

HEALING

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PART 1: READ

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا (الأسراء)

(Y. Ali) We send down (stage by stage) in the Qur'an that which is a healing and a mercy to those who believe: to the unjust it causes nothing but loss after loss. (17:82)

PART 2: LEARN

- 1) Healing has been defined in Encyclopedias as "the diagno) of the cause of physical and m..... sickness and the dev..... of tech..... for its cu....."
- 2) More than 300 scientific studies demonstrate the medical benefits of religious commitments like prayers:and treatment of mental dis..... like depression, suicide, anxiety, and medical/surgical illness like heart disease and can.....
- 3) The medical college in Lahore studied the effect of late Prayer (Tahajjud) in curbing dep..... They compared 2 groups of patients: one group was advised to recite the offer prayer and to be busy in in..... (zikr.) The second group was asked to remain busy in home-tasks. Astonishingly 25 out of 32 (76%) patients of the first group showed remarkable re.....from depression. The majority of the other group showed no change.
- 4) When Abu Hurairah, a companion of the Prophet was suffering from int..... pain, the Prophet (peace be upon him) advised him: "stand up and pray because healing is in pr....."
- 5) Prayers give Muslims strength, perseverance, contentment, confidence and reassurance that they are not a.....
- 6) Which Surah is called the Healer and cure from all ailments? Its name in Arabic is "ash....."
- 7) The BC Health Guide (P. 325) says that "your can create endorphins (natural pain k.....), gamma globulin (to fortify your immune, and interferon (to combat infections, viruses and even cancer). Your brain can combine these substances into tailor-made pre..... for whatever ails you.
- 8) If you think positively, your body will respond positively. Discuss.

References:

www.muslimeducators.com, BC HealthGuide Edition 2000

PART 3: THINK

How does the Glorious Quran heal? Give examples. Name some verses (Aayat).