

Divine Guidance

150 SELECTED COMMANDMENTS, GOOD MANNERS AND DOCTRINES FROM THE GLORIOUS QURAN

There are only two sources of knowledge:

- 1) Revealed knowledge (Knowledge obtained through divine source, that is Allah, the creator of the whole universe sending his guidance, knowledge through his messengers and books).
- 2) Acquired knowledge (Knowledge obtained through observations and experiments, not merely theoretical or hypothesis, also called scientific knowledge).

The focus in this booklet is Revealed knowledge given to mankind by Allah Almighty (The creator of the whole universe) through His messenger and His book the Al-Quran.

Quran has basically four attributes

- a) For continuous recitation (From the Arabic word Qira)
- b) Distinguishes between Right and Wrong (Al-Furqan)
- c) It describes laws, do's and don'ts (Al-Kitab)
- d) It is for remembrance, reminder, pondering and reflection (Liz-Zikri)

COMMANDMENTS, DOCTRINES AND GOOD MANNERS FROM THE GLORIOUS QURAN.

1. Respect and honor all human beings irrespective of their religion, color, race, sex, language, status, property, birth, profession/job and so on [Interpretation of Quran's word " we have certainly honored the children of Adam"] [17/70]
2. Talk straight, to the point, without any ambiguity or deception [33/70]
3. Choose best words to speak and say them in the best possible way [17/53, 2/83]
4. Do not shout. Speak politely keeping your voice low. [31/19]
5. Always speak the truth. Shun words that are deceitful and ostentatious [22/30]
6. Do not confound truth with falsehood [2/42]
7. Say with your mouth what is in your heart [3/167]
8. Seek help through patience and prayer [2/45]
9. When you voice an opinion be just, even if it is against a relative [6/152]
10. Do not be a bragging boaster [31/18]
11. Do not talk, listen or do anything vain [23/3, 28/55]
12. Do not testify to falsehood. If you pass near a futile play, then pass by with dignity [25/72]
13. Do not verge upon any immodesty or lewdness whether surreptitious or overt [6/151]
14. If, unintentionally, any misconduct occurs by you, then correct yourself expeditiously [3/135]

15. Do not be contemptuous or arrogant with people [31/18]
16. Be moderate in your pace [31/19]
17. Walk with humility and sedateness [25/63]
18. Keep your gazes lowered devoid of any lecherous leers and salacious stares [24/30]
19. Facilitate peace between those in conflict [49/9]
20. You might think that speaking about something without full knowledge is a trivial matter. But it might have grave consequences [24/15]
21. When you hear something malicious about someone, keep a favorable view about him/her until you attain full knowledge about the matter. Consider others innocent until they are proven guilty with solid and truthful evidence [24/12]
22. Ascertain the truth of any news, lest you smite someone in ignorance and afterwards repent of what you did [49/6]
23. Do not follow blindly any information of which you have no direct knowledge. (Using your faculties of perception and conception) you must verify it for yourself. In the Court of your Lord, you will be held accountable for your hearing, sight, and the faculty of reasoning [17/36].
24. Never think that you have reached the final stage of knowledge and nobody knows more than yourself. Remember! Above everyone endowed with knowledge is another endowed with more knowledge [12/76]. Even the Prophet [p.b.u.h] was asked to keep praying, "O My sustainer! Advance me in knowledge." [20:114]
25. The believers are but a single Brotherhood. Live like members of one family, brothers and sisters unto one another [49/10].

26. Do not make mockery of others or ridicule others [49/11]
27. Do not defame others [49/11]
28. Do not insult others by nicknames [49/11]
29. Avoid suspicion and guesswork. Suspicion and guesswork might deplete your communal energy [49/12]
30. Spy not upon one another [49/12]
31. Do not backbite one another [49/12]
32. When you meet each other, offer good wishes and blessings for safety. One who conveys to you a message of safety and security and also when a courteous greeting is offered to you, meet it with a greeting still more courteous or (at least) of equal courtesy [4/86]
33. When you enter your own home or the home of somebody else, compliment the inmates [24/61]
34. Do not enter houses other than your own until you have sought permission; and then greet the inmates and wish them a life of blessing, purity and pleasure [24/27]
35. Treat kindly: Your parents, Relatives, The orphans, and those who have been left alone in the society [2/83]
36. Take care of: the needy, the disabled, Those whose hard earned income is insufficient to meet their needs, And those whose businesses have stalled, And those who have lost their jobs. [4/36]
37. Treat kindly Your related neighbors, and unrelated neighbors, Companions by your side in public gatherings, or public transportation. [4/36]
38. Be generous to the needy wayfarer, the homeless son of the street, and the one who reaches you in a destitute condition [4/36]
39. Be nice to people who work under your care. [4/36]
40. Do not follow up what you have given to others to afflict them with reminders of your generosity [2/262]

41. Do not expect a return for your good behavior, not even thanks [76/9]
42. Cooperate with one another in good deeds and do not cooperate with others in evil and bad matters [5/2]
43. Do not try to impress people on account of self-proclaimed virtues [53/32]
44. You should enjoin right conduct on others but mend your own ways first. Actions speak louder than words. You must first practice good deeds yourself, then preach [2/44]
45. Correct yourself and your families first [before trying to correct others] [66/6]
46. Pardon gracefully if anyone among you who commits a bad deed out of ignorance, and then repents and amends [6/54, 3/134]
47. Divert and sublimate your anger and potentially virulent emotions to creative energy, and become a source of tranquility and comfort to people [3/134]
48. Call people to the Way of your Lord with wisdom and beautiful exhortation. Reason with them most decently [16/125]
49. Leave to themselves those who do not give any importance to the Divine code and have adopted and consider it as mere play and amusement [6/70]
50. Sit not in the company of those who ridicule Divine Law unless they engage in some other conversation [4/140]
51. Do not be jealous of those who are blessed [4/54]
52. In your collective life, make rooms for others [58/11]
53. When invited to dine, Go at the appointed time. Do not arrive too early to wait for the preparation of meal or linger after eating to engage in bootless babble. Such things may cause inconvenience to the host [33/53]

- 54 Eat and drink [what is lawful] in moderation [7/31]
- 55 Do not squander your wealth senselessly [17/26]
- 56 Fulfill your promises and commitments [17/34]
- 57 Keep yourself clean, pure [9/108, 4/43, 5/6]
- 58 Dress-up in agreeable attire and adorn yourself with exquisite character from inside out [7/26]
59. Seek your provision only by fair Endeavour [29/17, 2/188]
60. Do not devour the wealth and property of others unjustly, nor bribe the officials or the judges to deprive others of their possessions [2/188]
61. Do not be rude in speech [3/159]
62. Do not spend money extravagantly [17/29]
63. Be good to others [4/36]
64. Forgives others for their mistakes [7/199]
65. Speak to people mildly [20/44]
66. Be dutiful to parents [17/23]
67. Do not say a word of disrespect to parents [17/23]
68. Do not enter parents' private room without asking permission [24/58]
69. Commit to writing any transaction involving the taking or giving of loans [2/283]
70. Do not follow anyone blindly[2/170]
71. Grant more time to repay if the debtor is in hard times [2/280]
72. Don't be involved with usury or interest [2/275]
73. Encourage feeding of the poor [107/3]
74. Do not break any promise [2/177]
75. Keep and fulfill all trusts [2/283]
- 76 Judge with justice between people [4/58]
77. Stand out firmly for justice [4/135]
78. Wealth of the dead should be distributed among his close family members [4/7]

79. Women have the right of inheritance [4/7]
80. Do not take for yourself the property of orphans [4/10]
81. Protect orphans [2/220]
82. Do not consume one another's wealth unjustly [4/29]
83. Spent wealth in charity [57/7]
84. Seek out the needy and help them [2/273]
85. Honor guests [51/26]
86. Do not engage in or spread corruption [2/60]
87. Do not prevent people from going to houses of worship [2/114]
88. Never engage in fighting as an aggressor but only in defense [2/190]
89. Do not engage in compulsion regarding religion [2/256]
90. Believe in all prophets [2/285]
91. Do not have sexual intercourse with your wife during the menstrual period [2/222]
92. Do not commit adultery [17/32]
93. Choose leaders based on their merit [2/247]
94. God does not burden a person beyond his capacity; nor should we [2/286]
95. Do not become divided [3/103]
96. Think deeply about the wonders of nature and the creation of this universe [3/191]
97. Men and women have equal rewards for their deeds [3/195]
98. Do not marry those related to you by blood. [4/23]
99. The man is the protector and supporter of the family [4/34]
100. Do not be miserly [4/37]

101. Do not support or to be an advocate for those who betray their trust [4/105]
102. Be just and do not let hatred swerve you from justice [5/8]
103. Do not consume dead animal, the blood of animals, or pork [5/3]
104. Avoid intoxicants and alcohol [5/90]
105. Do not gamble [5/90]
106. Do not insult other people's deities [6/108]
107. Be honest; don't cheat in any of your dealings [6/152]
108. Wear good clothing during prayer times [7/31]
109. Protect and help those who seek protection [9/6]
110. Never give up hope of Allah's mercy [12/87]
111. knows that Allah forgives a wrong done out of ignorance if the person repents and correct himself [16/119]
112. Inviting others to the way of God should be done with wisdom and graciousness [16/125]
113. No one can bear another person's sins [17/15]
114. Do not kill your children for fear of property [17/31]
115. Knows that God provides security and peace to those who worship Him and act virtuously [24/55]
116. Strive for reward in the Hereafter but do not neglect your affairs in this world [28/77]
117. Invoke not any other deity along with God [28/88]
118. Do not engage in homosexuality [29/29]
119. Enjoin the right and forbid the wrong [31/17]
120. Women should not display or flaunt their beauty and charm [33/33]
121. God forgives all sins when the sinner repents and turns to Him [39/53]
122. Repeal evil by something that is better [41/34]

123. Decide affairs by consultation [42/38]
124. Know that there should be no monasticism in religion [57/27]
125. Those who have knowledge will be given a higher rank by God [58/11]
126. Treat non-Muslims in a kind and fair manner [60/8]
127. Stay away from greed and stinginess [64/16]
128. Do not ignore or push away the needy [93/10]
129. Establish prayer and give in charity [31/4]
130. Knows that the bounty of God is better than anything man can amass or hoard [10/58]
131. God puts love and affection between the hearts of those who believe in Him [8/63]
132. Those who purify their souls succeed and those who corrupt their souls fail [91/10]
133. Those who believe in God find satisfaction in remembering Him [13/28]
134. Those who believe and do good are given joy and peace of mind [13/29]
135. Enjoin patience and compassion [90/17]
136. Know that God gave humans hearing, sight, intelligence, and affections so that they might be grateful [16/78]
137. Compete with one another in doing good [21/90]
138. Know that God created the universe with meaning and purpose [3/191]
139. Guard your modesty [23/5]
140. Know that being just is next to piety [5/8]
141. Fight when necessary to defend yourselves but do not aggress [2/190]
142. Know that it is only righteousness that makes a person noble [49/13]

143. Whoever follows God guidance , there will be no fear concerning them, nor they will grieve [2/38]
144. Indeed he, who associates other with God- God has forbidden him paradise, and his refuge is the fire. [5/72]
145. Do not attribute to God equals which you know that there is nothing similar to Him [2/22]
146. God is the one who created you, then provided for you, then will cause you to die, and then will give you life (on the day of judgment)[30/40]
147. God gives provision to whom He wills without account [24/38]
148. O you believed, let not your wealth and your children divert you from remembrance of God. And whoever does that- then those are the losers [63/9]
149. So exalted is God, the sovereign, the Truth; there is no deity except Him, Lord of the Noble Throne and whoever invokes besides God another deity for which he has no proof-then his account is only with his Lord. Indeed the disbeliever will not succeed [23/116/117]
150. The Quran is enlightenment for mankind and guidance and mercy for a people who are certain in faith [45/20]

Some Facts about Quran

- Allah defines His book as "O mankind! There has come to you an instruction from your Lord, a cure for whatever (disease) is in your hearts, a guidance and blessing for the true believers. Say: "It is the grace and mercy of Allah (that He has sent this Quran), so let the people rejoice over it, for it is better than (worldly riches) they are collecting". [10/57,58]
- Allah defines His glorious Quran as "If We had sent down this Quran on a mountain, you would have seen it humble itself and splitting from fear of Allah". [59/21]
- The Quran is the "word of God" exactly as revealed to prophet Muhammad (S.A.W).
- The revelation of Quran took place over the period of 23 years.
- According to Quran milk is the best drink and honey is the best food.
- The best month mentioned in Quran is Ramadan and best night is Laylatul Qadr (night of power, in which Quran was sent down for the humanity).
- Quran stressed about Salah (prayer) 700 times.
- Quran emphasized about Zakat/charity 150 times.
- Prophet Musa(Moses)is mentioned and discussed most in Quran.
- Word "Allah" is mentioned 2698 in Quran.
- According to Quran the first and ancient mosque is KAABA in Mecca.
- Surah (chapter) At Taubah [#9] is the only Surah in Quran which does not start with "Bismillah ir-Rahmaani ir- Raheem".

- 6 Surah (chapter) in Quran have their titled named after different prophets.
- According to Quran the Day of Judgment will be equal to fifty thousand year [70/4].
- The Quran has been described by 55 names and Qualities in several of its verses. These include Kitab, Kalaam, Noor, Huda, Rahmah, Furqaan, and so on.
- Interesting mathematical facts in Quran are the following
 - A) Word man appears 24 times and Women 24 times.
 - B) Word Dunia (name of this worldly life) is mentioned 115 times and Aakhirat (name of hereafter life) also mentioned 115 times.
 - C) Angles 88 times, Satan 88 times.
 - D) Life 145 times, death 145 times.
 - E) Eblees (king of devils) 11 times, seek refuge from Eblees 11 times.
 - F) Hardship 114 times and patience 114 times.
 - G) Months mentioned 12 times.
 - H) Day mentioned 365 times
 - I) Sea 32 times, Land 13 times, total
 $Sea+Land=32+13=45$, % of sea is 71.111, % of Land is 28.888, therefore:
 $\%sea+\%land=100.0$. Modern science has only recent proven that waters covers 71.11% of earth, while the land covers 28,889%. Is this a coincidence?

Some scientific facts in the Quran:

a) Origin of Life:

Water is essential for all living things, we all know that water is vital for life, but Quran makes a very unusual claim. **“We made every living thing from water, Will they not believe? [21/30].** In this verse, water is pointed out as the origin of life. Now science tells us all living things are made of cells, and cells are mostly made of water. The fact that living things consists mostly of water was discovered only after the invention of microscope. In the desert of Arabia, the last thing someone would have guessed is that life came from water.

b) Iron :

Iron is not natural to earth; it did not form on earth but came down to earth from outer space. Scientist has found that billions of years ago the earth was struck by meteorites. These meteorites were carrying iron from distant stars which had exploded. Quran says the following on the origin of iron. **“We sent down Iron with its great inherent strength and its many benefits for humankind” [57/25].** Allah uses the word ‘sent down’ for iron. It is clear from this verse that iron is not an earthly material, but was sent down for the benefit of the Humanity.

c) Sky's protection:

The sky plays a crucial role in protecting the earth. The sky protects the earth from the lethal rays of the sun. If the sky did not exist then the sun's radiation would have killed off all life on earth.

It also acts like a blanket wrapped around the earth, to protect it from the freezing cold of space. The temperature just above the sky is approximately -270oC. If this temperature was to reach earth then the planet would freeze over instantly. The sky also protects life on earth by warming the surface through heat retention (greenhouse effect), and reducing temperature extremes between day and night. These are some of the many protective functions of the sky.

The Quran asks us to consider the sky in the following verse:

"WE MADE THE SKY A PROTECTIVE CEILING. AND YET THEY ARE TURNING AWAY FROM OUR SIGNS!" [21:32]

The Quran points to the sky's protection as a sign of Allah. The protective properties of the sky were discovered by scientific research conducted in the 20th century.

d) Mountains:

The Quran draws our attention to a very important characteristic of mountains:

“DID WE NOT MAKE THE EARTH A RESTING PLACE? AND THE MOUNTAINS AS STAKES?”[78:6-7]

The Quran indicates that mountains have deep roots by using the word stakes to describe them. In fact, mountains do have deep roots, and the word stakes is an accurate description for them. A book titled 'Earth' by Geophysicist Frank Press explains that mountains are like stakes, and are buried deep under the surface of the earth. Mount Everest, the height of which is approximately 9 km above ground, has a root deeper than 125 km.

The fact that mountains have deep 'stake' like roots was not known until after the development of the theory of plate tectonics in the beginning of the 20th century.

E) Pain receptors:

For a long time it was thought that the sense of feeling and pain was dependent to the brain, however, it has been discovered that there are pain receptors present in the skin. Without these pain receptors, a person would not be able to feel pain. Consider the following verse on pain:

“WE SHALL SEND THOSE WHO REJECT OUR REVELATIONS TO THE (HELL) FIRE. WHEN THEIR SKINS HAVE BEEN BURNED AWAY, WE SHALL REPLACE THEM WITH NEW ONES SO THAT MAY TO FEEL THE PAIN: GOD IS ALMIGHTY, ALL-WISE.”[4:56]

Allah tells the people who reject his message that when they are in Hell and their skins are burnt off (so they can't feel any pain), he will give them new skins so that they continue to feel the pain. The Quran makes it clear that pain is dependent upon the skin. The discovery of pain receptors in the skin is a fairly recent discovery for Biology.

Just like the Quran contains knowledge about the natural world, it also contains information about the inner dimensions of our souls. It relates to our feelings, wants and needs. The Quran informs us that we have a purpose in life, and that following Allah's guidance will lead us to inner peace in this life, and Paradise in the hereafter. And that rejection of his message will lead to depression in this life and Hellfire after death.

“WE SHALL SHOW THEM OUR SIGNS IN THE UNIVERSE AND WITHIN THEMSELVES, UNTIL IT BECOMES CLEAR TO THEM THAT THIS IS THE TRUTH. IS IT NOT ENOUGH THAT YOUR LORD IS THE WITNESS OF ALL THINGS?”[QURAN 41:53]