a multiple of 14.

**2:208 Part:** **“For he is your most ardent enemy.”**

**Revealed:** The GV of **messenger's letters** = **228**, a multiple of 19.

**2:209 Part 1:** **If you backslide, after the clear proofs have come to you,**

**2:209 Part 2:** **Then know that GOD is Almighty, Most Wise.**

**Revealed:** The **Allah letters** are **7** and **8**, revealing a diff. of 1 – **the Almighty, Most Wise**. This is a warning to the followers of the Quran, who proclaim to believe in the scripture, but refuse to believe in God's messengers and His proofs. The believers who refuse to fully obey the messenger are also warned herewith.

The Quran covers past precedents on everything, and as the verse below tells us, God explains and guides us through these past precedents, which are all truthful. To believe in God and in the Quran, you have to fully believe in the examples set forth in the scripture. These examples are given about the righteous people, most of whom were God's messengers, or those chosen by Him.

**4:26 GOD** wills to explain things for you, **and to guide you through past precedents**, and to redeem you. **GOD** is Omniscient, Most Wise.

Let me recite a verse that clearly lays the blame on satan for all afflictions and diseases, and another verse that tells us that ALLAH is the One who heals us when we get sick. These clarify what I have said in this khutbah: God is the One who does us only good - healing and removing our afflictions; while satan is the one who puts the humans through all kinds of miseries.

**38:41 Remember our servant Job: he called upon his Lord, "The devil has afflicted me with hardship and pain."**

**38:42 "Strike the ground with your foot. A spring will give you healing and a drink."**

Job was a righteous servant of God and immediately implored his Lord for help, rather than consulting other humans. To emphasize on God's system and to prove the system; God has set precedents for us to follow. You will now see how the miracle is explained through these verses:

**38:41 Part 1: Remember our servant Job: he called upon his Lord.**

**38:41 Part 2: "The devil has afflicted me with hardship and pain."**

**Miracle**: The **Aleefs** are **5** and **3**, **revealing a diff. of 2** - proving the devil's interference in afflicting pain.

**Miracle**: The **Allah letters** are **6** and **4**, **revealing the diff. of 2** - again proving that disease and affliction and bad comes from satan, either as a Test or as punishment. What did God do to help him?

**38:42 Strike the ground with your foot. A spring will give you healing and a drink.**

**Miracle**: The **Allah letters** are **7**, and **messenger's letters** are **8**, **revealing the diff. of 1** - the **ONE GOD** who has revealed through this messenger, Makbool, about a former messenger, Job, that He is the One who provided relief from hardship and pain that satan had afflicted upon him. By comparing

the two parts of both verses without taking the part on satan, God reveals the same answer – the **Revelation of 1**.

**38:41 Part: Remember our servant Job: he called upon his Lord.**

**38:42 Strike the ground with your foot. A spring will give you healing and a drink.**

**Revealed:** The Aleefs are 5 and 4, revealing the diff. of 1 – the ABSOLUTENESS to do what He wills for the righteous servants.

**Revealed:** The Allah letters are 6 and 7, revealing the diff. of 1 – ALLAH is the One who relieved Job’s pain and hardship, that satan had caused him.

**Revealed:** The messenger’s letters are 9 and 8, revealing the diff. of 1 – confirming through this messenger about God’s Absolute Power over everything which He uses to nullify satan’s doings to His righteous servants. (**22:52 Part: GOD** then nullifies what the devil has done.)

The fact that Job implored his Lord for help directly, God showed His mercy towards him, and intervened right away, to save him from satan. As a Creator, He is Most Compassionate and Most Merciful. **Without His absolute mercy, life could not continue on earth for even a moment.** This should serve as a lesson for all believers. I recite to you, part of verses 6:12 and 6:54.

**6:12 Part: He has decreed that mercy is His attribute.**

**A Miracle:** The Arabic letters are 16 and Allah letters are 5, revealing the “Pattern” of 165. This number is the GV of “Absoluteness” and the “Shahadah”. This attribute is again repeated within the same chapter in verse 54.

**Miracle: Verse number 12 + verse number 54 = 66 – ALLAH.** And: **12,54 = 19 x 66** – both ways the answer is ALLAH, Most Glorified.

Abraham has set an example as a righteous servant of God by saying these words:

**26:75** He (Abraham) said, “Do you see these idols that you worship.”

**26:76** You and your ancestors.

**26:77** “I am against them, for I am devoted only to the LORD OF THE UNIVERSE.”

**26:78** The One who created me, and guided me.

**26:79** The One who feeds me and waters me.

**26:80 And when I get sick, He heals me.**

**26:81** The One who puts me to death, and then brings me back to life.

**26:82** The One who hopefully will forgive my sins on the Day of Judgment.

**26:83** My Lord, grant me wisdom, and include me with the righteous.

**26:84** Let the example I set for the future generations be a good one.

**26:85** Make me one of the inheritors of the blissful Paradise.

God has shown us that He can heal directly without sending His servant to the doctor. Just like the spring water served to heal Job, another natural way to heal us is also given in the Quran, as per verses 16:68-69.

**16:68** And your Lord inspired the bee: build homes in mountains and trees, and in (the hives) they build for you.

**16:69** Then eat from all the fruits, following the design of your Lord, precisely. From their bellies comes a drink of different colors, **wherein there is healing for the people**. This should be proof for people who reflect.

Jesus was blessed by God with the miracle and power of healing, more than any modern doctor. He did not have to go to college to attain a medical degree. God be Praised and Glorified in what He gave to His servant, Jesus.

**3:49** As a messenger to the Children of Israel: “I come to you with a sign from your Lord – I create for you from clay the shape of a bird, then I blow into it, and it becomes a live bird by **GOD’S LEAVE**. I restore vision to the blind, heal the leprous, and I revive the dead by **GOD’S LEAVE**. I can tell you what you eat, and what you store in your homes. **This should be a proof for you, if you are believers.**

**GOD** has given many examples about removing the adversity, affliction, or disease from His righteous servants without involving the human being or needing the help of His creatures. He can do it all on His own. He is Omnipotent, All-Powerful, and Bestower of all Grace and Mercy. He restored Jacob’s vision through a miracle, (12:93,96); removed the adversity of Job, even restoring his family for him, twice as much, (21:83-84); revived the dead victim that the Children of Israel had killed and were hiding their crime, (2:72-73); had Mary deliver the child, Jesus, without a mid-wife or a doctor’s help, (19:22-24).

He has also given examples of providing directly for His righteous servants, as in Mary was provided food (3:37, 23:50); for Jonah, a tree of edible fruit was grown instantly (37:145-146); the disciples of Jesus were sent food from the heaven, as a Sign (5:114).

What diet could Noah have eaten to live on earth for 950 years? The bottom line is that God can do anything; He is the One who decreed a long life for Him. He is the doer of whatever He wills. It is not the diet, food or exercise that made him live 950

years; it was simply the will of God. When He touches someone with a blessing, no one can remove it (6:17).

When you do not refrigerate the food or drink and expose to the atmosphere for some time, it is attacked by bacteria and germs and rots, making it non-edible. This is the science that God has created and the rules therein, that we notice and experience all the time. Yet, God Alone has the power to control all these bacteria and germs created by Him. In 2:259, God put a man to death for a 100 years, as he questioned His Omnipotence. Later, he was revived and shown that His donkey was still there, and his food and drink did not spoil – meaning free of bacteria, germs, or rot. Thus, God proved His Omnipotence and Absolute Control over everything. Alhumdo Lillah.

A human being would like to live as long as possible and cautiously tries to avoid diseases, afflictions, accidents, adversities, and calamities. But it is not possible for him. The bacteria and germs are invisible to the eyes, and attack your body, as well as your food and water, according to God's will. The cells and organs inside the body are not in your control, and they work and perform in accordance with God's commands. Accidents are just accidents as the word tells you – they just happen, again as decreed by God. The wilderness is full of insects, bees, flies, and animals; some of them are poisonous and their bite or sting can make you sick, or itch or even die, illustrating a Perfect Design of the Almighty to give death to every human being after subjecting them to the test through adversity and prosperity.

**21:35** Every soul will taste death, after we put you to the Test through adversity and prosperity, then to us you ultimately return.

Disease is the major cause of death. If God had not created “disease”, then you could be living for a long time. But that is not according to the “specific purpose of life”. He has made us mortal human beings, and we are here for the specific purpose, and for a specific life span, as mentioned in the Quran. Death has been created by Him, just like life has been created by Him. Accidents are another cause of death and a large number of people die through wars also. Famine and drought claim a substantial number of deaths worldwide.

WHAT SHOULD YOU DO TO MINIMISE DISEASE, AFFLICTIONS, ADVERSITY, MISERY, CHAOS, ACCIDENTS AND UNWANTED WARS THAT ALLAH CAN SUBJECT YOU TO, THROUGH SATAN, TO PUNISH YOU?

- Do not violate any of God's laws intentionally and knowingly.

- Repent every day in case you have disobeyed any of His laws (4:146,147; 2:160, 11:90), and implore for His mercy (6:16, 17; 10:58).
- Make a list of the gross sins in order to avoid committing them.
- Implore God in situations of joy and adversity (21:90, 7:56, 11:9-10, 30:36, 41:49).
- Implore God out of fear and hope (3:175, 26:82).
- Show steadfastness and perseverance, especially during adversity and affliction (2:155-156).
- After imploring Him for anything, show patience and do not despair (12:87, 15:56).
- Praise and glorify God day and night, publicly and privately with sincerity and devotion.

I hope all of you understand the system of God after hearing this comprehensive sermon. When you violate your Covenant with God and break His laws, it is recorded against you. Similarly, good deeds are also recorded. Retribution of God comes in many different ways, and your sins do not go unnoticed. Verse 52:47 clarifies by saying:

**52:47** Those who transgress suffer retribution here, but most of them do not know.

Since you did not know and were not aware of this law, I have now pointed out for you. It is for you to remember and repent to the Almighty God. Moreover, what you experience through pain and hardship, through disease and affliction, through adversity and accident is a taste of the minor retribution of God, so that you realize the consequences of the major punishment on the Day of Judgment. The following verse clarifies this:

**32:21** We let them taste the smaller retribution (of this world), before they incur the greater retribution (of the Hereafter), that they may (take a hint and) reform.

As the verse informs us, when affected by affliction, you are supposed to reflect, repent and reform – change your ways, attitude, behavior, and correct your worship practices, to comply fully with the scripture, the Quran. The messengers are sent as a Test for the people. God sends them so that the people can repent to Him, reform and follow the righteous path. The communities receiving the messengers also are subjected to the Test of adversity and hardship, so that they may implore their Lord to show their reverence for Him.

**6:42** We have sent (messengers) to communities before you, and we put them to the Test through adversity and hardship, that they may implore.

**6:43** If only they implored when our Test afflicted them! Instead, their hearts were hardened, and the devil adorned their works in their eyes.

**6:44** When they thus disregard the message given to them, we open for them the gates of everything. Then, just as they rejoice in what was given to them, we punish them suddenly; they become utterly stunned.

**6:45** The wicked are thus annihilated. Praise be to **GOD**, Lord of the Universe.

**43:48** Every sign we showed them was bigger than the one before it. We afflicted them with the plagues, perhaps they repent.

**43:49** They said, "O you magician, implore your Lord on our behalf, since you have an agreement with Him; we will then be guided."

**43:50** But as soon as we relieved their affliction, they reverted.

Since the people have no idea how bad Hell is; and how blissful and rewarding Paradise is; that is why the Most Wise is going to show everybody Hell, then rescue the righteous and give them Paradise. In this way, they will fully appreciate God's mercy and blessings upon them. You cannot know the good if you have not seen the bad.

**19:71** Every single one of you must see it; this is an irrevocable decision of your Lord.

**19:72** Then we rescue the righteous, and leave the transgressors in it, humiliated.

**Revealed:** The **Allah letters** are **11** and **10**, **revealing the diff. of 1** – sincere believers will be redeemed.

**Revealed:** The **Arabic letters** are **34** and **35**, **revealing the diff. of 1** also. Glory be to God.

The question in the minds of the believers after seeing and hearing the truth from the Quran that they should implore God directly to heal and cure them could be puzzling, if not answered and explained at this time. There are very serious diseases and conditions out there and a suffering person may feel that he/she does not have the patience or the time to wait for God to answer the prayers. This is how you need to understand:

As mentioned before, God is the Creator of everything and is in full control at all times. When we see the extensive and in-depth knowledge expressed in the medical books, and the knowledge to manufacture sophisticated, intricate, diagnostic equipment, the details in blood and urine reports, in our DNA analysis through



which God proves that we are individuals, unique and identifiable, and much more, we can easily see and realize God's immense blessings upon the human beings. Such knowledge cannot be achieved except in accordance with God's will.

In the past, the agriculture used to be done with bare hands and with bulls, donkeys and horses used to cultivate and harvest the fields. Now God has blessed the humans with tractors, and all sorts of advanced agricultural equipment. Does that mean you should forget that God is the Provider and forget to take His name before eating food? The specific command to take His name before eating food is in the Quran and this does not change even though you may be living through different times. Apply the same example to modern medicine. **There is no command or verse prohibiting the doctors or the taking of the medicine.** The Quran is for the believers only, who believe in upholding God's laws. If you are a good believer and worthy of God's mercy, then He will take care of you directly, after you followed and implored Him exactly as mentioned in this sermon. You will attribute the bad, the suffering, the adversity, the affliction to satan right away, and then implore your Lord to heal you. After doing this, you are supposed to be steadfast and demonstrate the patience required just as Jacob set an example. This path will be followed by the very reverent only, who have no fear of dying and have given up all forms of idol worship.

The other way for most humans when they get sick is the immediate thought to go to a doctor or medical clinic. Their fate is still fully controlled by God, which they do not realize. As a believing person, you should put all your trust in God knowing that He is the only One who has all the power and none of His creatures are independent of His control and power. You should not vest or put any faith in the human being, because he is like yourselves, a mortal human being, who cannot benefit or harm himself or you, except as God wills. You should implore God as soon as you suffer any affliction or hardship by attributing the bad to satan and imploring for His help. Since God has not placed a limit on your righteous imploring, you should ask God to direct you to those whom He has blessed with knowledge (the doctors), to heal you, to bless you with His mercy, and to forgive your sins. By imploring Him in a timely fashion to heal you after attributing the disease to satan, you have then obeyed God through His system created for the believing people. Most importantly, make a wholehearted effort to obey all of God's laws including the laws on health so you do not suffer unnecessary retribution from Him. If He still chooses to make you sick, then it is a Test from Him to see if you are steadfast or not and to distinguish the good from the bad. Glory be to my Lord.

The names of all the diseases amongst the humans is uncountable. God decided not to make it a subject of the Quran, but rather gave some humans separate knowledge

to be written in human books. Through His Sacred Words, He mentions a particular disease in another way, which if not corrected in this life will have eternal consequences for the human being. No doctor can fix this disease and no other human being can help you. You are the only one who will decide to either BELIEVE OR DISBELIEVE. Since most choose to disbelieve, the disease is called:

### **“THE DISEASE OF THE HEART”**

The arrogance hidden deep inside the chests prevents most people from believing in God’s words. It prevents them from believing in His messengers who recite His revelations. It prevents them from believing in God’s Signs sent through the messengers as they are only focused on material and worldly life, and do not care or believe in the Hereafter. The doubtful ones are labeled by God as having a disease in their hearts; this being the prime disease and the mother of all diseases – remember that disease is from satan – remember the devil is appointed over you as a companion when you disregard God’s message or violate His laws. So “disease of the heart” is the one to worry about and fix it without going to the doctor, and God can take care of your other afflictions.

**24:50 IS THERE A DISEASE IN THEIR HEARTS? ARE THEY DOUBTFUL? ARE THEY AFRAID THAT GOD AND HIS MESSENGER MAY TREAT THEM UNFAIRLY? IN FACT, IT IS THEY WHO ARE UNJUST.**

**God’s Miraculous Cure Given:** The GV of Allah letters is **306, revealing the full name of the messenger, Makbool Husain**, destined to deliver this profound message and the miracles. This confirms the authorization of God for this sermon (khutbah).

**24:51 The only utterance of the believers, whenever invited to GOD and His messenger to judge in their affairs, is to say, “WE HEAR AND WE OBEY.” THESE ARE THE WINNERS.**

When you use these simple, chosen words prescribed by ALLAH, look at the Miracle that happens:

**24:51 Part: Is to say: “We hear and we obey.”**

**24:51 Part: These are the winners.**

**Miracle to Cure the Disease of the Heart:** The GV of messenger’s letters are **408 and 246, revealing the difference is a Perfect 162, being the GV of “AL-ISLAM” (The Submission).**

**Also Revealed:** For both verses, **messenger's letters** are **37** and **51**, **revealing a diff. of 14**, showing all of you that you need to submit to God by believing in the Sign of the Seven Pairs through this messenger.

These simple words to submit fully can heal many worries, afflictions and diseases, God willing. Instead of doubting, you can only find out by trying the method suggested by God. All Glory and Praise be to Him, for such marvelous and clear revelations.

God is on the side of the "believers". Out of His mercy, He has revealed the Quran to guide us, even when we get sick or suffer persecution, oppression, torture, affliction, chaos, or other disasters. This Book has been called "THE MIRACLE". It has verses dealing with all aspects of our lives here on Earth and is therefore called "A healing and mercy for the believers."

**10:57 O people, enlightenment has come to you herein from your Lord, and healing for anything that troubles your hearts, and guidance, and mercy for the believers.**

**Best Way to Heal anything that troubles your Hearts:** The miracle revealed through this verse points to only one direction: The GV of **Allah letters** is **178**, **bringing out and revealing the name of the messenger, Makbool**. Notice, in 24:50 where God talks about having a disease in your hearts, the GV of **Allah letters** was **306**, **also being the messenger's full name**. Subhan Allah. **Revealed:** The **Allah letters** are **17**, and **Aleefs** are **8**, bringing out the **"Pattern" of 178** again.

**17:82 We send down in the Quran healing and mercy for the believers. At the same time, it only increases the wickedness of the transgressors.**

**Miracle of Healing through the Quran:** In both verses, **messenger's letters** are **32** and **33**, **revealing a diff. of 1** - a great prescription from the One, Supreme, Almighty Lord.

NOTE: With God's grace, mercy and will, this khutbah (sermon) turned out to be 19 pages, the **Miracle of 19**. Glory be to my Lord.

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