

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## Happiness

Happiness is a very simple term which is used commonly. Even a small kid may be able to tell you the meaning of happiness. But how many of us really know the meaning of true happiness and how to attain that state? Not many! Happiness is something which is difficult to describe in words. It can only be felt. Several philosophers have given different views on this topic; however, the most dominant one is that happiness comes from within and must not be searched for in the outside world. Happiness is essential for leading a good life but unfortunately it is missing from the lives of most people these days. Different people have different ideas of happiness. Some believe that it can be found in wealth, others feel happy and content when they are in a good relationship, yet others feel elated when they are doing well professionally.

Many people think that if they have enough money to relax, they will be happy. If this was the case, then rich people would not feel sad. But on the contrary, we see that it is the rich who seem more anxious, fearful, stressed, experience broken families and suffer from depression. Celebrities such as movie stars, singers and political lead-

ers have hoards of money and yet the divorce rate of these people is often much higher than that for the general public. These people live in constant fear, and hence require security all the time. They are more fearful about the safety of their children. They are also the ones more prone to theft and robbery. Many of them have so much overflow of wealth that they are constantly stressed about where to invest or hide it. They don't know who is after their money and who they can really trust. So, we can conclude that being very rich does not mean the person is happier than the common man.

What else have people said about happiness?

Aristotle, a Greek philosopher, believed that happiness was attained by living a life of virtue (which itself was defined in a variety of ways).

In Buddhism, they believe unhappiness is caused by how people think. Buddha believed that it was important to understand the main cause of suffering, i.e., attachment to worldly things. To let go of desire or attachment would be to let go of suffering. In some ways this can be interpreted as not grieving over the past or fearing

what may happen in the future. This may explain the Buddhist teaching of dwelling in the present.

In Hinduism, depending on who you ask (as it's a very diverse religion with a variety of beliefs), happiness can be attained by good actions and the grace of God. Hindu philosophy considers Physical Happiness, i.e., happiness of the body. It also looks at Mental Happiness (being free from worry and anxiety) and Spiritual Happiness (attaining salvation). The aim of some Hindus is to experience supreme blissfulness as a free soul in the heaven. They recognize that the happiness in this world is temporary.

Jainism teaches its followers to walk on the path of *aparigraha* to achieve "Moksh" or total liberation and happiness. They are taught to detach themselves from worldly possessions. For ascetics, Jainism requires a vow of complete non-possession of any property. Such adherents must also detach themselves from emotions, likes and dislikes (including detaching oneself from one's family).

From studying these different perspectives, we become more appreciative of

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God's teachings in the Quran. We are blessed with the understanding that Happiness is Submission to God alone.

In Submission, God has not asked us to discard all the material wealth or luxuries and nice things of life. We don't have to give up our family and live the life of a sage. But He has just asked us to live a righteous life. If we follow this simple path which is not at all difficult, then there is nothing to fear. God guarantees this.

*[5:65] If only the people of the scripture believe and lead a righteous life, we will then remit their sins, and admit them into gardens of bliss.*

In Quran God teaches us that He blesses each one of us in the manner that's perfectly designed by Him. I have no reason to become sad because God has not blessed me with the wealth of Bill Gates or Mukesh Ambani. There is a good reason for everything.

*[20:131] And do not covet what we bestowed upon any other people. Such are temporary ornaments of this life, whereby we put them to the test. What your Lord provides for you is far better, and everlasting.*

God asks us to avoid becoming egoistic or boastful. God dislikes the show-offs. It's better to be humble and charitable when God blesses us with abundance of provisions. *[4:36] You shall worship GOD alone—do not associate anything with Him. You shall regard the parents, the relatives, the orphans, the poor, the related neighbor, the unrelated neighbor, the close associate, the traveling alien, and your servants. GOD does not like the arrogant showoffs.*

"Happiness is Submission to God alone" is a phrase that will never become old or outdated because it is God's promise and it's true for all ages and for all generations. The validity of this phrase depends upon how much importance and priority we give to the submission to God alone. Each one of us needs to take stock of our submis-

sion to God alone on a daily basis and eliminate any impurity of dependence on other than God. God promises us absolute happiness now and forever.

*[10:62] Absolutely, GOD's allies have nothing to fear, nor will they grieve.*

*[10:63] They are those who believe and lead a righteous life. [10:64] For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law. Such is the greatest triumph.*

*[39:17] As for those who discard the worship of all idols, and devote themselves totally to GOD alone, they have deserved happiness. Give good news to My servants.*

Our priority in this life should be to fulfil God's expectations of us. In order to know what God expects of us, we must know our purpose here in this world. *[51:56] I did not create the jinns and the humans except to worship Me alone.*

It is essential to know that God made us to worship Him alone; we have to live a life that will please God. It is not just what we say, it is our actual intentions and actions to carry out His commandments. When we please God, by following His commandments consistently, then God makes everything good for us. This is a promise from God.

*[24:55] GOD promises those among you who believe and lead a righteous life, that He will make them sovereigns on earth, as He did for those before them, and will establish for them the religion He has chosen for them, and will substitute peace and security for them in place of fear. All this because they worship Me alone; they never set up any idols beside Me. Those who disbelieve after this are the truly wicked.*

We submitters try to live a God-centric life. We are aware about the accountability of our each and every action in the Hereafter. As a result of this awareness we try hard to reverence God by our thoughts, emotions, commemorations, meditations, etc. (in addition to our religious duties). God cautions us in the Quran that we

should avoid treating the religion as a social function for our own good. Otherwise we suffer the consequences:

*[6:70] You shall disregard those who take their religion in vain, as if it is a social function, and are totally absorbed in this worldly life. Remind with this (Quran), lest a soul may suffer the consequences of its evil earnings. It has none beside GOD as a Lord and Master, nor an intercessor. If it could offer any kind of ransom, it would not be accepted. They suffer the consequences of the evil works they earn; they have incurred hellish drinks, and a painful retribution because of their disbelief.*

We know that God is watching over us and knows what we are trying to do. When pleasing God through our righteousness becomes the most important aspect of our life, God promises us that wonderful things will happen in our lives. God controls the minds and hearts of the people. He is the one who puts love, respect, and understanding between us and those around us. But we must make God our priority first, working hard to be righteous and to do things that are pleasing to Him first before all others.

Our happiness depends on how we set our goals in life. Our goal should be to worship God alone. We know that our purpose in being here is to please God. We must continuously ask ourselves what's the most important thing in our lives and we must make God our number one priority. In return, God blesses us with happiness (10:62-64). *Happiness is Submission to God alone.*

Abdul Ghani

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## Road To Happiness: Seek to Please God

*We reserve the abode of the Hereafter for those who do not seek exaltation on earth, nor corruption. The ultimate victory belongs to the righteous. (28:83)*

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As believers in God alone, our priority in this life should be to fulfill God's expectation of us. We should live a life that will please God. What pleases God is not our utterances, but our actual intentions or actions to carry out His commandments. When pleasing God becomes the most important aspect of one's life, God will make every thing wonderful for him or her:

*God promises those among you who believe and lead righteous life, that He will make them sovereigns on earth, as He did for those before them, and will establish for them the religion He has chosen for them, and will substitute peace and security for them in place of fear. All this because they worship Me alone, without setting up any idols besides Me. Those who disbelieve after this are the truly wicked (24:55).*

If you want to become a "king" or a "queen" on earth, then, you have to examine yourself sincerely at every opportunity. Anytime you have a problem in any aspect of your life—money, health, relationships, any problem—you must search for the lesson. As soon as you understand the lesson, everything will be all right. The problem will simply go away, and, more importantly, God will make it up to you. All bad effects of the past will be wiped out.

If you are sincere, God will perfect your relationship with Him, by putting you through tests, based on your weaknesses (3:14; 8:28). For example, if you hold anything to be more important than God, He might take it away from you, in order to test you. Therefore, one must ask himself, "What is the most important thing in my life?" If your job is the most important thing, it may be taken away. If your children are the most important aspect of your life, they may be taken away.

#### **God: Number one priority**

The number one priority in everyone's

life should be to please God. No one or nothing else should take priority before God. What is the number one priority in your life? Is it pleasing God, or your boss? Is it doing your five daily prayers to please God, or pleasing your friends who may not understand why you bow and prostrate? Is it going to the Friday prayer or taking care of your business? Is it to be with the believers in Quranic study or fulfilling your own desires by seeking recreation on Friday nights? What is it? You have to examine yourself carefully, and you must correct the situation immediately. If you put pleasing your friends ahead of pleasing God, God will embarrass you in front of those friends. However, if you put pleasing God ahead of pleasing your friends, God will shower you with dignity and respect in front of those friends. He will make them, force them, to respect you, and even love you. God controls the minds and hearts of all the people. God is the one who makes them love you, or hate you, or respect you.

Do you act differently with the believers than you normally act? Do you speak up and give your opinion to other believers because you honestly want to share your thoughts and understanding with them, or do you simply want them to be impressed by your knowledge? If the reason you speak out is to be respected by the believers, God will take away that respect. Whereas, if you speak out from an honest and sincere desire to express Quran and learn with those around you, God will shower you with admiration from the believers.

Once you make pleasing God the most important thing in your life, you will possess the most valuable thing one can ask for—God's support. But, if you make anything more important than pleasing God, you will be tested over and over. If you do not realize that fact after all the tests, you will lose both in this world and in the Hereafter.

Source: *Submitters Perspective July 1990*

## Ramadan 2020

*[2:183] O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation.*

*God willing:* Fasting in Ramadan begins **April 24** for most of USA and Canada (though some places in western states may begin fasting April 23). Most other countries also get to start fasting on April 24. The last day of fasting is **May 22** for USA and Canada. The Night of Destiny will start, at sunset on May 19 for places that begin fasting on April 24 (May 18 for places that begin fasting on April 23).

Fasting is a great gift from God—an opportunity for our souls to grow and develop. Full details of fasting are given in 2:183-187.

The New moon times for determining the beginning and ending of Ramadan are below for GMT/UTC (Universal time).

April 23: 2:26 AM (UTC/GMT)

May 22: 5:39 PM (UTC/GMT)

The local new moon time can be calculated by adjusting for your time-zone relative to UTC. To calculate the Ramadan start date, compare the local New Moon time with the local Sunset. If the new moon is before sunset, we fast the next day, God willing. Similarly, to determine the last day of fasting, compare the time of the next new moon with the local sunset. If the new moon is before sunset, the Ramadan month is complete on that day. Otherwise one fasts the next day. For more details on how dates are calculated, please see the [September 2009](#) issue of the *Submitters Perspective*

For more details or to use a tool to assist you in verifying Ramadan fasting dates for your location, please visit:

<https://masjiduntucson.org/Ramadan/>

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## The Quran on Happiness

*Guaranteed Happiness  
Now and Forever*

[16:97] *Anyone who works righteousness, male or female, while believing, we will surely grant them a happy life in this world, and we will surely pay them their full recompense (on the Day of Judgment) for their righteous works.*

*Happiness Now,  
and Forever*

[22:15] *If anyone thinks that GOD cannot support him in this life and in the Hereafter, let him turn completely to (his Creator in) heaven, and sever (his dependence on anyone else). He will then see that this plan eliminates anything that bothers him.*

[20:130] *Therefore, be patient in the face of their utterances, and praise and glorify your Lord before sunrise and before sunset. And during the night glorify Him, as well as at both ends of the day, that you may be happy.*

*Only God Controls Happiness*

[6:17] *If GOD touches you with adversity, none can relieve it except He. And if He touches you with a blessing, He is Omnipotent.*

*Happiness: Now and Forever*

[10:62] *Absolutely, GOD's allies have nothing to fear, nor will they grieve.*

[10:63] *They are those who believe and lead a righteous life. [10:64] For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law. Such is the greatest triumph.*

[13:29] *Those who believe and lead a righteous life have deserved happiness and a joyous destiny.*

[16:30] *As for the righteous, when they are asked, "What do you think of these revelations from your Lord," they say, "Good." For those who lead a righteous life, happiness, and the abode of the Hereafter is even better. What a blissful abode for the righteous.*

[39:17] *As for those who discard the worship of all idols, and devote themselves totally to GOD alone, they have deserved happiness. Give good news to My servants.*

*Perfect Happiness: Now and Forever*

[41:30] *Those who proclaim: "Our Lord is GOD," then lead a righteous life, the angels descend upon them: "You shall have no fear, nor shall you grieve. Rejoice in the good news that Paradise has been reserved for you.*

[90:11] *He should choose the difficult path. [90:12] Which one is the difficult path? [90:13] The freeing of slaves. [90:14] Feeding, during the time of hardship. [90:15] Orphans who are related. [90:16] Or the poor*

*who is in need. [90:17] And being one of those who believe, and exhorting one another to be steadfast, and exhorting one another to be kind. [90:18] These have deserved happiness.*

[92:1] *By the night as it covers. [92:2] The day as it reveals. [92:3] And Him who created the male and the female. [92:4] Your works are of various kinds. [92:5] As for him who gives to charity and maintains righteousness. [92:6] And upholds the scripture. [92:7] We will direct him towards happiness.*

[32:17] *You have no idea how much joy and happiness are waiting for you as a reward for your (righteous) works.*

[80:38] *Some faces on that day will be happy. [80:39] Laughing and joyful.*

[101:6] *As for him whose weights are heavy. [101:7] He will lead a happy (eternal) life.*

[69:19] *As for the one who receives his record with his right hand, he will say, "Come read my record. [69:20] "I did believe that I was going to be held accountable." [69:21] He has deserved a happy life. [69:22] In an exalted Paradise.*

[69:24] *Eat and drink happily in return for your works in days past.*

[36:55] *The dwellers of Paradise will be, on that day, happily busy.*