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Topic: Primary Sources of Islam

The main Sources of Islam are The **Quran** and The **Sunnah**

**The Quran**

The Quran, which is the sacred text of Muslims and the divine word of Allah, serves as the primary foundation of Islam. Over a span of approximately 23 years, the Quran was revealed in Arabic through fragmented texts that addressed the specific needs of the time and provided solutions to various challenges that arose during that period. A team appointed by Prophet Muhammed PBUH was responsible for writing down the Quranic verses as they were revealed. Although the Quran existed in written form during the time of the Prophet, it was not compiled into a single volume until the era of Abu Bakr (RA), the first of the four rightly guided Caliphs. It was during the reign of Usman (RA), the third Caliph, that copies of the master manuscript were created and disseminated across the Islamic world. The Quranic text that is currently in use is identical to the one that was distributed 1,400 years ago in the seventh century by Usman (RA). It is worth mentioning that Hazrat Usman is also known as... The term "Quran" originates from the Arabic root q-r-a, which means to recite.

The Muslims believe that the guidance in the Quran is for all time and all people. The Quran addresses human beings as **"Ya aiyuhal Nas"** (O Humankind) directly 306 times and indirectly more than two thousand times in its over 6,000 verses. In contrast, the Quran specifically addresses Muslim men and women by name only 49 times.

The first revelation that the prophet received was first recited by the Prophet to non-Muslims.

**Read, O Prophet, in the Name of your Lord Who created**

**created humans from a clinging clot.**

**Read! And your Lord is the Most Generous,**

**Who taught by the pen**

**taught humanity what they knew not.**

**Quran Quran Surah al Alaq (96:1 to 96:5)**

**Protection of Minds through the Quran**

We have been bestowed with the gift of thought, our minds are one of the most precious blessings bestowed upon us by Allah SWT, which sets us apart from animals and beings that lack this ability. However, with this gift comes responsibility - the ability to discern between right and wrong, good and bad. Therefore, we have been commanded not to engage in activities that diminish the power of our minds.

The significance of thinking is evident in two ways. Firstly, it is a commandment from Allah SWT to prevent our minds from becoming idle and corrupt. These commandments serve to safeguard our minds, ensuring their constant presence and activity in fulfilling their purpose. Part of this purpose includes observing, contemplating, and reflecting upon everything we see - the wonders of creation, the miraculous beings, and the bountiful resources of the earth that benefit us. Secondly, Allah SWT repeatedly emphasizes the importance of mindfulness in the glorious Quran, urging us to contemplate and reflect using our senses in the world around **us.**

The imam referenced Sura Al-Ghashiyah ayat 17 to 20 which are translated to say:

**Then do they not look at the camels – how they are created? And at the sky – how it is raised? And at the mountains – how they are erected? And at the earth – how it is spread out?**

Another important aspect is safeguarding the mind against psychological damage. This entails avoiding dwelling on distressing news and striving to maintain a balance by seeking out positive news and engaging in activities that bring joy, such as charity work and spending time with family. It is crucial to recognize that the media often plays a harmful role, aiming to transform optimism and hope into feelings of despair and fear. An example of this can be observed in their portrayal of Muslims, illustrating the effectiveness of their tactics.

**“Verify, in the remembrance of Allah do hearts finds rest” (Quran 13:28)**