

ALI 496 – Understanding God’s mercy – session one

Question

What does recognizing God’s mercy in
the world do for you?

- 1) Makes you grateful
- 2) Helps you understand God's qualities better
- 3) Inspires you to make the most of life
- 4) Brings meaning to life

He is Allah besides Whom there is no god
the Knower of the unseen and the seen
He is the Beneficent, the Merciful

Sura Hashr, no.59, verse 22

Mercy in the world (physical)

- 1) Essentials for survival
 - a) The Earth and its systems

- 2) Extras to enjoy life;
 - a) Relationships
 - b) Nature
 - c) Pleasure

The Earth

Do you not see that Allah has made subservient to you whatsoever is in the earth and the ships running in the sea by His command?

And He withholds the heaven from falling on the earth except with His permission; most surely Allah is Compassionate, Merciful to men.

Sura Hajj, no.22, verse 65

Alternation of night and day

Out of His mercy He has made for you
the night and the day
that you may rest therein
and that you may seek from His grace
and so that you may give thanks.

Sura Qasas, no. 28, verse 73

Rain as mercy

And He it is Who sends down the rain
after they have despaired
and He unfolds His mercy
and He is the Guardian, the Praised One.

Sura Shura, no.42, verse 28

Imam Ali (a) and Rain

Imam Ja'far as-Sadiq (a) narrates that whenever it would begin to rain Imam Ali (a) would stand under the rain until his head, his beard, and his clothes were wet. Someone told him; go and seek shelter. He replied, this is water that has come from close to the *Arsh* [throne of Allah].

Usul al Kafi, Vol. 8, pg 239

Protection by angels

He has guardian angels, to his front and his rear who guard him by God's command...

Sura Ra'd, no.13, verse 11

There is no servant of God except that there are two angels with him for protection. When God's decree comes they will leave him to that decree.

Imam Sadiq (a)

Relationships

- Fulfills the needs of the human beings
- Forms an environment for tranquility of the soul
- Assists in reaching the goal of human life
- Teaches social and interactive skills
- Lays the foundation of society

وَاللَّهُ جَعَلَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا وَجَعَلَ لَكُمْ مِنْ أَزْوَاجِكُمْ بَنِينَ
وَحَفَدَةً وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ ۚ أَفَبِالْبَاطِلِ يُؤْمِنُونَ وَبِنِعْمَتِ اللَّهِ هُمْ
يَكْفُرُونَ

And Allah has made for you from yourselves mates and has made for you from your mates sons and grandchildren and has provided for you from the good things. Then in falsehood do they believe and in the favor of Allah they disbelieve?

Sura Nahl, no.16, verse 72

وَاللَّهُ جَعَلَ لَكُمْ مِنْ بُيُوتِكُمْ سَكَنًا

It is Allah who has made your homes as a place
of rest for you.

Sura Nahl, no.16, verse 80

- The home is a source of peace and tranquility
- ‘min buyutikum’ could refer to certain areas of the home where the inhabitants find peace and rest
- The peace found at home is from the blessings of Allah
- The importance of this peace derived from home can be seen in that it is the first of many favors enumerated in this verse.
- It is the only benefit of the home referred to in this verse

Nature

Getting in touch with nature reconnects us with our inner voice. Nature is therapy for the soul and mind.

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing.

Urges

Just consider the matter of feeding, resting and sex, which are ordained for him . . . Each of them is propelled by an urge, which give rise to a desire and an excitation therefore. Hunger demands food which supplies life and energy to the body and its substance. Sleep demands rest for the recuperation of the body to remove the fatigue . . .

That very act concerning man's health and improvement has been reinforced by an insistent urge embedded in his nature prompting him thereto.

Hadith of Mufazzal