



In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## COVID19, a test, an opportunity

*God is running everything. This is something we try to remember. Especially when we think of the COVID19 pandemic that we're in. Each day, the news paints a story that continues to change. And while we don't know how this story will end, we do know there's a good reason for everything (18:66-82). And to know this is a blessing. As it is a blessing to know that we can submit to God and put our trust in Him. So, we ask God's protection and help, knowing only He can and does protect us.*

*[1:5] You alone we worship; You alone we ask for help.*

*[13:11] Shifts (of angels) take turns, staying with each one of you—they are in front of you and behind you. They stay with you, and guard you in accordance with **GOD's** commands. Thus, **GOD** does not change the condition of any people unless they themselves make the decision to change. If **GOD** wills any hardship for any people, no force can stop it. For they have none beside Him as Lord and Master.*

As a test, the pandemic brings out people's faith or the lack thereof. What do we do? How do we think? Do we find solace in prayer? Do we find

solace in hand sanitizer or in buying things we think we need? Are we helplessly consumed with thoughts about what's going on? Or do we ask God's help and thank God for His continued grace and mercy upon us?

The Quran teaches us that some people remember God during tests but forget God when they are safe.

*[17:67] If you are afflicted in the middle of the sea, you forget your idols and sincerely implore Him alone. But as soon as He saves you to the shore, you revert. Indeed, the human being is unappreciative.*

We don't want to do that. Neither do we want to be among those who become despondent when faced with adversity (17:83, 30:36, 41:49, 70:20).

*[30:36] When we bestow mercy upon the people, they rejoice therein. But when adversity befalls them, as a consequence of their own works, they become despondent.*

Instead, during tests we should implore God (6:42-43, 7:94), seek His forgiveness (38:24). And remember and commemorate God (8:45). If we are doing our best to be righteous,

then events we don't understand may be a blessing in disguise (18:71-82). There is a good reason for everything.

*[6:42] We have sent (messengers) to communities before you, and we put them to the test through adversity and hardship, that they may implore. [6:43] If only they implored when our test afflicted them! ...*

*[8:45] O you who believe, when you encounter an army, you shall hold fast and commemorate **GOD** frequently, that you may succeed.*

We also learn that one "function" of adversity and disasters is to bring people back to God. So that we may recognize the errors of our ways and return to the right works (30:41).

*[30:41] Disasters have spread throughout the land and sea, because of what the people have committed. He thus lets them taste the consequences of some of their works, that they may return (to the right works).*

And many people will turn to God, which is good. For example, when I looked online, many people were sharing prayers of supplication to God. And verses reminding us to put our trust in

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God, and that God will protect us. And these verses came from the Old Testament, the New Testament and the Final Testament (the Quran). Thank You God for the reminders.

*[Exodus 15:26] He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you."*

*[Psalm 56:9-10] When I pray, Lord God, my enemies will retreat, because I know for certain that you are with me. I praise your promises!*

*[Psalm 91:1-12] You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty, Say to the Lord, "My refuge and my fortress, my God in whom I trust." For He will rescue you from the snare of the fowler, from the destroying pestilence.*

*With His pinions He will cover you, under His wings you shall take refuge; His faithfulness is a buckler and a shield.*

*You shall not fear the terror of the night, and the arrow that flies by day;*

*You shall not fear the pestilence that roams in darkness, nor the devastating plague at noon.*

*Though a thousand fall at your side, ten thousand at your right side, near you it shall not come.*

*Rather with your eyes shall you behold and see the requital of the wicked,*

*Because you have the Lord for your refuge; you have made the Most High your stronghold,*

*No evil shall befall you, nor shall affliction come near your tent.*

*For to His angels He has given command about you, that they guard you in all your ways.*

*Upon their hands they shall bear you up, lest you dash your foot against a stone.*

*[1 John 4:18] Where God's love is, there is no fear, because God's perfect*

*love drives out fear.*

*[1 Peter 5:7] Leave all your worries with Him, because He cares for you.*

*[3:173] When the people say to them, "People have mobilized against you; you should fear them," this only strengthens their faith and they say, "GOD suffices us; He is the best Protector."*

*[10:61] You do not get into any situation, nor do you recite any Quran, nor do you do anything, without us being witnesses thereof as you do it. Not even an atom's weight is out of your Lord's control, be it in the heavens or the earth. Nor is there anything smaller than an atom, or larger, that is not recorded in a profound record.*

*Happiness: Now and Forever\**

*[10:62] Absolutely, GOD's allies have nothing to fear, nor will they grieve.*

*[10:63] They are those who believe and lead a righteous life.*

*[10:64] For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law.*

*Such is the greatest triumph.*

*\*10:62-64 Most people think that they have to wait until the Day of Resurrection before they receive their rewards for righteousness, or the retribution for wickedness. But the Quran repeatedly assures the believers that they are guaranteed perfect happiness here in this world, now and forever. At the end of their interim here, they go directly to Paradise (see Appendix 17).*

*[86:4] Absolutely, everyone is well guarded.*

It's very reassuring that God promises protection for Submitters. Thank You God. It helps us breathe easier during the day and sleep better at night.

But the story doesn't end there. There's work to be done. Submission to God is an ongoing process. We have to devote our life and worship absolutely to God alone each day (6:162).

We don't want to take things for granted because we all sin and make mistakes. Satan will try to make us forget God or tempt us into thinking we are already saved (may God protect us from that). Or make us proud

of God's blessings upon us, whether of provisions, good health or happiness. And God does not like those who are boastful, proud (57:20-23). God willing, we remind ourselves that anything good in our lives is from God. And we thank Him.

To summarize, like tests in school, the tests for our souls show us our scores based on our responses. So, if we were to grade our own response to the COVID19 test, what score would we give ourselves? Are we thinking of the virus most of the day? Or are we remembering God most of the day (4:103, 7:205)? Are we being appreciative of His blessings and continued protection (2:152)? Each of us has to examine ourselves.

If we're not doing so well, what is the cure? It seems simple. Worship God alone! And we should keep praying and thinking of God as much as we can. It's what we should do year-round. But anything that happens should give us yet another reason to think of God and pray to God and thank God.

May God help us to work hard, lead a righteous life, be steadfast, and remember Him frequently. Some days may be harder. But let us try our best and implore Him for help knowing that God is running everything.

*[1:5] You alone we worship; You alone we ask for help.*

*[2:45] You shall seek help through steadfastness and the Contact Prayers (Salat). This is difficult indeed, but not so for the reverent,*

*[11:11] As for those who steadfastly persevere, and lead a righteous life, they deserve forgiveness and a generous recompense.*

*[33:41] O you who believe, you shall remember GOD frequently.\**

*[33:42] You shall glorify Him day and night.*

*\*33:41-42 Your god is whatever occupies your thoughts most of the time. Hence the commandment to commemorate God and glorify Him day and night. See Appendix 27.*

## REFRAME OUR RESPONSE

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” - Viktor E. Frankl, psychologist.

If we look in the Quran at the stories of some of the messengers, such as Job, Noah, Abraham, Jonah, and Lot, we can see examples of how these people responded to the trials and the joys in their lives. Sura 21, the Prophets, recounts many of those stories. 21:25 says *We did not send any messenger before you except with the inspiration: “There is no god except Me; you shall worship Me alone.”*

They knew, just as we know, that God is in full control of everything (4:126, 55:29). Moses and Aaron faced dangerous challenges when they went to Pharaoh (26:10-29), but they went. Abraham had to confront not only his father but his whole community. He broke their statues and faced their wrath (21:51-70). But even when they threatened to throw him in the fire, his response was *“I am going to my Lord; He will guide me.”* (37:99).

Lot faced wicked depraved people and stood up to them (21:74-5). Noah in the face of evil exhorted his people to turn to God (71:1-9). Job was beset with hardship (38:41), yet he never wavered in his devotion to God. Jonah was so afraid of his mission that he abandoned it. But in the end, he knew that he could not escape from God and he repented and was saved (21:87-88; 37:139-148).

David and Solomon represent those who were given vast resources and special talents (21:78-82). Their response to these gifts was to worship God alone and to be appreciative of His blessings to them (38:30-40).

All of these messengers knew the most important thing: [21:92] *Your congregation is but one congregation, and I alone*

*am your Lord; you shall worship Me alone.*

God is the One who provides for us and protects us, no matter what situation we may be in. We need to turn to God, use that moment between “stimulus” and (our) “response” to recognize that God is in control.

[20:98] *Your only god is GOD; the One beside whom there is no other god. His knowledge encompasses all things.*

### Perspective

“There are things known and there are things unknown, and in between are the doors of perception.” — Aldous Huxley

“Reject your sense of injury and the injury itself disappears.” — Marcus Aurelius

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” — Oprah Winfrey

“What we see depends mainly on what we look for.” — John Lubbock

Our perspective on a given situation will greatly color our response to it. The good news is, with God’s help we can learn to change how we think about a situation. This, in turn can improve our response. Psychologists call this exercising *cognitive change* with the goal of helping regulate your emotions (Gross 2001). For example, suppose you’re walking down a grocery store aisle, and someone makes a face at you. You can let yourself get upset. Or you can wave it off by thinking, “perhaps they’re not feeling well.” Or, to adapt an example from Gross’ paper, if someone cuts you off in traffic—you can yell or retaliate. Or you can think, “Maybe they’re rushing to an interview or an emergency,” let them pass, and thank God for keeping you safe. If you let them pass you probably will feel a lot better about your response a few weeks from now (if you even remember this situation).

Let’s work through an exercise. You are shown a photo of a woman crying outside a masjid. What would you think just

happened—why is the woman crying? Some people feel sad because they think there has been a funeral and the woman is missing a family member. Now let’s “reframe” this scenario by considering instead that there has been a wedding and those are tears of joy. The point is we can often view the same situation in many meaningful ways. What appears to be a problem, can be a “blessing in disguise” (7:94-96). And it’s usually *up to us* and how we respond to the situation.

That means we can look at any situation, even a worldwide pandemic, in a number of ways. We can wallow in misery and negativity, seeing only the death and destruction. Or we can recognize God’s hand in it, knowing that if we steadfastly persevere, God will bring us through. We can “reframe” the situation in the light of God and the Quran and choose a better, more positive response to it.

God gives us many positives in the Quran to look at.

[10:55] *Absolutely, to GOD belongs everything in the heavens and the earth. Absolutely, GOD’s promise is truth, but most of them do not know. [10:56] He controls life and death, and to Him you will be returned. [10:57] O people, enlightenment has come to you herein from your Lord, and healing for anything that troubles your hearts, and guidance, and mercy for the believers. [10:58] Say, “With GOD’s grace and with His mercy they shall rejoice.” This is far better than any wealth they can accumulate.*

[10:60] *Does it ever occur to those who fabricate lies about GOD that they will have to face Him on the Day of Resurrection? Certainly, GOD showers the people with His grace, but most of them are unappreciative. [10:61] You do not get into any situation, nor do you recite any Quran, nor do you do anything, without us being witnesses thereof as you do it. Not even an atom’s weight is out of your Lord’s control, be it in the heavens or the earth. Nor is there anything smaller than an atom, or larger, that is not recorded in*

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*a profound record. [10:62] Absolutely, GOD's allies have nothing to fear, nor will they grieve. [10:63] They are those who believe and lead a righteous life. [10:64] For them, joy and happiness in this world, as well as in the Hereafter. This is GOD's unchangeable law. Such is the greatest triumph.*

*[9:21] Their Lord gives them good news: mercy and approval from Him, and gardens where they rejoice in everlasting bliss.*

*[32:17] You have no idea how much joy and happiness are waiting for you as a reward for your (righteous) works.*

*[3:15] Say, "Let me inform you of a much better deal: for those who lead a righteous life, reserved at their Lord, are gardens with flowing streams, and pure spouses, and joy in GOD's blessings." GOD is Seer of His worshipers.*

We can take that moment between stimulus and response to think of God and our hearts will rejoice. *[13:28] They are the ones whose hearts rejoice in remembering GOD. Absolutely, by remembering GOD, the hearts rejoice.*

**Reference**

Gross, J. J. (2001). Emotion Regulation in Adulthood: Timing Is Everything. *Current Directions in Psychological Science*, 10(6).

Kenan

# COVID19 FUNNIES



**It's like being 16 again.  
Gas is cheap and I'm Grounded.**



**Anyone else's car getting 3 weeks to the gallon at the moment?**

Quarantine has turned us into doggies.  
We are confined to the house.  
Meal times are the highlight of our day.  
We are told "No!" if we get too close to strangers.  
And we get really excited about car rides!

