

“ Grab five things before five others: your youth before your decrepitude, your health before your illness, your wealth before your poverty, your leisure before your work, and your life before your death. ”

Al-Hakim

“ The Prophet (peace and blessing be upon him) instructs us to: “Pray God for forgiveness and sound well-being. No blessing other than faith is better than well-being. ”

Sahih Al-Bukhari



“ . . . When you have taken a decision, put your trust in Allah. ”

**Surah Al-'Imran
3:159-160**

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How to Help

If you would like to help sponsor MoH projects, please contact us. If you would like to donate to MoH, our account details are:

Commonwealth Bank of Australia
Mission of Hope
BSB: 062-191
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We greatly appreciate your assistance.

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Drugs, Alcohol & Gambling in Islam

 **mission of hope**

Muslim Community Solutions for Health and Well-Being

Drugs

Are any substance, solid, liquid or gas that brings about physical and/or psychological changes in the body. The drugs of concern to Muslims are those that affect the central nervous system by acting on the brain by changing the way a person thinks, feels, or behaves.

Alcohol

A depressant drug that affects the central nervous system by slowing it down, including the brain.

Gambling

Is when one entity is making a disproportionate gain out of the other's loss, especially when the loser is obscured from such a loss. While many may view drugs and alcohol as a separate category to gambling, the Quran draws parallels to their harms by mentioning them together in the Quran:

"...in both intoxicants and gambling, there is great fault and also some advantage for mankind, but the fault is much greater than the advantage" (Quran 2:219)

"O you who believe! Intoxicants, gambling, idols and fortune telling are evil creations of Satan. So shun each one of these so that you may prosper. Satan desires only to create enmity and hatred among you by means of intoxicants and gambling and hinder you from remembrance of Allah and from prayer will you then not abstain" (Quran 5: 90-91).

In both verses, Allah, The Wise, categorically and explicitly condemns and prohibits intoxicants and gambling. Allah recognises their temporary benefits, as well as the fact that the consequences far outweigh any benefit. It is also stated that gambling and intoxicants guide a person to ill behaviours. Generally, the key word in the Quran in this area is khamr. Anything (including khamr) that 'covers' the mind is prohibited. That is, any substance which has the effect of befogging or clouding the mind, impairing its ability of thought, perception, and discretion, is prohibited.

Hence, drugs such as heroin, marijuana, ecstasy, speed, cocaine, opium, alcohol, and the like are included in the prohibited category of khamr.

Hope for addicts?

Of course there is! Many Muslims dependent on illicit substances or gambling assume that they cannot do any good acts since their addiction has detrimental effects on their thoughts, leading them to commit undesired behaviours and sins. The shame and guilt attached to these sins prevents them from doing any beneficial acts, and therefore slows the recovery process and reintegration into society. But, Allah, most Merciful says, *"And whoever does evil or wrongs himself but afterwards seeks Allah's Forgiveness, he will find Allah Most Forgiving, Most Merciful" (4:110)*. This has been supported by verses (3.57): *"And as to those who believe and do good deeds, He will pay them fully their rewards; and Allah does not love the unjust"* and (41.34): *"The good deed and evil deed are not equal. Repel (evil) with what is better"*.

This encourages people towards continued effort towards self-development (tarbiyya), while working through negative experiences of the past. It should be exemplified that the mentioning of sins is not always negative; this understanding can be used for motivation towards change, for even after sinning, Allah is Most Forgiving. Nor is asking for forgiveness from Allah necessarily a shortcoming - this too can be a way of seeking Divine help while keeping in touch with one's inner thoughts. One should continue to ask Allah, most Compassionate, for forgiveness. Allah tells us, *"Remember Me and I shall remember you..." (2:152)* and *"...I am indeed near to them. I respond to their prayers of my supplicant when they call upon Me"(2:186)*.

Prophet Muhammad (peace and blessings be upon him) also said, *"Whoever says, 'Subhan Allah wa bihamdih,' one hundred times a day, will be forgiven all his sins even if they were as much as the foam of the sea" (Authentic Hadith- Bukhari)*.

Community Re-Integration

Islam plays an important role in recovery through its social component, where a great deal of emphasis is placed upon togetherness (jama'ah) and regular meetings at places of worship, such as mosques. This fulfils a number of purposes, among which people learn to socialise as well as exchange life experiences. For the addict, this social meeting becomes a stepping-stone towards gaining social acceptance and integration into society. This will help drug, alcohol and gambling addicts gain Allah's acceptance and help them overcome feelings of guilt and self-victimisation.

The way forward

To view all addicts as having potential, despite others' prejudices. To share with them success stories of other recovering addicts. To have confidence that Islam's teachings do work and that it has a lot to offer in terms of drug rehabilitation. Every drugs project should employ a recovering drug addict. This will reinforce to suffering addicts that change and growth is an achievable reality. Just as Islam requires us to have a positive outlook on life, so must we hold firm in our hearts and minds that recovery is, without a doubt, a sure reality!

Mission of Hope

- Establishment of a Support Group facilitated by drug and alcohol workers
- Referral to appropriate services
- Community re-integration
- Spiritual guidance
- Encourage families and the community to participate in the support of addicts.
- Education and health promotion

MoH adopts ethical standards in care and ensures confidentiality and a non-judgmental approach to its service.

You have a million reasons to stop drinking - not just for yourself but for your friends and family...and especially the innocent stranger who might get hurt by your actions during a drunken stupor. You'll feel healthier - it's a guarantee and you'll save money to do other cool stuff.

God gives us instructions because He is All Knowing. Everything in Islam has a practical and healthy reason behind it...some of which we are aware of and others we're not but they're for our own good.

