



DISEASES OF THE HEARTS

فِي قُلُوبِهِمْ مَّرَضٌ فَزَادَهُمُ اللَّهُ مَرَضًا

There is a disease in their heart; and Allah lets their disease increase,

وَلَهُمْ عَذَابٌ أَلِيمٌ ۝ بِمَا كَانُوا يَكْذِبُونَ

and they shall have painful punishment for their lies they have told. (2:10)

I have read this verse from the Holy Quran many times so as you might have too. One day when I was reading the translation I thought what are the diseases of heart? The information I got was a list of medical heart problems I didn't even know the names of, such as:

CORONARY HEART DISEASE

CARDIOMYOPATHY.....

CARDIVASCULAR DISEASE

ISHEMIC HEART DISEASE

HEART FAILURE.....





HYPERETENSIVE HEART FAILURE.....

INFLAMMATORY HEART DISEASE.....

VALVULAR HEART DISEASE

I was overwhelmed! We all are not doctors but we know that if we don't take proper care of our physical health, it can get worse and may become deadly. Then I thought are these the diseases that Allah (God) is referring to in this verse? What do you think.....? We all try our best to take good care of our physical health.

Then which heart disease is in this verse? It is the disease of the soul. Do we think about the life in our body which is our soul? We can't see it, but it is a fact that there is no life without that hidden soul.

Allah (God) created us and He knows us more then we know ourselves. He knew that we will ignore our soul's health simply because it is not visual. He is the most Compassionate (AR-RAHMAN) towards us. He is reminding us that the disease of our soul, which starts with lying, will result in a painful punishment.

What is a lie?

A Statement, Deed or Belief which is False or Deceitful.

Do we lie? Evaluate yourself.

The conventional and foremost lie in our lives is that after knowing and declaring Allah (God) as our Master, we simply don't obey Him.





What are the consequences of lying?

It is the root of other sinful, mischievous, contemptible, and reprehensible vicious behavior in our lives. What we harvest from these demeanors are habits like, backbiting, making scandalous remarks, calling others by offensive names, spying, and immoderate suspicions which creates distress and agitation in society.

Once an individual came to Prophet Mohammad (pbuh) and said I have few bad habits but I am ready to relinquish only one; which one should I quit? Prophet Mohammad (pbuh) advised him to eliminate lying. He agreed and left. After some time the same person came back to Prophet Mohammad (pbuh) and said, “Because I renounced lying as you advised, I now restrain myself from all bad habits as I can only tell the truth about my behavior”.

Let’s all try to take good care of our souls, by being TRUTHFUL as TRUTH is the most effective medicine for the diseases of the hearts. If not taken proper care our hearts can be blinded too.

أَفَلَمْ يَسِيرُوا فِي الْأَرْضِ فَتَكُونَ لَهُمْ قُلُوبٌ يَعْقِلُونَ بِهَا

Have they not traveled through the land? Have they no hearts to learn wisdom,





أَوْ أذَانٌ يَسْمَعُونَ بِهَا فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ

or ears to hear? Certainly it is not their eyes which are blind,

وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ ۝

but it is the hearts in their breasts which are blind. (22:46)

Let's all try to take good care of our souls, by being Truthful as Truth is the most effective medicine for the disease of the heart and the key to the heavens.

قَالَ اللَّهُ هَذَا يَوْمٌ يَنْفَعُ الصَّادِقِينَ صِدْقُهُمْ ط

On the Day of Judgment Allah will say: "This is the day on which the truthful will profit from their truth:





لَهُمْ جَنَّاتٌ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا أَبَدًا

they shall have gardens beneath which rivers flow to live therein forever.

○ رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ذَلِكَ الْفَوْزُ الْعَظِيمُ

Allah is well pleased with them and they are pleased with Him. This is the mighty achievement. (5:119)

MAY ALLAH (GOD) PROTECT US FROM ALL KINDS OF HEART DISEASES WHICH MAY HARM US IN THIS WORLD AND ON THE DAY OF JUDGMENT.

AMEEN!

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