

## **FAITH IN ALLAH** **IS STRENGTH OF LIFE**

Paul Ernest Adolph - a physician and surgeon from University of Pennsylvania relates his experience gained on his treatment of an old lady. She was a grandmother in her early seventies with a fractured hip. From the X Ray pictures, he could see that her tissues responded favourably and the healing was exceptionally rapid. She could move about with the help of crutches and had recovered so well that she was due to be discharged from hospital within 24 hours. This was intimated to her daughter when she came to visit her mother. She said nothing to the doctor about her plans but she went to talk to her mother. She told her that she had conferred with her husband and it had been decided that she could not be taken back into their home. Arrangements could be made for her to go into an old people's home.

The said surgeon reports that in a few hours thereafter, he was called to the old lady's side to find that she was physically deteriorating. She died within twenty four hours - not of her broken hip but of a broken heart although all emergency medical measures were taken to restore her health. Her bone ends had united and she had a strong hip but she did not recover. The surgeon was deeply impressed with this incident and became convinced that it was the lack of hope and faith in God that had reversed her condition. He felt her condition would have been different if her hope and faith was linked with God instead of being anchored in the perpetuation of a close human relationship to her daughter.

It is recognized by medical men that majority of illnesses today are caused by psychological factors or the so-called nervous breakdown. And the cause behind this are believed to be guilt, resentment, fear, anxiety, frustration, boredom etc. The need quite often is to lift up one's heart and restore hope and confidence instead of medication. And for that the basic approach is to cultivate and maintain full faith in Allah- the Almighty the All-Knowing Creator.

Islam has laid much stress on the need of strong faith in Allah. The holy Quran has through numerous verses advocated the faith in Allah and good deeds as essential for man's true success in this life and salvation in the hereafter. It is staunch faith in Him coupled with virtuous actions that makes man free of fear and frustration from afflictions in life. Says the holy Quran:

"And whoever does good works and he is a believer, he shall have no fear of injustice nor of withholding of his due" (Sura TAHA - v.112)

What is faith? It has been described as being the name of acknowledging the existence of the Creator and admission of His being One in whose control and power lies the ultimate destiny of man. When this belief takes full root in the heart of Man, then he does not feel the need to bow down before anyone else. He is not influenced or awed by any power or authority other than that of Allah. Rather, feeling mentally freed of all

ties, he regards himself a devotee of Allah. This gives him invaluable moral strength to face the vicissitudes of life with courage.

The attribute of a faithful is that his belief in Allah is precise and strong. It is not confined to mere oral expression but it is pure in his heart which never entertains any doubt.

Describing one of the several signs of one with faith and true belief, Hazrat Ali a.s. said

"He is stronger than stone but humbler than a slave" - Nahjul Balagha.