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# Pastoral Care Handy Reference Guide Part I

"When You Get Into  
Trouble, Nurse From  
Your Holy Qur'an"

PASTORAL & SPIRITUAL SELF-HELP FOR MUSLIMS



**Volume 1:**

Allah (God), The Believer, & Suffering.

Demetric Muhammad

# Pastoral Care For Believers In Islam

*“When you get into trouble, nurse from your Holy Qur’an”*

*-Hon. Elijah Muhammad to Min. Louis Farrakhan*

(A selection of popular ayats or verses from the English translation of the Holy Qur’an that offer comfort, consolation, inner peace, encouragement and blessed assurance to the believer during times of difficulty, distress and affliction.)



**Allah Gives The Believers His Spirit: 40:15** Exalter of degrees, Lord of the Throne of Power, He makes the spirit to light by His command upon whom He pleases of His servants, that he may warn (men) of the day of Meeting

**Allah Gives The Believer His Words: 6:124** And when a message comes to them they say: We will not believe till we are given the like of that which Allah’s messengers are given. Allah best knows where to place His message. Humiliation from Allah and severe chastisement will surely befall the guilty for their planning.

**None Can Block Allah’s Blessing The Believer: 35:2** Whatever Allah grants to men of (His) mercy, there is none to withhold it, and what He withholds, none can grant thereafter. And He is the Mighty, the Wise.

**10:107** And if Allah afflicts thee with harm, there is none to remove it but He; and if He intends good to thee, there is none to repel His grace. He brings it to whom He pleases of His servants. And He is the Forgiving, the Merciful.

**6:125** So whomsoever Allah intends to guide, He expands his breast for Islam, and whomsoever He intends to leave in error, he makes his breast strait (and) narrow as though he were ascending upwards. Thus does Allah lay uncleanness on those who believe not.

**Believers Assured The Victory: 58:21** Allah has written down: I shall certainly prevail, I and My messengers. Surely Allah is Strong, Mighty.

**Allah Grows Believers As Fruit of Islam: 48:29** Muhammad is the Messenger of Allah, and those with him are firm of heart against the disbelievers, compassionate among themselves. Thou seest them bowing down, prostrating themselves, seeking Allah’s grace and pleasure. Their marks are on their faces in consequence of prostration. That is their description in the Torah — and their description in the Gospel — like seed-produce that puts forth its sprout, then strengthens it, so it becomes stout and stands firmly on its stem, delighting the sowers that He may enrage the disbelievers on account of them. Allah has promised such of them as believe and do good, forgiveness and a great reward.

**Allah’s Blessing is Better Than This World’s: 42:36** So whatever you are given is but a provision of this world’s life, and that which Allah has is better and more lasting for those who believe and rely on their Lord;

**Allah Has Mighty Reward for the Believers: 33:29** And if you desire Allah and His Messenger and the abode of the Hereafter, then surely Allah has prepared for the doers of good among you a mighty reward.

**Allah Will Help and Aid The Believers: 47:7** O you who believe, if you help Allah, He will help you and make firm your feet.

**Allah Will Communicate with the Believers: 42:51** And it is not vouchsafed to a mortal that Allah should speak to him, except by revelation or from behind a veil, or by sending a messenger and revealing by His permission what He pleases. Surely He is High, Wise.

**Allah Answers the Prayers of the Believers: 40:60** And your Lord says: Pray to Me, I will answer you. Those who disdain My service will surely enter hell, abased.

**2:186** And when My servants ask thee concerning Me, surely I am nigh. I answer the prayer of the suppliant when he calls on Me, so they should hear My call and believe in Me that they may walk in the right way.

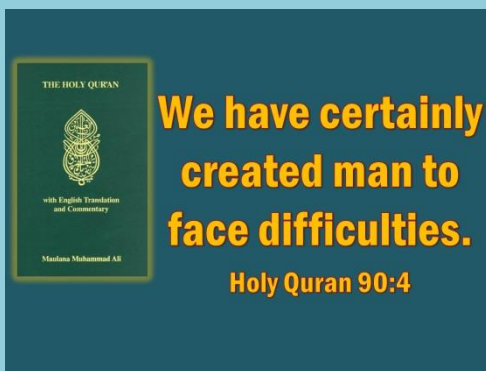
**No Death for the Believers: 2:154** And speak not of those who are slain in Allah’s way as dead. Nay, (they are) alive, but you perceive not.

**Believers Will Outlast the Mockery of the Disbelievers: 23:109-111** Surely there was a group of My servants who said: Our Lord, we believe, so forgive us and have mercy on us, and You are the Best of those who show mercy. 110But you ridiculed them, until they made you forget remembrance of Me, and you used to laugh at them. Surely I have rewarded them this day because they were patient, that they are the achievers.

**Allah Accepts Sincere Repentance: 25:69-77** The punishment will be doubled to him on the day of Resurrection, and he will abide in it in humiliation — except him who repents and believes and does good deeds; for such Allah changes their evil deeds to good ones. And Allah is ever Forgiving, Merciful. And whoever repents and does good, he surely turns to Allah a (goodly) turning. And they who witness no falsehood, and when they pass by

what is vain, they pass by nobly. And they who, when reminded of the messages of their Lord, do not fall down at them deaf and blind. And they who say, Our Lord, grant us in our wives and our offspring the joy of our eyes, and make us leaders for those who guard against evil. These are rewarded with high places because they are patient, and are met there with greetings and salutation, abiding there — a goodly abode and resting place! Say: My Lord would not care for you, if it were not for your prayer. Now indeed you have rejected, so the punishment will come.

**66:8** O you who believe, turn to Allah with sincere repentance. It may be your Lord will remove from you your evil and cause you enter Gardens wherein flow rivers, on the day on which Allah will not abase the Prophet and those who believe with him. Their light will gleam before them and on their right hands — they will say: Our Lord, make perfect for us our light, and grant us protection; surely Thou art Possessor of power over all things.



# Allah's 4 Principle Roles As Patron of The Believer

**No Fear or Grief is Ordained for the Believers: 46:13-14** Surely those who say, Our Lord is Allah, then continue on the right way, on them is no fear, nor shall they grieve. These are the owners of the Garden, abiding therein — a reward for what they did.

**33:22** And when the believers saw the allies, they said: This is what Allah and His Messenger promised us, and Allah and His Messenger spoke the truth. And it only added to their faith and submission.

**30:60** So be patient; surely the promise of Allah is true; and let not those disquiet thee who have no certainty.

## No. 3 To send angels to help the believers

Those who say, Our Lord is Allah, then continue in the right way, the angels descend upon them, saying: Fear not, nor be grieved, and receive good news of the Garden which you were promised.  
Holy Qur'an 41:30

**30:6** (It is) Allah's promise! Allah will not fail in His promise, but most people know not.

**24:55** Allah has promised to those of you who believe and do good that He will surely make them rulers in the earth as

He made those before them rulers, and that He will surely establish for them their religion, which He has chosen for them, and that He will surely give them security in exchange after their fear. They will serve Me, not associated aught with Me. And whoever is ungrateful after this, they are the transgressors.

**19:61** Gardens of perpetuity which the Beneficent has promised to His servants in the Unseen. Surely His promise ever comes to pass.

**3:194** Our Lord, grant us what Thou hast promised us by Thy messengers and disgrace us not on the day of Resurrection. Surely Thou never failest in (Thy) promise!

**5:9** Allah has promised to those who believe and do good deeds: For them is forgiveness and a mighty reward.

**9:72** Allah has promised to the believers, men and women, Gardens, wherein flow rivers, to abide therein, and goodly dwellings in

Gardens of perpetual abode. And greatest of all is Allah's goodly pleasure. That is the grand achievement.

**Allah Redeems The Believers: 9:111** Surely Allah has bought from the believers their persons and their property — theirs (in return) is the Garden. They fight in Allah's way, so they slay and are slain. It is a promise which is binding on Him in the Torah and the Gospel and the Qur'an. And who is more faithful to his promise than Allah? Rejoice therefore in your bargain which you have made. And that is the mighty achievement.

**Allah's Reward For The Believers: 10:4** To Him is your return, of all (of you). It is the promise of Allah (made) in truth. Surely He produces the first creation, then He reproduces it, that He may reward with equity those who believe and do good. And as for those who disbelieve, for them is a drink of hot water and a painful chastisement because they disbelieved.

**10:55** Now surely whatever is in the heavens and the earth is Allah's. Now surely Allah's promise is true, but most of them know no

**Allah Will Give The Believers a Light: 57:28** O you who believe, keep your duty to Allah and believe in His Messenger — He will give you two portions of His mercy, and give you a light in which you shall walk, and forgive you. And Allah is Forgiving, Merciful —

**Allah Rewards the Believing Men and Women: 33:35-36** Surely the men who submit and the women who submit, and the believing men and the believing women, and the truthful men and the truthful women, and the patient men and the patient women, and the humble men and the humble women, and the charitable men and the charitable women, and the fasting men and the fasting women, and the men who guard their chastity and the women who guard, and the men who remember

Allah much and the women who remember — Allah has prepared for them forgiveness and a mighty reward. And it behooves not a believing man or a believing woman, when Allah and His Messenger have decided an affair, to exercise a choice in their matter. And

whoever disobeys Allah and His Messenger, he surely strays off to manifest error.

**Allah's Promise To The Believers: 48:20** Allah promised you many gains which you will acquire, then He hastened this on for you, and held back the hands of men from you; and that it may be a sign for the believers and that He may guide you on a right path,

**40:55** So be patient; surely the promise of Allah is true; and ask protection for thy sin and celebrate the praise of thy Lord in the evening and the morning.

**39:20** But those who keep their duty to their Lord, for them are high places, above them higher places, built (for them), wherein rivers flow. (It is) the promise of Allah. Allah fails not in (His) promise.

**35:5** O men, surely the promise of Allah

is true, so let not the life of this world deceive you. And let not the arch-deceiver deceive you about Allah.

## No. 1 To grow the believer from stage to stage



That you shall certainly ascend to one state after another.  
Holy Qur'an 84:19

## No. 4 To deliver the believers from affliction



Then We deliver Our messengers and those who believe — even so (now); it is binding on Us to deliver the believers.  
Holy Qur'an 10:103

## No. 2 To ordain a way out for the believer



And whoever keeps his duty to Allah, He ordains a way out for him, And gives him sustenance from whence he imagines not.  
Holy Qur'an 65: 2-3

# Pastoral Care For Believers In Islam

***“Surely prayer keeps (one) away from indecency and evil; and certainly the remembrance of Allah is the greatest (force). And Allah knows what you do.”***

-Surah 29:45



"O Allah! I seek Thy refuge from anxiety and grief and I seek Thy refuge from lack of strength and laziness and I seek Thy refuge from cowardice and niggardliness and I seek Thy refuge from being overpowered by debt and the oppression of men. O Allah! Suffice Thou me with what is lawful to keep me away from what is prohibited and with Thy grace make me free from want of what is besides Thee."

"O Allah, we beseech Thy help and ask Thy protection and believe in Thee, and trust in Thee, and we laud Thee in the best manner and we thank Thee and we are not ungrateful to Thee, and we cast off and forsake him who disobeys Thee."

"O Allah, we beseech Thy help and ask Thy protection. We believe in Thee and trust in Thee. We worship Thee in the best manner and we thank Thee. We are not ungrateful to Thee and we cast off and forsake him who disobeys Thee. O Allah, Thee do we serve and to Thee do we pray and make obeisance. To Thee do we flee and we are quick. We hope for Thy mercy and we fear Thy chastisement, for surely Thy chastisement overtakes the unbelievers."

"I seek the protection of Allah, my Lord, from every fault, and turn to Him. Oh Allah, Thou art the author of peace and from Thee comes peace. Blessed art Thou, O Lord of Glory and honor."

"Nothing deserves to be worshiped except Allah. He is One and has no associate; His is the Kingdom and for Him is praise. And He has power over all things."

"O Allah, there is none who can withhold what Thou grantest and there is none who can give what Thou withholdest and greatness does not benefit any possessor of greatness as against Thee."

"O Allah, guide me among those whom Thou hast guided aright and preserve me among those whom Thou has preserved and befriended and bless me in whatever Thou doest; grant me and deliver me from the evils of what Thou has judged. Surely Thou judgest and none can judge against Thee and He whom Thou befriendest is not disgraced."

Oh Allah grant us security, grant us sustenance and exalt us; and set aright all our affairs

(Above: Duas or short prayers prescribed by the Most Honorable Elijah Muhammad in the book Message to the Blackman in America. Below: Duas or short prayers extracted directly from the English translation of Holy Qur'an. Any and all of these short prayers may be committed to memory & recited and meditated upon by believers as powerful ways to invite the presence of Allah into our hearts and minds as we struggle for balance, success in life and the victory of the Apostle.)

**2:286 Our Lord, do not punish us if we forget or make a mistake. Our Lord, do not lay on us a burden as You did lay on those before us. Our Lord, do not impose on us (afflictions) which we have not the strength to bear. And pardon us! And grant us protection! And have mercy on us! You are our Patron, so grant us victory over the disbelieving people.**

**3:8-9 Our Lord, do not make our hearts to deviate after You have guided us and grant us mercy from Yourself; surely You are the most liberal Giver. Our Lord, surely You are the Gatherer of people on a day about which there is no doubt. Surely Allah will not fail in (His) promise.**

**3:147-148 Our Lord, grant us protection from our sins and our extravagance in our affair, and make firm our feet and grant us victory over the disbelieving people. So Allah gave them the reward of the world and a good reward of the Hereafter. And Allah loves the doers of good (to others).**

**3:191-195 Our Lord, You have not created this in vain! Glory be to You! Save us from the punishment of the Fire. Our Lord, whomsoever You make enter the Fire, him You indeed bring to disgrace. And there will be**

**no helpers for the wrongdoers. Our Lord, surely we have heard a Crier calling to the faith,**

**saying: Believe in your Lord. So we do believe. Our Lord, grant us protection from our sins and remove our evils and make us die with the righteous. Our Lord, grant us what You have promised us by Your messengers and do not disgrace us on the day of Resurrection. Surely You never fail in (Your) promise! So their Lord accepted their prayer, (saying): I will not let the work of any worker among you to be lost, whether male or female; each of you is as the other.**

**10:85-86 On Allah we rely; our Lord, do not make us a trial for the unjust people. And deliver us by Your mercy from the disbelieving people.**

**14:35-41 My Lord, make this city secure, and save me and my sons from worshipping idols. My Lord, surely they have led many people astray. Our Lord, surely You know what we hide and what we proclaim. And nothing is hidden from Allah, either in the earth or in the heaven. Surely my Lord is the Hearer of prayer. My Lord, make me keep up prayer and (those) from my offspring (too), our Lord, and accept my prayer. Our Lord, grant me protection and my parents and the believers on the day when the reckoning comes to pass.**

# Divine Alignment: Obligatory Prayers in Islam (Salaat) Train the Believer for Success in Life

the successful. And those who come after them say: **Our Lord, forgive us and our brethren who had precedence of us in faith, and leave no spite in our hearts towards those who believe. Our Lord surely Thou art Kind, Merciful.**

## What Is Alignment ?

Once an individual is truly aligned around their purpose – and thus, they are indeed living their life on purpose – this is when and where Divine power is revealed and released. I believe that the most fulfilled and successful individuals are those whose thoughts, feelings, beliefs, gifts, talents, strengths, preferences and desires on how and where to contribute in the world are *aligned*. Their mind, body, emotions, and spirit are in harmony. *There is simply no substitute for total alignment and congruency within a person or leader.*

-Kristin Kaufman

who say: **Our Lord, grant us good in this world and good in the Hereafter, and save us from the chastisement of the Fire.**

**2:250** And when they went out against Goliath and his forces, they said: **Our Lord, pour out patience on us and make our steps firm and help us against the disbelieving people.**

**3:38** There did Zacharias pray to his Lord. He said: **My Lord, grant me from Thee goodly offspring; surely Thou art the Hearer of prayer.**

**4:75** And what reason have you not to fight in the way of Allah, and of the weak among the men and the women and the children, who say: **Our Lord, take us out of this town, whose people are oppressors, and grant us from Thee a friend, and grant us from Thee a helper!**

## Salaat/Salah Is Training for Alignment

It is a physical, mental, and spiritual act of worship that is observed a minimum of five times every day at prescribed times. In this ritual, the worshiper starts standing, bows, prostrates, and concludes while sitting on the ground. During each posture, the worshiper recites or reads certain verses, phrases and prayers. The physical, spiritual and mental are brought into alignment through the singularity of focus on the Creator. Through this ritual the believer is learning how to harmonize or align all areas of his or her life. This produces the favor of their Lord and success in all endeavors.

sayings. Originator of the heavens and the earth, Thou art my Friend in this world and the Hereafter. Make me die in submission and join me with the righteous.

**17:80** And say: **My Lord, make me enter a truthful entering, and make me go forth a truthful going forth, and grant me from Thy presence a power to help (me).**

**18:10** When the youths sought refuge in the Cave, they said: **Our Lord, grant us mercy from Thyself, and provide for us a right course in our affair.**

**59:9-10** And those who made their abode in the City and in faith before them love those who have fled to them, and find in their hearts no need of what they are given, and prefer (them) before themselves, though poverty may afflict them. And whoever is saved from the niggardliness of his soul, these it is that are

**60:4-5** **Our Lord, on Thee do we rely, and to Thee do we turn, and to Thee is the eventual coming.** Our Lord, make us not a trial for those who disbelieve, and forgive us, our Lord. Surely Thou art the Mighty, the Wise.

**2:201** And there are some among them

**7:23** They said: **Our Lord, we have wronged ourselves; and if Thou forgive us not, and have (not) mercy on us, we shall certainly be of the losers.**

**12:101** **My Lord, Thou has given me of the kingdom and taught me of the interpretation of**

**20:25-26** He said: **My Lord, expand my breast for me: And ease my affair for me**

**25:74-75** And they who say, **Our Lord, grant us in our wives and our offspring the joy of our eyes, and make us leaders for those who guard against evil.** These are rewarded with high places because they are patient, and are met therein with greetings and salutation,

## Prayer In Islam Aligns The Core Elements Within The Believer

<ul style="list-style-type: none"> <li>• Mind</li> <li>• Mouth</li> <li>• Motions and Movement of the Body</li> </ul>	<ul style="list-style-type: none"> <li>• Will and Wisdom</li> <li>• Words</li> <li>• Way of Living and Doing</li> </ul>	<ul style="list-style-type: none"> <li>• Head</li> <li>• Heart</li> <li>• Hands</li> </ul>
<ul style="list-style-type: none"> <li>• Thinking</li> <li>• Talking</li> <li>• Traveling</li> </ul>	<ul style="list-style-type: none"> <li>• Attitude</li> <li>• Aspirations</li> <li>• Actions</li> </ul>	<ul style="list-style-type: none"> <li>• Spirit</li> <li>• Speech</li> <li>• Strength</li> </ul>

**28:24** So he watered (their sheep) for them, then went back to the shade, and said: **My Lord, I stand in need of whatever good Thou mayest send to me.**

**71:28** **My Lord, forgive me and my parents and him who enters my**

**house believing, and the believing men and the believing women. And increase not the wrongdoers in aught but destruction!**

**26:83-84** **My Lord, grant me wisdom, and join me with the righteous, And ordain for me a goodly mention in later generations, And make me of the heirs of the Garden of bliss, And forgive my sire, surely he is of the erring ones, And disgrace me not on the day when they are raised**

**23:97** And say: **My Lord, I seek refuge in Thee from the evil suggestions of the devils,**

**25:65-66** And they who say: **Our Lord, avert from us the chastisement of**

## Hypocrisy As Mis-Alignment

The most detestable of all characters described in the Holy Qur'an are "the munafiqun" or the hypocrites. As the believer establishes regular prayer (Salaat) his or her desires, declarations and deeds all come into alignment. In this way Salaat is preventative of the believer developing the traits and characteristics of the hypocrites.

**HYPOCRITE: 1.** a person who pretends to have virtues, moral or religious beliefs, principles, etc., that he or she does not actually possess, especially a person whose actions belie stated beliefs.  
**2.** a person who feigns some desirable or publicly approved attitude, especially one whose private life, opinions, or statements belie his or her public statements.

-Dictionary.Com

hell; surely the chastisement thereof is a lasting evil: It is surely an evil abode and resting-place!

**40:7** Those who bear the Throne of Power and those around it celebrate the praise of their Lord and believe in Him and ask protection for those who believe: **Our Lord, You embrace all things in mercy and knowledge, so protect those who turn (to You) and follow Your way, and save them from the punishment of hell. Our Lord, make them enter the Gardens of perpetuity, which You have promised them and such of their fathers and their wives and their offspring as are good. Surely You are the Mighty, the Wise; and guard them from evil, and whom You guard from evil this day, You have indeed mercy on him. And that is the mighty achievement**