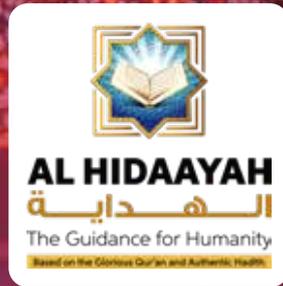


STUDY GUIDE



TRUE PEACE

THE SECRET OF LIFE

PART 1

by SHAIKH AREEB ISLAM

FROM THE SERIES:

TRUE PEACE – THE SECRET OF LIFE

COURSE OUTLINE



COURSE TOPICS

1. Understanding Islam

2. Understanding the hope structure and its requirements

3. Belief in Allah

4. Belief in the Angels

5. Belief in the Messengers – I

6. Belief in the Messengers – II

7. Belief in the Divine Books

8. Belief in Resurrection and the Day of Judgement

9. The idea of education in Islam

10. Significance of education in Islam

11. Divine and scientific knowledge

12. Spiritual laws and earthly laws

13. Nourishing the soul

14. Understanding the significance of our souls

COURSE OBJECTIVES

1. Understanding how to find true peace and find the secret of life

2. Understand from a comparative point of view about how other religions and belief systems see these same things within their belief system

COURSE OUTLINE



QUESTION & ANSWER BUCKET

TRANSCRIPTS

ASSESSMENT

Multiple Choice Questions

Match the Columns

True or False

COURSE DURATION

Video – 2 hours 20 min

Study Guide – 45 min

Assessment – 10 min

Total Duration – 3 hours 15 min



LESSON 1

**TRUE
PEACE**
THE SECRET OF LIFE
PART 1

1

UNDERSTANDING ISLAM



Islam is not to be understood only as a religion for human beings, but for the whole of this universe. Understanding it is a look at the world's fastest growing and sustainable belief system in the universe, where in every being that Allah (swt) has created is in submission to Him.

The framework of the Islamic belief system is not just a single or two-dimensional belief system, but rather a three-dimensional, potent belief system comprising of many layers similar to that of a rose flower. Though it is the leaves and the petals on the outside that make it beautiful, its middle core is what is its most important part for its life.



Similarly, the Islamic framework is also made up of many layers; a hope structure, an educational structure, a spiritual structure, a morality structure, a family structure, a social structure, an economic structure, and a political structure.

It is not only a religion, but rather a belief system wherein an individual knows the reason of his/her actions and does them out of obedience to the Creator.

2

UNDERSTANDING THE HOPE STRUCTURE AND ITS REQUIREMENTS



Hope refers to the sure desire for the future and looking at ways to being successful. Among the requirements for one to have sure hope are –

i Understanding of monotheism

Islam is the only religion that preaches true monotheism, that God is not possessed in some object or manifested through an angel.

We believe that Allah is the Creator of everything and does not dwell in anything that confines Him because that would be limiting Himself to a shape, form, and time.

Though He is above the seven heavens, yet He has intimate personal knowledge and control of every single being, and things on this planet.





To understand this, we must understand that we cannot judge Allah (swt) from a human point of view because He does not have a linear existence similar to us, nor is He limited to time, shape, space or form.

This is where the other religions faltered because they tried to limit God to shape, time and form, causing problematic doctrinal issues and dividing them over issues such as predestination, God's eternity, knowledge of the future, etc.

Islam does not face such issues because though Muslims believe that Allah (swt) has attributes, they do not associate human qualities with Him.

The moment man tries to confine God to a certain thing or image, He ceases to be God.





ii Belief in the Qadr

Qadr (decree) refers to the belief that everything is predestined by Allah (swt) and shall occur as and when He wishes it.

If one believes in Qadr, he/she understands that there is sure hope and destiny for each and every creation.

iii Belief in the prophets and messengers

Believing that the prophets and messengers (both humans and angels) were sent by Allah to guide humankind to the straight path through the divine books sent by Him as commandments.

iv Belief in the Hereafter

Believing that the life of this world is only a test and a fraction of a second in comparison to life after death.

Man shall be resurrected, judged, held accountable and compensated according to his/her actions, and live a life of eternity in Heaven or Hell accordingly.



LESSON 2

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THE SECRET OF LIFE
PART 2

3

BELIEF IN ALLAH



"Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; He begets not, nor is He begotten; And there is none like unto Him."

Al Qur'an 112:1-4

One does not need a more technical or scientific definition of monotheism than the verses of Surah Ikhlaas to grasp the divinity of Allah (swt).

Also, amongst the characteristics of Allah (swt) is that He is the Sovereign and the Protector because He is the One who has the highest command and authority, and all others are answerable to Him.

Though Allah (swt) is the All Knowledgeable and the Sovereign, yet many times in the history of mankind, man has forgotten the sovereignty of Allah (swt) and been the cause of their own destruction due to the transgression of their limits.





Many might think it to be unfair because how can a loving and forgiving God allow the destruction of His own creation.

However, we must also remember the cause-and-effect reasoning, that every action has an equal action or reaction to it, and that our own actions are the cause of our success, failure, or destruction and only Allah (swt) knows the reasoning behind Him permitting a certain action or event to occur.

This is we as humans only see from a very limited perspective, but Allah (swt) sees things in totality and knows the past, present, and the future.



4

BELIEF IN THE ANGELS



One must keep in mind that for true understanding and closeness to Allah (swt), we must believe in the angels, which Allah (swt) has created for fulfilling specific tasks and as messengers to His prophets and messengers.

Though many other religions including Jews and Christians also believe in the creation of angels, the significance of the fact is that the Jews and the Christians believe in angels as a by-product of the misunderstanding caused throughout their theology.





For example, according to the doctrines of Christianity, though angels are beings created without having any choice, yet Lucifer (an angel) chose to disobey God, which is contradictory in itself.

But in Islam, angels have no free choice, but have to obey the commandments of Allah (swt) and worship Him only.

Among the tasks of angels is also to record the good and evil deeds of humans, manage the tasks in Heaven and Hell, bring down revelations upon the messengers, and perform other day to day tasks commanded by Allah (swt).



5

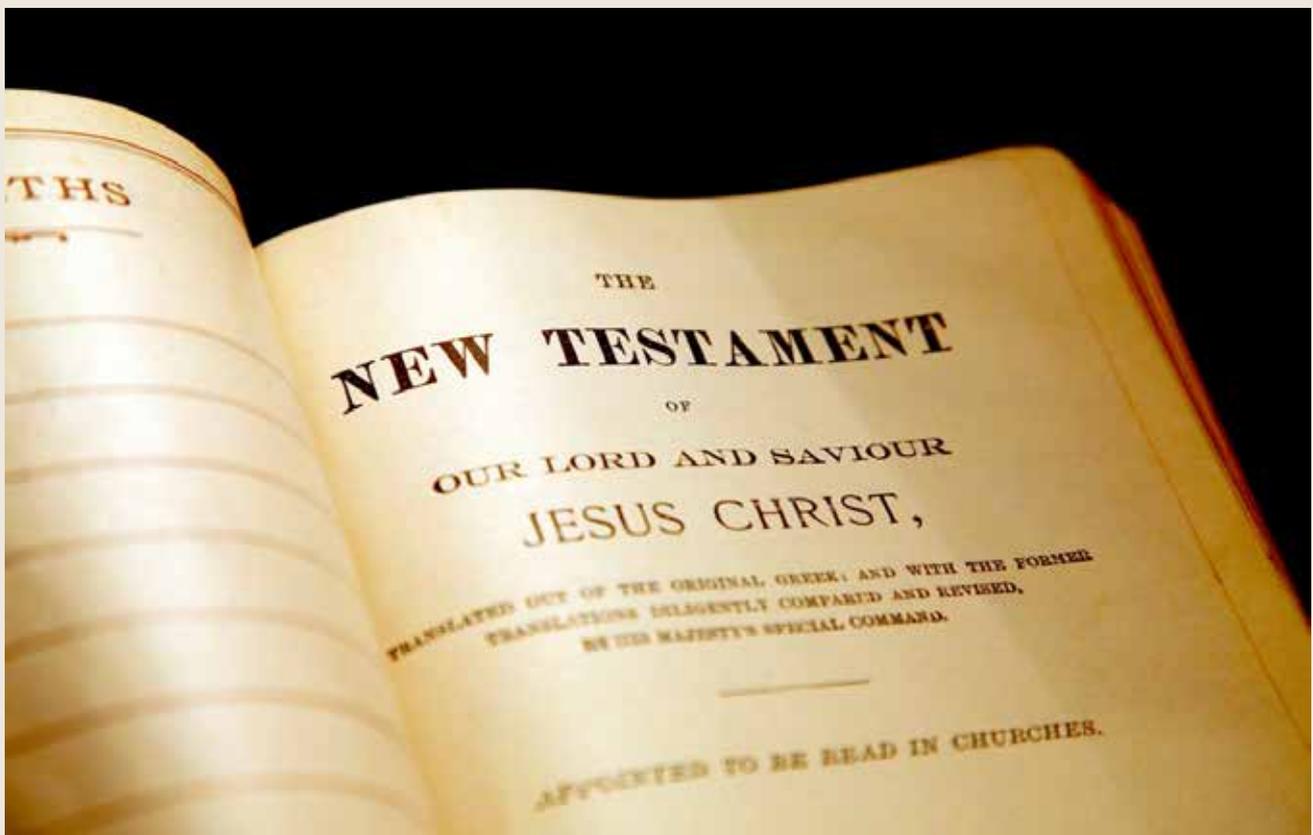
BELIEF IN THE MESSENGERS – I



In Islam, the prophets and messengers are living examples of the Shariah (Islamic law), all of whom who came with the same message of Tawheed and worship of Allah (swt).

They were sent as a mercy to humankind, to take them out of darkness and to bring them into light and guide them onto the straight path.

But in the New Testament, there are dividing voices when Paul deliberately changes and manipulates the messages of the prophets amongst each other. He opposed the teachings of Isa (pbuh) and all the other prophets before him.





LESSON 3

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THE SECRET OF LIFE
PART 3

6

BELIEF IN THE MESSENGERS – II



All the prophets of Allah (swt) were sent with the same message and spoke according to the revelation that was given to them.

They are the role models who one must aim to emulate and copy because they are living examples and explainers of the revelation sent by Allah (swt) to men.

Similarly, in the New Testament too Jesus (pbuh) would explain the revelations and commandments to his disciples when they could not understand it.

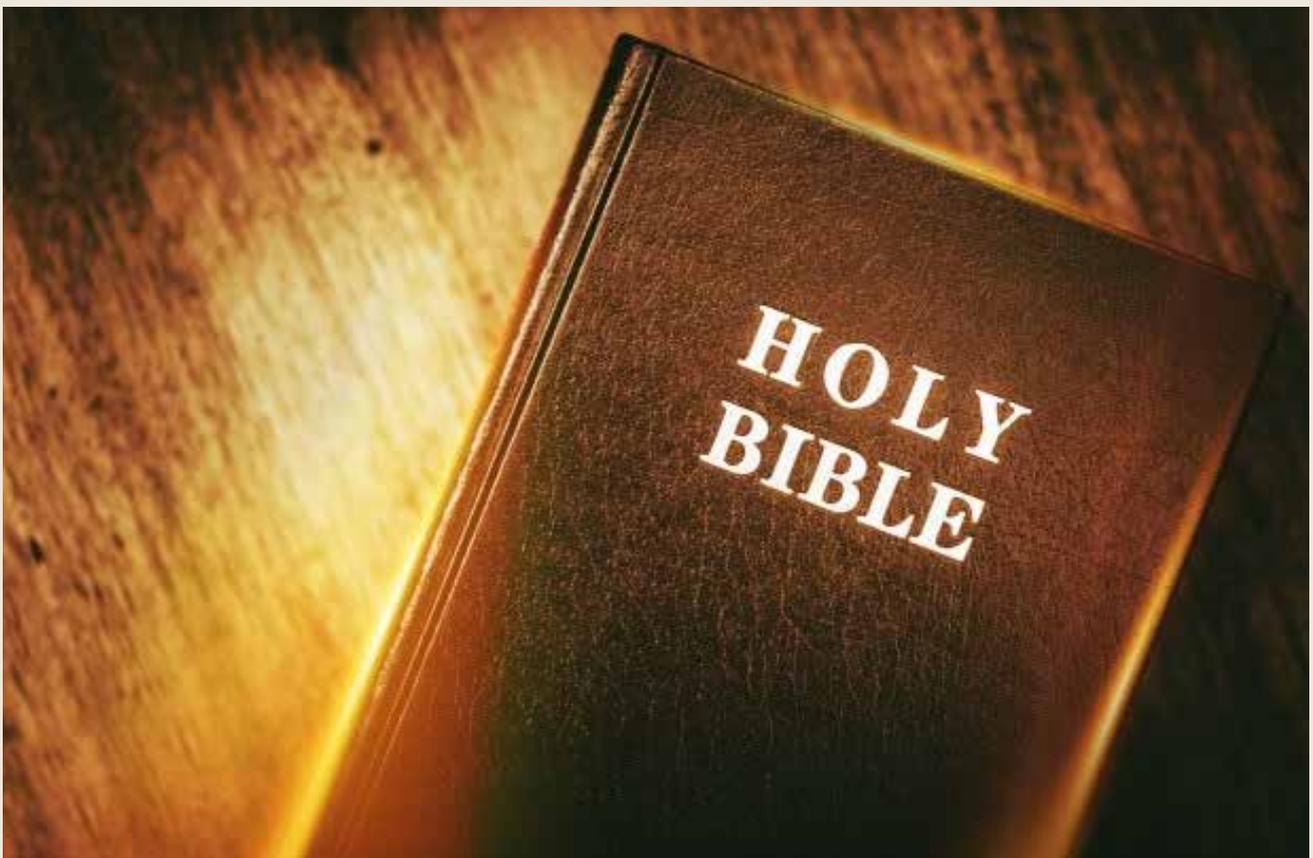




The prophets and messengers didn't only come to deliver a message to mankind, but also with a legislation. They dispensed and gave out new laws and regulations as Allah (swt) deemed fit, and when people started to deviate from it, He would send messengers to convey His message and legislation to get them back to the path of guidance as was preached by the prophets before them, and not as what many misunderstand that every prophet came with a teaching and legislation different to that of the previous prophet.



In the New Testament, Jesus (pbuh) says:
"I have not come to change the law, but to fulfil it."
The Bible – Matthew 5:17



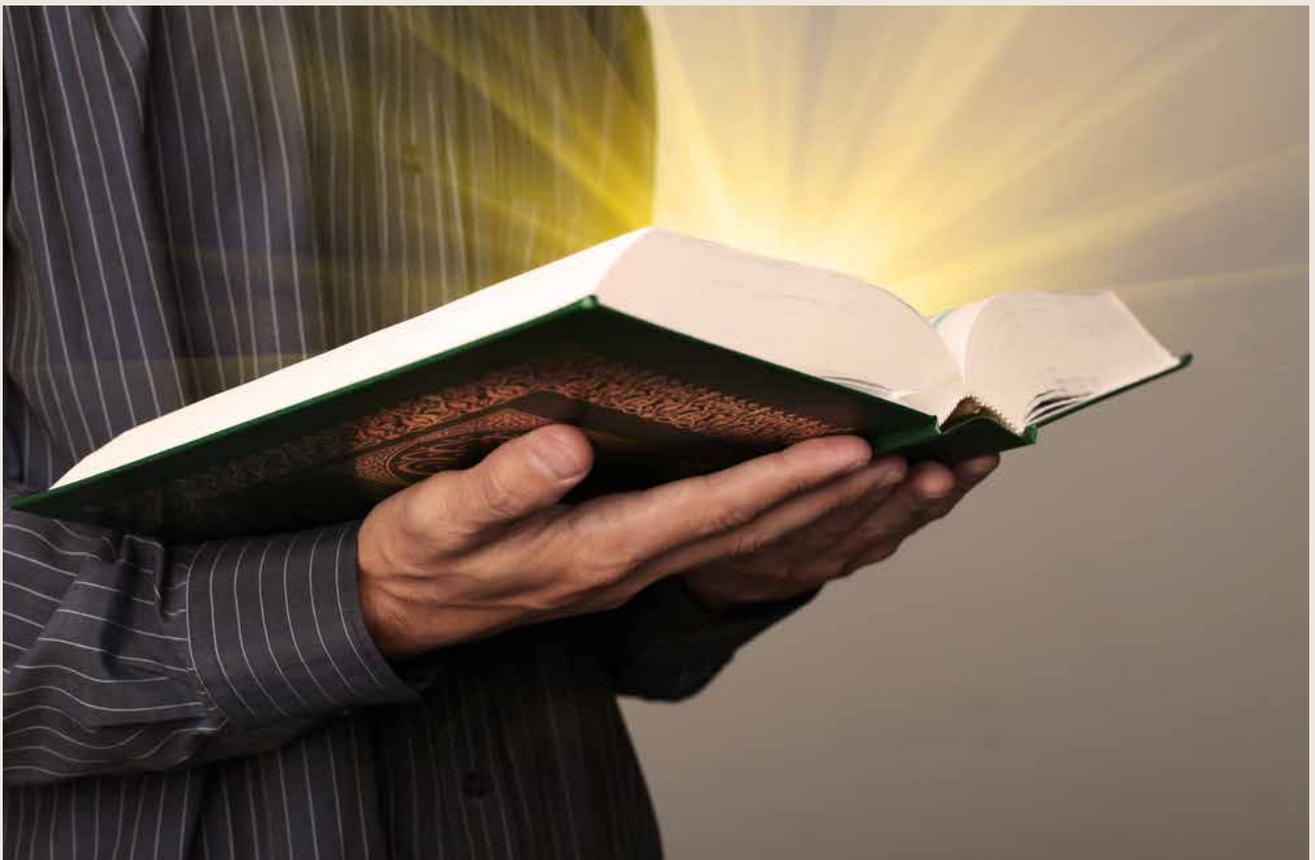
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BELIEF IN THE DIVINE BOOKS



Revelations are different books and commandments sent down by Allah (swt) over a period explaining mankind about their way of life and what is expected of them. If we learn to adhere to the commandments and live by the rulings sent forth by Allah (swt), we have understood the way to Paradise and saved ourselves from the Hellfire.

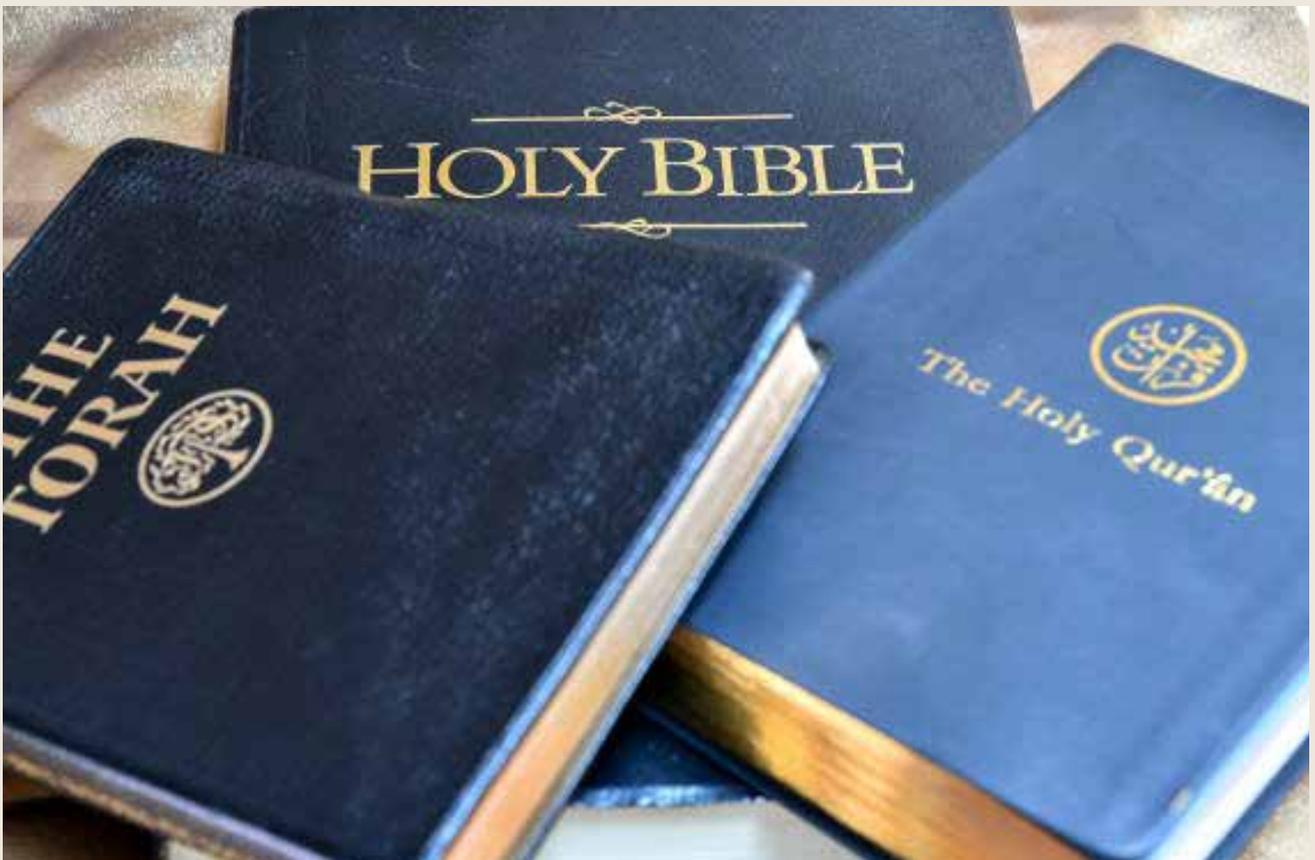
The significance of the Qur'an is that it helps one understand and deal with the various important aspects of our life.





Further, there is not a single word in the Qur'an that can be challenged by man, and the words of the Qur'an have remained the same since the time of the Prophet Muhammad (pbuh) until today whether one is reading it in Malaysia, Canada, India, or anywhere else in the world.

Further, the Qur'an is unlike any other texts like Gita, or the Bible, or the Torah which have been often subjected to revisions and are long winded and go into detail because they are written by a human mind. Qur'an is very straightforward in its message of guidance and challenges humanity to think about their priorities in life and ask the fundamental questions about one's purpose in life.



8

BELIEF IN RESURRECTION AND THE DAY OF JUDGEMENT



The life of this world is a test for mankind, and every man/woman shall be held accountable for their deeds and actions of this world.

If one has lived a righteous life following the path ordained by Allah (swt), then he/she shall have no fear and shall be admitted into Paradise by the will of Allah (swt). However, indulging in the prohibited actions, shall have their consequences, and man shall be held accountable for his/her deeds.

Another important reason for the occurrence of the Day of Judgement is the need for justice in life. One needs to realise that their actions have consequences and that he/she shall be punished according to the magnitude of their actions.

Whereas, according to Christianity, there is only one judgement. Those who believed in Jesus will enter Paradise no matter their actions, and those who rejected him shall enter Hellfire no matter their actions, which cannot be portrayed as justice.





LESSON 4

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PART 4

9

THE IDEA OF EDUCATION IN ISLAM

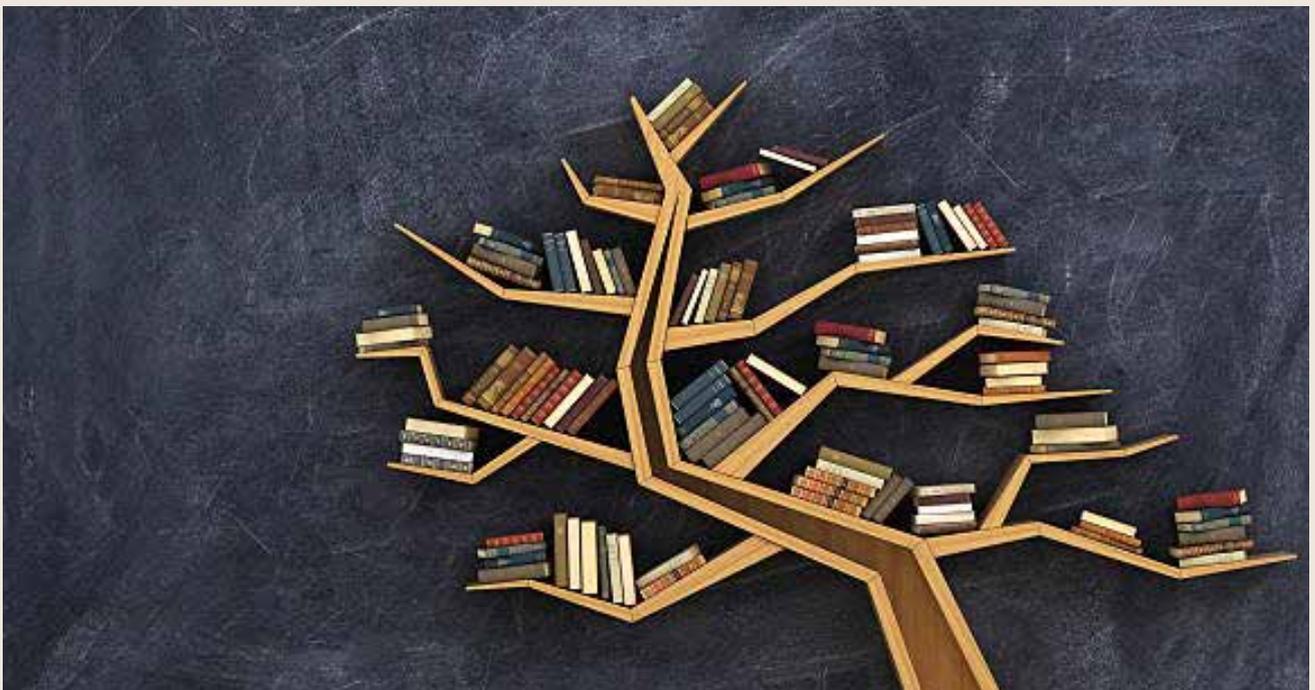


Education is an important part of the belief structure of Islam and needed for one to get Godly direction in their life.

The idea of education in Islam is to search for ultimate truth, and therefore it is important to focus on both sides of education, spiritual and secular education because the ultimate truth cannot be considered as the ultimate truth unless the whole of humanity agrees upon it.

Often, religions like Christianity and Judaism claim to provide spiritual fulfilment, but on closer inspection we realise that it is only temporary fix wherein they return to their old actions and habits in no time.

Islam, on the other believes only in a permanent method of spiritual fulfilment which is achieved by educating oneself, by studying and understanding the teachings of the Qur'an and the Sunnah of the Prophet Muhammad (pbuh) and the prophets before him.



10

SIGNIFICANCE OF EDUCATION IN ISLAM



- i Education is a reason for having stability in one's life and the political system around us because it empowers an individual and gives them the ability to guide each other in every aspect of one's life because the basic formula for success is to have knowledge.
- ii It is important to practise and put into action the knowledge that has been gained, and the best way to practice it is by doing Da'wah to others, teaching others about it and carrying out actions according to the knowledge that one has gained.

It is also a source of continuous rewards for the one who spreads his/her knowledge to others.





The Prophet (pbuh) said:

“When a man dies, his deeds come to an end, except for three: A continuous charity, knowledge by which people derive benefit, pious son who prays for him.”

- iii The intention also plays a major role in one’s education. It is important to note that knowledge is sought out of sincerity and for the purpose of pleasing Allah (swt) only and not His creation.



The Prophet (pbuh) said:

“Actions are to be judged only by intentions and a man will have only what he intended.”

- iv It is important to know that Islam does not only deal with aspects of spirituality, but also gives advice for being successful in business and investments, relationships between individuals and parents and their children and other aspects of one’s life.





LESSON 5

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PART 5

11

DIVINE AND SCIENTIFIC KNOWLEDGE



In Islam divine knowledge and scientific knowledge are in sync with each other in almost everything, whereas in Christianity, science and religion oppose each other.

But what is important to understand is that both religion and science are two different sources of knowledge of which religion is the superior source and science the secondary source.





Among the various objectives of gaining divine and scientific knowledge are –

- i It helps one become a better person and accelerates spiritual growth.
- ii Divine knowledge along with scientific knowledge helps fulfil one's spiritual and physical needs.
- iii Helps one become a complete individual by gaining both scientific knowledge (knowledge of how to use things) and divine knowledge (knowledge of how to practise one's faith in a better way).
- iv Mould one into an ethical person who primarily lives to please Allah (swt).



12

SPIRITUAL LAWS AND EARTHLY LAWS



The laws of the Shariah are in two dimensions, spiritual laws (ethical laws or also known as Deen of Islam) and earthly laws (fleshly laws or sciences).

Both have a different cause and effect. If we look at the ethical laws or the Deen of Islam, the result is much longer and lasts for eternity, whereas the scientific laws are more immediate and confined to the life of this world.

Further, the scientific laws are meant to be submissive to humans, the way how one looks after and maintains them (like maintaining forests).





Among the significance of gaining such knowledge are –

- i It gives man superiority over all the other creations of Allah (swt) that exist in the universe.
- ii It gives man the ability to put his/her knowledge into action. The first command give to man was 'to read', which gives the ability to write. Writing gives the ability to speak, which helps one to gain wisdom from each other.





LESSON 6

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THE SECRET OF LIFE
PART 6

13

NOURISHING THE SOUL



The spiritual structure that makes up Islam is made up of a number of different components, and a person's soul (though the current society refuses to accept it) is an important part of that structure.

Man is more than just a physical body or an animal, and it is the soul which gives a person their own identity.

People who do not believe in Resurrection and the Hereafter give no importance to the treatment and nourishment of the soul.

They fail to understand that one's soul needs to be treated, looked after, and nourished like one nourishes their physical bodies.





“Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction.”

Al Qur'an 13:28

The above verse explains the benchmark for the satisfaction of the soul and its success or disappointment in life.

The benchmark for the satisfaction and success of the soul lies in the remembrance of Allah (swt) and following through with His commandments.

While on the other hand, those who indulge only in the desires of this world and forget about the remembrance of Allah (swt) and the Akhirah (Hereafter), are on the path for disappointment and loss.



14

UNDERSTANDING THE SIGNIFICANCE OF OUR SOULS



It is of utmost importance for one to understand the purpose of their soul and the need for devotion in one's life because –

- i Understanding the purpose of our creation, which was the central message preached by all the messengers of Allah (swt).



“I have only created Jinns and men, that they may worship Me.”
Al Qur’an 51:56

It is also the key invitation of the Qur’an, wherein it calls us to submission, to devotion and worship of the one true God.

- ii Understanding that the main condition for going into error in this world is because people refuse to take care of the spiritual needs of their soul. They purely focus on taking care of external factors while neglecting the other needs.





QUESTION AND ANSWER BUCKET

Q1

WHAT ARE THE BASIC PILLARS OF FAITH THAT ARE ALSO A PART OF UNDERSTANDING THE HOPE STRUCTURE?



ANSWER

Among the basic pillars of faith that also form a part of understanding the hope structure are:

- a Belief in the Oneness of Allah (swt)
- b Belief in the Angels
- c Belief in the Divine Books
- d Belief in the Prophets and Messengers
- e Belief in the Hereafter
- f Belief in the Qadr

Q2

WHAT IS THE MOST BASIC DEFINITION OF MONOTHEISM [BELIEF IN THE ONENESS OF ALLAH (SWT)] MENTIONED IN THE QUR'AN?

ANSWER

The basic definition of monotheism mentioned in the Qur'an is in the 112th chapter of the Qur'an – Surah Al Ikhlaas.



“Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; He begets not, nor is He begotten; And there is none like unto Him.”

Al Qur'an 112:1-4

Q3

DID EVERY PROPHET COME WITH A NEW MESSAGE AND A SET OF RULES, OR DID THEY PREACH
THE SAME MESSAGE?

ANSWER

All the prophets and messengers of Allah (swt) came with the same message of Tawheed (oneness of Allah (swt)) and worshipping Him alone. They preached about the effects that the actions of this life would have in the Hereafter and the other commandments revealed upon them by Allah (swt).

In fact, in the New Testament Jesus (pbuh) said:



"I have not come to change the law, but to fulfil it."

The Bible – Matthew 5:17



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