

FRIDAY MESSAGE

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Finding Truth in the Stars and in Our Souls

Have you ever stood beneath a sky spilling over with stars, far from the city's glow, and felt an overwhelming sense of wonder? A feeling of being infinitesimally small, yet part of something immeasurably vast? That feeling, that deep, quiet awe, is a conversation waiting to happen. It's an invitation.

Fourteen centuries ago, a timeless verse was revealed, one that feels more relevant today than ever before. In Sūrat Fuṣṣilat, we are given a profound promise: "We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth..." (41:53).

This is not just a passive statement of faith. It is an active, unfolding promise. It's a treasure map, pointing us toward two incredible landscapes of discovery: the vast universe around us and the intricate universe within us. As we journey through the modern world of science, we must ask:

Are we not living in the very age of discovery that this verse foretold?

Signs in the horizons: Cosmic proofs of

the Divine Let us begin where our awe so often does: the horizons. Look up. The Quran consistently urged humanity to contemplate the heavens, and today, our telescopes have become powerful extensions of that contemplation. What they are revealing is nothing short of breathtaking.

For centuries, the origin of the universe was a mystery locked away in the heavens.

Then, in the 20th century, scientists detected a faint, uniform glow across the entire cosmos—the cosmic microwave background radiation. They called it the echo of the Big Bang—a faint, lingering whisper of the universe's first breath. It was startling scientific proof that our universe had a definite beginning. Now, consider the words of the Quran, revealed 1,400 years prior: "Have those who disbelieved not considered that the heavens and the earth were a joined entity, and We separated them..." (21:30). The harmony between the ancient text and the modern discovery is so precise it sends shivers down the spine. How can this not stir the heart to wonder?

But the signs do not stop at the beginning. Scientists have uncovered something even more mind-boggling: the universe is exquisitely fine-tuned for life. The fundamental forces, like gravity and the charge of an electron, are set to such an impossibly precise value that if they were altered by even a hair's breadth, stars would not form, planets could not exist, and life would be impossible.

It is like walking into a room and finding a million dials on a control panel, and every single one is turned to the exact, life-permitting setting. Would you call it a coincidence? Or would you suspect it was the work of a supremely wise and intentional architect? This cosmic choreography, this perfect calibration, points not to random chance, but to a universe brimming with purpose. For the believer, it is a reflection of Divine Wisdom.

The Quran's promise rings true: the signs will appear, making the truth clearer and clearer.

Wonders Within: The Universe in Every

Cell The journey, however, does not end in the stars. The verse pulls us back, from the farthest horizons to the closest, most intimate place of all: ourselves. "...and in themselves..." it invites, urging us to explore the miracle of our own being.

Here, in the microcosm of the human body, the signs are just as profound. Consider the DNA coiled within every one of your trillions of cells. If you were to unravel it, you would find a scroll of divine design—a biological scripture containing three billion precisely arranged letters that code for the blueprint of you. It's an instruction manual of such staggering complexity that its co-discoverer, the biologist Francis Crick, admitted its origin was almost a "miracle."

Then there is the universe nestled within your skull: the human brain. With its 86 billion neurons firing in a symphonic dance, it is the most complex object we know of. Yet, for all our scientific progress, the greatest mystery remains untouched: consciousness. How do physical cells and electrical signals produce the feeling of joy, the ache of sorrow, the experience of love, or the ability to appreciate a sunset? Science can map the brain, but it cannot locate the you that experiences life. Is this not the quiet breath of the soul, the unseen force that makes us more than just flesh and bone?

This inner world holds yet another sign. Neuroscientists studying the brains of people engaged in deep prayer or meditation have witnessed something remarkable. Brain scans show that the areas associated with stress and anxiety quiet down, while the prefrontal cortex—the seat of focus, empathy, and higher reasoning—lights up. Allah SWT has not just called us to pray; He has built a pathway to

peace directly into our neurobiology. It is a healing mechanism, a tool for finding tranquillity that is woven into the very fabric of our being. Surely, in this, are signs for those who reflect.

From Signs to Certainty: The Dawn in Our Hearts

The verse culminates in a powerful conclusion: "...until it becomes clear to them that it is the truth." The divine plan is not to compel belief, but to unveil reality so gently and so consistently that the truth becomes self-evident.

The elegant laws of physics, the mathematical patterns in a sunflower, the life-giving cycle of rain, and the innate yearning for purpose in every human heart—they all point to something greater. Even those who hold no faith cannot escape the feeling that the universe is imbued with meaning, that it resonates with a silent, powerful purpose.

And then, the verse seals its promise with the most profound truth of all: "Is it not sufficient that your Lord is witness over all things?" After all our searching in the cosmos and in our cells, the ultimate reassurance lies here. The Divine is not just the author of the signs; He is the Witness to our journey, aware of every doubt we harbour and every silent prayer for guidance we whisper. This verse offers a way to harmonise our world. It teaches us that science and spirituality are not opposing forces. They are two wings of the same bird, flying us closer to the truth.

So let us walk this path with our eyes, minds, and hearts wide open. Let us be the generation that looks at a galaxy through a telescope and sees a sign. Let us be the ones who marvel at a DNA strand under a microscope and feel gratitude. Let us look to the heavens above, the world within, and the source of it all, until truth, calm and undeniable, rises like the dawn over the horizons of our hearts.