



*In the name of God, Most Gracious, Most Merciful*

# Submitters Perspective

Monthly Bulletin of International  
Community of Submitters

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## Thanksgiving, continued

If we spend the rest of our life thanking God for His blessings upon us and our family, we cannot possibly encompass them all. In addition to being thankful, we pray that God gives us righteousness and appreciativeness so we show our thankfulness in everyday life. I am so very thankful to GOD for sending us His Guidance, His scriptures, His Messengers to purify our faith/scripture, and explain God's revelations to us and to discover the mathematical code and scientific facts proving that Quran is indeed the book of God and untouched, and to free us from all the corruption that had been introduced in Islam by those who follow other sources of laws beside Quran. Since with faith, worshipping God alone, and following God's truth, everything else falls in the right places, I am very thankful to God for promising us Perfect health, Perfect security, Perfect wealth, Joy and happiness now and forever. I am so very thankful to God, for causing miraculous improvements in us and our lives and for teaching us knowledge and wisdom of His scripture, and for granting us His Light. And I am thankful to God for my good family,

my good parents, good submitters especially righteous submitters and good people in our lives.

The importance of being appreciative of God's guidance (reiterated by Dr. Khalifa): I can never ever thank God enough just for guiding me from darkness into the light for the soul (but I must strive to remember to continue to do so); And I'm thankful for God's continuously perfect support and reassurance, as I strive in whatever opportunities God creates for me daily to happily work in God's cause.

I am so thankful that God allowed me to be present with my mother when she passed away. I spent a month with her in her illness, and it was a very spiritual time for me. Such an opportunity to give back to the woman who had given me so much. We had the chance to share little things and big things; the chance to tell her how much I loved her and how thankful I was to have had her as a Mom. And such a blessing to be there as she departed this world. That thin line between life and eternity that we will all cross one day. I pray that I will be

worthy to be invited by the angels into Paradise.

I am blessed to have a God that is Most Merciful; He has given me the opportunity to strive everyday to redeem my soul. And I Thank God for my children. They are truly God's Gift to my husband and I.

Most importantly, I'm grateful for my faith and GOD. And I'm thankful to have that strong bond with GOD alone Most Gracious and Most Merciful. I'm also grateful for my family. Especially my husband, who works so hard in the name of the GOD to support us and keep us happy. He never complains and is always ready to work and provide for us. I'm always thanking GOD because He is the One runs everything. Without Him we are nothing and because of that I feel so happy and lucky. Also I thank Him always for all the things He gives to us and the things He doesn't give to us. I am very GRATEFUL.

Thank God for the day and the night, the sun and the moon, and all the creatures that fly, walk, crawl and swim on this amazing planet.

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### **I give thanks**

I give thanks to my Creator  
the Most Gracious  
for this day  
this life  
this chance—  
a chance to live  
a chance to grow  
a chance to elevate my soul

I give thanks to my Creator  
the Most Kind  
for loved ones on this journey  
a source of love, joy & strength

I give thanks to my Creator  
my Provider  
for sustaining provisions  
for everything I know and enjoy

I give thanks to my Creator  
my Protector  
for protecting me and my family from  
many disasters

Praise and glory be to my Creator  
best Supporter  
the source of all good

\* \* \* \* \*

## **Appreciate the World around Us**

There is more to life than just the physical world around us. We do live in a physical world and we have physical senses that maneuver us through the physical world, but when you reflect on the magnificence of everything created, you can see the intelligence of a higher existence. If we reflect on something as small as a house fly, we will see this tiny creature that travels mostly through the air. It eats by spitting digestive fluids onto a surface then sucking that back up through a tube. It can produce 100 – 200 eggs at one time. It survives scavenging on trash and feces, carries over 100 diseases, yet has the immune system that allows it to continue to live. If we reflect on something as large as a

whale, we will see these enormous animals that breathe air, yet live in the ocean. They range in size from what they label as a dwarf whale of 8 and a half feet 300 lbs. to over 100 feet 400,000 lbs. They can eat from 2,000 to 16,000 lbs. of food per day depending on their size. They are labeled mammals rather than fish because they are warm-blooded, produce milk to nurse their young, and have a four-chambered heart, like humans. If we reflect on any of the creation, we can easily see the result pointing to an existence greater and much more intelligent than the physical world around us.

Reflecting helps us be more appreciative of our own existence. There are multitudes of things about ourselves that we can reflect on. We can think about our breathing, and how it co-exists with the earth's atmosphere. We can ponder over how our minds work to move our physical being. How much is really going on when you think to move your hand? There is a whole science with neurons and electrons that I can't fathom. What I know is I just move my hand, I don't even necessarily think about it. We can consider our food and how it works in our body. Reflecting on these things and many more can help us, by God's will, be appreciative of our existence.

*[80:24] Let the human consider his food!*

Once God opens our mind and heart to accept a more intelligent existence, which is submission to God alone, then we can begin to see purpose for our lives. We gain a greater appreciation for our lives and we show this appreciation to the Creator, by worshipping Him alone. Even though we recognize God's existence and we understand our purpose to appreciate Him, we still have a lot of faults to overcome and must work hard to reach our goal of worshipping God alone.

One of my many faults is listening to

the whispers of Satan telling me to plan the future or daydream. It is hard to appreciate the present when you're looking in the future. Unfortunately, I wasted a lot of time in my younger years dreaming of what it would be like to be a millionaire. I would dream of traveling all around. I would dream of having a mansion with luxurious furniture. I would dream of eating all the best food and being surrounded by the best people. Now that I'm older, I realize I have these things without being a millionaire; I just needed to reflect and be appreciative. By God's grace, every few years we save up and go on a vacation where we get to travel. God has provided me with a beautiful house filled with great furniture. God made my wife and myself decent cooks and we usually eat well (except when I mess up the dinner adding too much salt!). Best of all God placed me around the best people, this community of submitters. The people here understand life is about worshipping God alone. So, the moral of the story is, don't waste all your time planning and daydreaming, live in the moment, and be appreciative of the present.

Sometimes our ego tries to make us think things are so bad in our life, we complain and forget to be appreciative of God. In these times, we must learn to make the best of a seemingly tough situation. Some years ago, my wife and I purchased our house. At the time, the two of us were making good money, praise God. We ate out a lot, bought only organic meats, and spent quite a bit on expensive entertainment, like going to the fair or going to the mall to see movies. I decided to save enough money that would allow me to take a pay cut for a year so I could change my career. Things were going well for a while, but then my wife lost her job as store manager and ended up getting a job that resulted in another big pay cut. Times got tough for us and my savings were just about gone. It was around that time God inspired us to join this community.

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Instead of giving up, God made a way to His path and showed us how to survive while still enjoying. Instead of eating out a lot we both got to cook more and create new dishes. Instead of buying only organic meats, we buy meat that is on sale and treat it to make it taste just as good as organic meats. Instead of expensive entertainment, we started going to the parks around Tucson. We discovered that the kids enjoy the parks more than the expensive fairs and other costly indoor entertainment. So, we grabbed a hold of God, remained steadfast and appreciative, and God made everything work out for the best. Now we are financially stable again and continuing to work towards submission to better appreciate all God gives us.

God willing, we need to make time to enjoy our blessings and ask God to help us notice daily things He blesses us with. It is such a great blessing for those of us that can walk to walk. It is such a great blessing for those of us that can just stand up to stand up. God helped me remember that these daily activities are great blessings from Him. I've learned so many valuable lessons from God, the main one is don't forget to appreciate the many daily blessings in life that I have been taking for granted. May God help us all not to forget to constantly be appreciative.

*[39:66] Therefore, you shall worship GOD alone, and be appreciative.*

*[2:286] GOD never burdens a soul beyond its means: to its credit is what it earns, and against it is what it commits. "Our Lord, do not condemn us if we forget or make mistakes. Our Lord, and protect us from blaspheming against You, like those before us have done. Our Lord, protect us from sinning until it becomes too late for us to repent. Pardon us and forgive us. You are our Lord and Master. Grant us victory over the disbelieving people."*

*Robert*

## Appreciation Verses

[39:66] Therefore, you shall worship GOD alone, and be appreciative.

[2:152] You shall remember Me, that I may remember you, and be thankful to Me; do not be unappreciative.

[76:3] We showed him the two paths, then, he is either appreciative, or unappreciative.

[7:10] We have established you on earth, and we have provided for you the means of support therein. Rarely are you appreciative.

[14:7] Your Lord has decreed: "The more you thank Me, the more I give you." But if you turn unappreciative, then My retribution is severe.

[14:34] And He gives you all kinds of things that you implore Him for. If you count GOD's blessings, you can never encompass them. Indeed, the human being is transgressing, unappreciative.

[16:114] Therefore, you shall eat from GOD's provisions everything that is lawful and good, and be appreciative of GOD's blessings, if you do worship Him alone.

[22:37] Neither their meat, nor their blood reaches GOD. What reaches Him is your righteousness. He has subdued them for you, that you may show your appreciation by glorifying GOD for guiding you. Give good news to the charitable.

[23:78] He is the One who granted you the hearing, the eyesight, and the brains. Rarely are you appreciative.

[25:62] He is the One who designed the night and the day to alternate: a sufficient proof for those who wish to take heed, or to be appreciative.

[28:73] It is mercy from Him that He created for you the night and the day in order to rest (*during the night*), then seek

His provisions (*during the day*), that you may be appreciative.

[30:50] You shall appreciate GOD's continuous mercy, and how He revives the land that has been dead. He will just as certainly resurrect the dead. He is Omnipotent.

[31:12] We have endowed Luqmān with wisdom: "You shall be appreciative of GOD." Whoever is appreciative is appreciative for his own good. As for those who turn unappreciative, GOD is in no need, Praiseworthy.

[34:15] Sheba's homeland used to be a marvel, with two gardens on the right and the left. Eat from your Lord's provisions, and be appreciative of Him—good land, and a forgiving Lord.

[35:12] The two seas are not the same; one is fresh and delicious, while the other is salty and undrinkable. From each of them you eat tender meat, and extract jewelry to wear. And you see the ships sailing through them, seeking His provisions, that you may be appreciative.

[43:13] As you rest on top of them, you shall appreciate such a blessing from your Lord, and say, "Glory be to the One who subdued this for us. We could not have controlled them by ourselves.

[45:12] GOD is the One who committed the sea in your service, so that the ships can roam it in accordance with His laws. You thus seek His provisions, that you may be appreciative.

[2:172] O you who believe, eat from the good things we provided for you, and be thankful to GOD, if you do worship Him alone.

[32:9] He shaped him and blew into him from His spirit. And He gave you the hearing, the eyesight, and the brains; rarely are you thankful.

[36:35] This is to provide them with fruits, and to let them manufacture with their own hands whatever they need. Would they be thankful?

MASJID TUCSON United Submitters International

PO Box 43476 Tucson AZ 85733-3476 USA

Tel: (520) 323 7636

internet web site: [www.masjiduntucson.org](http://www.masjiduntucson.org)

e-mail: [info@masjiduntucson.org](mailto:info@masjiduntucson.org) (or: [masjiduntucson@gmail.com](mailto:masjiduntucson@gmail.com))

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## Bible Verses on Appreciation

### 1 Chronicles 16:33-35

<sup>33</sup> Let the trees of the forest sing,  
let them sing for joy before the  
LORD,

for he comes to judge the earth.

<sup>34</sup> Give thanks to the LORD, for he is  
good;

his love endures forever.

<sup>35</sup> Cry out, "Save us, God our Savior;  
gather us and deliver us from the  
nations,

that we may give thanks to your holy  
name, and glory in your praise."

### Psalm 9:1-2

<sup>1</sup> I will give thanks to you, LORD, with  
all my heart;

I will tell of all your wonderful  
deeds.

<sup>2</sup> I will be glad and rejoice in you;

I will sing the praises of your name,  
O Most High.

### Psalm 100:1-5

<sup>1</sup> Shout for joy to the LORD, all the  
earth.

<sup>2</sup> Worship the LORD with gladness;  
come before him with joyful songs.

<sup>3</sup> Know that the LORD is God.

It is he who made us, and we are  
his;

we are his people, the sheep of his  
pasture.

<sup>4</sup> Enter his gates with thanksgiving  
and his courts with praise;

give thanks to him and praise his  
name.

<sup>5</sup> For the LORD is good and his love  
endures forever;

his faithfulness continues through  
all generations.

### Psalm 118:28-29

<sup>28</sup> You are my God, and I will praise  
you; you are my God, and I will exalt  
you.

<sup>29</sup> Give thanks to the LORD, for he is  
good; his love endures forever.

\* \* \* \* \*

## AN ATTITUDE OF GRATITUDE

When was the last time you stopped to  
really acknowledge the things you're  
thankful for?

Gratitude means thankfulness, counting  
your blessings, noticing simple pleasures,  
and acknowledging everything that you  
receive. It means being aware on a con-  
tinuous basis of how much you've been  
given. Gratitude shifts your focus from  
what your life lacks to the abundance  
that is already present.

People tend to take for granted the good  
that is already present in their lives.  
There's a gratitude exercise that instructs  
that you should imagine losing some of  
the things that you take for granted, such

as your ability to see, hear, walk, etc.  
Then imagine getting each of these things  
back, one by one, and consider how  
grateful you would be for every one.

Gratitude may be one of the most over-  
looked tools that we all have access to  
every day. Cultivating gratitude doesn't  
cost any money and it certainly doesn't  
take much time, but the benefits are  
enormous. God states in 27:40: ... *When  
he saw it settled in front of him, he said,  
"This is a blessing from my Lord, whereby  
He tests me, to show whether I am appre-  
ciative or unappreciative. Whoever is ap-  
preciative is appreciative for his own  
good, and if one turns unappreciative,  
then my Lord is in no need for him, Most  
Honorable."*

Research reveals gratitude can have  
many benefits including: opening the  
door to more relationships, improving  
physical and psychological health, en-  
hancing empathy, reducing aggression,  
improving sleep and mental strength,  
helping teens' mental health and helping  
students get better grades.

So, when God says in 27:40 "...*whoever is  
appreciative is appreciative for his own  
good,*" it is not just for reasons of faith; it  
REALLY IS for our own good—physically  
and mentally. God willing, let's all try to  
be more appreciative on a daily basis.

Moe

*[condensed and reprinted from Nov. 2017]*