

Striving

TOWARDS THE GOOD

Inspirational Scriptures

By Janette Grant

Mindworks Publishing

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In the name of *Allah*,
the Most Gracious, the Most Merciful
*This book is dedicated to all the souls searching for light,
Allah is Light upon Light, and may He, the Almighty, meet
you on your path.*

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An Introduction

The idea for this book came to me after making my prayers one day during a very difficult time. My son was going through a serious illness and the experience caused me to deeply reflect upon the meaning of my life. Anyone who knows me knows that my son has always been the center of my universe, of my existence, so when I was faced with the possibility of losing him I literally felt as if I could just lay down and give up the ghost – like I couldn't possibly breath any longer. Fortunately, *subhanaa'Allah*, that moment of despair passed, and when it did, I re-discovered the shining gem of hope. I realized that although I considered myself to be faithful, and to be someone who has faith, I was lacking in hope, and how could I really have faith without hope?

There is a verse in the Quran which reads in Chapter 29 *Al Ankaboot* 29:2:

Do men think that they will be left alone on saying, "We believe," and that they will not be tested?

When our belief is tested, our faith is tested. Faith, or *Iman* in Arabic, in its simplest form is defined as believing in something. I believe in God, that He is One without any partners, I believe in His books and His messengers, but yet I had still fallen into despair. How could I say that I believe that *Allah* (SWT) is the Greatest but when faced with calamity I crumbled with hopelessness? It took some time, but by the Grace of *Allah* (SWT) I could pick myself up and breathe – I could be hopeful for the mercy of *Allah* (SWT). And that hope gave wings to my faith - with hope and faith I was able to see the light at the end of the tunnel. That light being salvation and I was able to come out of the darkness of despair.

To *Allah* (SWT) we belong and to *Allah* (SWT) is our return. If we truly believe that *Allah* (SWT) has everything under His control and that He is the Most Merciful, we must trust that He will manifest the best outcome for our lives. We must have hope in His salvation plan for ourselves personally and for mankind as a whole.

We look around at the earth and witness the many levels of catastrophe and tragedy that exist within societies, and in our lives, and it is easy to understand why salvation is such an important aspect of the religious experience. There is a need for salvation. There is a need for help. And *Allah* (SWT) has promised us help; He has promised us salvation, and I now find myself chasing after it like a woman strangling from thirst. Seeking salvation, hungering and thirsting after righteousness, maintains my hope and helps me to face the difficulties that I encounter in my life.

The Abrahamic prophetic tradition, which encompasses the monotheistic religions of Judaism, Christianity and Islam, illustrates a beautiful salvation narrative that not only provides hope, but also reveals the might and mercy of *Allah* (SWT). The remembrance of *Allah's* salvation is recounted throughout the Abrahamic scriptures, from the story about Prophet Noah (SAW) and the flood, to that of the Messiah Jesus (SAW) and to that of the Prophet Muhammad (SAW). Likewise, the *Quran* states on many of occasions that the promises of *Allah* (SWT) are true, and I bear witness that when we have faith in those promises with hope, our burdens can be lightened and we can maintain peace through the storms of our lives.

Scripture, God's Word and Guidance to us, is a true gift for nurturing the spiritual space necessary for the remembrance of *Allah* (SWT). In the New Testament book 2 Timothy, verse 3:16 it states, "All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness." Correction can pave the way for salvation and guidance; righteousness can produce peace and understanding.

I've written this book with the prayer that it will be of benefit to those in need of some encouragement and comfort – those needing the fruits of the spirit. People are finding God, converting to religions and awakening to the deeper meaning of life every day. Yes, there is no denying that there is strife and difficulty in this world, but there is also light, love, joy, wisdom . . . my journey, like many others, has been filled with such ups and downs, yet I must continue to strive for the good – *we* must continue to strive for the good and keep the faith.

Hope

“Let Thy steadfast love, Oh Lord, be upon us, even as we hope in Thee.” – Psalm 33:22

What is hope, really? Can it be quantified or defined? Some concepts are beyond the realms of the senses and can only be felt through the unseen parts of ourselves. Concepts such as hope, love, joy, wisdom, anger, sadness – these are what I consider concepts of the heart. These are the intangibles that take up so much of our internal selves yet we cannot touch or taste them, hear or smell them.

Hope has never been something that I’ve focused on – not until reaching adulthood – and then it was primarily in the form of seeing “the glass” as half full instead of half empty when walking through life. But hope is much more profound than optimism. The hope that I’ve come to treasure is the hope described and defined by the Abrahamic scriptures. It is a hope based upon belief – faith – *iman*.

God, *Allah* (SWT), made a covenant with Prophet Abraham (SAW) and that covenant is a meaningful manifestation of Allah’s promise, and of Abraham’s hope. In the book of Genesis 12:1-3 it states:

Now the LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. And I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and him who curses you I will curse; and by you all the families of the earth shall bless themselves.”

As of 2015, statistics revealed that there are currently nearly 16 million Jewish people in the world, descendants of the Abrahamic tradition. And as of 2010, a PEW report from the PEW Research Center revealed that there were an estimated 2.2 billion Christians, and 1.6 billion Muslims, also descendants of the Abrahamic tradition. We as believers’ and descendants of the Abrahamic tradition bear witness to the promise of *Allah* (SWT) coming true, and we can bear witness to that hope, the

faith, that was counted as righteousness for the Prophet Abraham (SAW) as we fellowship with one another. The name of the Prophet Abraham (SAW) is great, a great nation has manifest and many families of the earth have already been blessed by his covenant with *Allab* (SWT).

In short, the major books of the Abrahamic prophetic tradition – The Old Testament, The New Testament and the Quran – have provided a foundation for my faith – for my hope - and are a reminder of *Allab's* promises throughout the ages and generations for mankind. I share some of the scriptures from these books that have strengthened my heart with you here.

The Old Testament

Psalm 39:7 "And now, Lord, for what do I wait? My hope is in Thee.

Psalm 42:11 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.

Psalm 62:5 For God alone my soul waits in silence, for my hope is from him.

Psalm 65:5 By dread deeds thou dost answer us with deliverance, O God of our salvation, who art the hope of all the ends of the earth, and of the farthest seas;

Psalm 69:6 Let not those who hope in thee be put to shame through me, O Lord GOD of hosts; let not those who seek thee be brought to dishonor through me, O God of Israel.

Psalm 71:5 For thou, O Lord, art my hope, my trust, O LORD, from my youth.

Psalm 71:14 But I will hope continually, and will praise thee yet more and more.

Psalm 78:7 That they should set their hope in God, and not forget the works of God, but keep his commandments;

Psalms 119:49 Remember thy word to thy servant, in which thou hast made me hope.

Psalms 119:81 My soul languishes for thy salvation; I hope in thy word.

Psalms 119:114 Thou art my hiding place and my shield; I hope in thy word.

Psalms 119:166 I hope for thy salvation, O LORD, and I do thy commandments.

Psalms 130:5 I wait for the LORD, my soul waits, and in his word I hope;

Psalms 146:5 Happy is he whose help is the God of Jacob, whose hope is in the LORD his God,

Psalms 147:11 The LORD takes pleasure in those who fear him, in those who hope in his steadfast love.

Proverbs 10:28 The hope of the righteous ends in gladness, but the expectation of the wicked comes to nought.

Proverbs 13:12 Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.

Proverbs 19:18 Discipline your son while there is hope; do not set your heart on his destruction.

Proverbs 24:14 Know that wisdom is such to your soul; if you find it, there will be a future, and your hope will not be cut off.

Isaiah 38:18 For Sheol cannot thank Thee, death cannot praise Thee; those who go down to the pit cannot hope for Thy faithfulness.

Jeremiah 14:22 Are there any among the false gods of the nations that can bring rain? Or can the heavens give showers? Art thou not he, O LORD our God? We set our hope on Thee, for Thou does all these things.

Jeremiah 29:11 For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope.

Lamentations 3:24 "The LORD is my portion," says my soul, "therefore I will hope in him."

The New Testament

Acts 2:26 Therefore my heart was glad, and my tongue rejoiced; moreover my flesh will dwell in hope.

Romans 4:18 In hope he believed against hope, that he should become the father of many nations [Prophet Abraham (SAW)]; as he had been told, "So shall your descendants be."

Romans 5:3-4 And not only that, but we also glory in tribulations, knowing that tribulation produces endurance; and endurance produces character, and character produces hope.

Romans 5:5 And hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us.

Romans 8:25 But if we hope for what we do not see, we wait for it with patience.

Romans 12:12 Rejoice in your hope, be patient in tribulation, be constant in prayer.

Romans 15:4 For whatever was written in former days was written for our instruction, that by steadfastness and by the encouragement of the scriptures we might have hope.

Romans 15:12 And further Isaiah says, "The root of Jesse shall come, he who rises to rule the Gentiles; in him shall the Gentiles hope."

Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

1Corinthians 13:13 So faith, hope, love abide, these three; but the greatest of these is love.

1Thessalonians 5:8 But, since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation.

1Timothy 4:10 For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all men, especially of those who believe.

Titus 1:1-2 According to the faith of God's elect and the acknowledgement of the truth which accords with godliness, in hope of eternal life which God, who never lies, promised ages ago

The Quran

Al Baqara 2:218 Those who believed and those who suffered exile and fought (and strove and struggled) in the path of Allah,- they have the hope of the Mercy of Allah: And Allah is Oft-forgiving, Most Merciful.

Al Imraan 3:126 Allah made it but a message of hope for you, and an assurance to your hearts: (in any case) there is no help except from Allah. The Exalted, the Wise:

An-Nisaa 4:99 For these, there is hope that Allah will forgive: For Allah doth blot out (sins) and forgive again and again.

Al-Anfaal 8:10 Allah made it but a message of hope, and an assurance to your hearts: (in any case) there is no help except from Allah: and Allah is Exalted in Power, Wise.

At-Tawba 9:59 If only they had been content with what Allah and His Messenger gave them, and had said, "Sufficient unto us is Allah! Allah and His Messenger will soon give us of His bounty: to Allah do we turn our hopes!" (that would have been the right course).

Yusuf 12:87 "O my sons! go ye and enquire about Joseph and his brother, and never give up hope of Allah's Soothing Mercy: truly no one despairs of Allah's Soothing Mercy, except those who have no faith."

Ar-Ra'd 13:12 It is He Who doth show you the lightning, by way both of fear and of hope: It is He Who doth raise up the clouds, heavy with (fertilizing) rain!

An-Naml 27:46 He said: "O my people! why ask ye to hasten on the evil in preference to the good? If only ye ask Allah for forgiveness, ye may hope to receive mercy.

Al-Qasas 28:22 Then, when he turned his face towards (the land of) Madyan, he said: "I do hope that my Lord will show me the smooth and straight Path."

Al-Qasas 28:67 But any that (in this life) had repented, believed, and worked righteousness, will have hopes to be among those who achieve salvation.

Al-Ankaboot 29:5 For those whose hopes are in the meeting with Allah (in the Hereafter, let them strive); for the term (appointed) by Allah is surely coming and He hears and knows (all things).

As-Sajda 32:16 Their limbs do forsake their beds of sleep, the while they call on their Lord, in Fear and hope: and they spend (in charity) out of the sustenance which We have bestowed on them.

Al-Ahzab 33:21 Ye have indeed in the Messenger of Allah a beautiful pattern (of conduct) for any one whose hope is in Allah and the Final Day, and who engages much in the Praise of Allah.

Faatir 35:29 Those who rehearse the Book of Allah, establish regular Prayer, and spend (in Charity) out of what We have provided for them, secretly and openly, hope for a commerce that will never fail:

Az-Zumar 39:9 Is one who worships devoutly during the hour of the night prostrating himself or standing (in adoration), who takes heed of the Hereafter, and who places his hope in the Mercy of his Lord - (like one who does not)? Say: "Are those equal, those who know and those who do not know? It is those who are endued with understanding that receive admonition.

Al-Mumtabana 60:6 There was indeed in them an excellent example for you to follow, - for those whose hope is in Allah and in the Last Day. But if any turn away, truly Allah is Free of all Wants, Worthy of all Praise.

At-Tabrim 66:8 O ye who believe! Turn to Allah with sincere repentance: In the hope that your Lord will remove from you your ills and admit you to Gardens beneath which Rivers flow, - the Day that Allah will not permit to be humiliated the Prophet and those who believe with him. Their Light will run forward before them and by their right hands, while they say, "Our Lord! Perfect our Light for us, and grant us Forgiveness: for Thou hast power over all things."

Noob 71:13 "What is the matter with you, that ye place not your hope for kindness and long-suffering in Allah, -

Faith

By (the Token of) Time (through the ages), Verily Man is in loss, except such as have Faith, and do righteous deeds, and (join together) in the mutual teaching of Truth, and of Patience and Constancy. - Surah 103 Al Asr

The Apostle Paul defines faith in The New Testament of the Bible (Hebrews 11:1) as the assurance of things hoped for, the conviction of things not seen. Similarly, Islam defines faith, *iman* in Arabic, as affirming something and complying with it. For me, faith has always been the glue which connects me to *Allah* (SWT). With faith I believe in that which is both seen and unseen. I believe in the scriptures which are physical, observed representations of *Allah's* (SWT) words, and I believe in *Allah* (SWT), The Living, Eternal God of all that exists, *Allah* (SWT) who transcends the physical human senses.

The Islamic tradition, however, delves a little further than what is represented in the Bible concerning the concept of faith and provides six major pillars of belief for Muslims to follow:

1. Belief in Allah
2. Belief in His Angels
3. Belief in His Messengers
4. Belief in His Books
5. Belief in The Day of Judgement
6. Belief in Divine Providence

Furthermore, the *Quran* states in Chapter *An-Nisa* 4:136:

O you who believe, have faith in Allah and His messenger and the book that He revealed to His messenger and the scripture which He revealed before. Whoever disbelieves in Allah, His angels, His books, His messengers, and the Last Day has certainly gone far astray.

Having particular articles of faith identified so clearly has been a guiding light. It is one thing to say that you believe, but what do you believe in? How can you direct your life in a way that is pleasing to God if you don't understand how to implement your beliefs? The above verse makes it

easy to understand what we are supposed to believe and thus provides clear directions for living our lives in a manner most pleasing to God.

There are fortunately hundreds of verses in scriptures about faith, but I'll be sharing the ones that inspire my heart the most. Here they are.

Old Testament

Psalm 78:22 Because they had no faith in God, and did not trust his saving power.

Psalm 106:24 Then they despised the pleasant land, having no faith in his promise.

Psalm 116:10 I kept my faith, even when I said, "I am greatly afflicted";

Isaiah 26:2 Open the gates, that the righteous nation which keeps faith may enter in.

Habakkuk 2:4 Behold, he whose soul is not upright in him shall fail, but the righteous shall live by his faith.

New Testament

Matthew 6:30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith?

Matthew 9:2 And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven."

Matthew 9:29 Then he touched their eyes, saying, "According to your faith be it done to you."

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith."

Matthew 23:23 "Woe to you, scribes and Pharisees, hypocrites! for you tithe mint and dill and cumin, and have neglected the weightier matters

of the law, justice and mercy and faith; these you ought to have done, without neglecting the others.

Mark 11:22 And Jesus answered them, "Have faith in God.

Luke 22:32 But I have prayed for you that your faith may not fail; and when you have turned again, strengthen your brethren."

Romans 1:17 For in it the righteousness of God is revealed through faith for faith; as it is written, "He who through faith is righteous shall live."

1Corinthians 2:5 That your faith might not rest in the wisdom of men but in the power of God.

1Corinthians 13:13 So faith, hope, love abide, these three; but the greatest of these is love.

1Corinthians 16:13 Be watchful, stand firm in your faith, be courageous, be strong.

Galatians 3:7 So you see that it is men of faith who are the sons of Abraham.

Galatians 3:9 So then, those who are men of faith are blessed with Abraham who had faith.

Galatians 6:10 So then, as we have opportunity, let us do good to all men, and especially to those who are of the household of faith.

Ephesians 6:16 Besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one.

2Thessalonians 3:2 And that we may be delivered from wicked and evil men; for not all have faith.

1Timothy 4:12 Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity.

1Timothy 6:10 For the love of money is the root of all evils; it is through this craving that some have wandered away from the faith and pierced their hearts with many pangs.

1Timothy 6:11 But as for you, man of God, shun all this; aim at righteousness, godliness, faith, love, steadfastness, gentleness.

2Timothy 2:22 So shun youthful passions and aim at righteousness, faith, love, and peace, along with those who call upon the Lord from a pure heart.

Titus 2:2 Bid the older men be temperate, serious, sensible, sound in faith, in love, and in steadfastness.

Hebrews 10:38 But my righteous one shall live by faith, and if he shrinks back, my soul has no pleasure in him."

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:3 By faith we understand that the world was created by the word of God, so that what is seen was made out of things which do not appear.

Hebrews 11:6 And without faith it is impossible to please him. For whoever would draw near to God must believe that he exists and that he rewards those who seek him.

Hebrews 11:8 By faith Abraham obeyed when he was called to go out to a place which he was to receive as an inheritance; and he went out, not knowing where he was to go.

James 1:3 For you know that the testing of your faith produces steadfastness.

James 5:15 And the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven.

1Peter 1:9 As the outcome of your faith you obtain the salvation of your souls.

2Peter 1:5 For this very reason make every effort to supplement your faith with virtue, and virtue with knowledge,

Revelation 14:12 Here is a call for the endurance of the saints, those who keep the commandments of God and the faith of Jesus.

Quran

Al Baqara 2:6 As to those who reject faith, it is the same to them whether thou warn them or do not warn them; they will not believe.

Al Baqara 2:28 How can ye reject the faith in Allah?- seeing that ye were without life, and He gave you life; then will He cause you to die, and will again bring you to life; and again to Him will ye return.

Al Baqara 2:39 "But those who reject faith and belie Our Signs, they shall be companions of the Fire; they shall abide therein."

Al Baqara 2:82 But those who have faith and work righteousness, they are companions of the Garden: Therein shall they abide (For ever).

Al Baqara 2:89 And when there comes to them a Book from Allah, confirming what is with them,- although from of old they had prayed for victory against those without faith,- when there comes to them that which they (should) have recognized, they refuse to believe in it but the curse of Allah is on those without faith.

Al Baqara 2:98 Whoever is an enemy to Allah and His angels and messengers, to Gabriel and Michael,- Lo! Allah is an enemy to those who reject faith.

Al Baqara 2:103 If they had kept their faith and guarded themselves from evil, far better had been the reward from their Lord, if they but knew!

Al Baqara 2:118 Say those without knowledge: "Why speaketh not Allah unto us? or why cometh not unto us a Sign?" So said the people before them words of similar import. Their hearts are alike. We have indeed made clear the Signs unto any people who hold firmly to faith (in their hearts).

Al Baqara 2:121 Those to whom We have sent the Book study it as it should be studied: They are the ones that believe therein: Those who reject faith therein,- the loss is their own.

Al Baqara 2:132 And this was the legacy that Abraham left to his sons, and so did Jacob; "Oh my sons! Allah hath chosen the faith for you; then die not except in the faith of Islam."

Al Baqara 2:152 Then do ye remember Me; I will remember you. Be grateful to Me, and reject not faith.

Al Baqara 2:161 Those who reject faith, and die rejecting,- on them is Allah's curse, and the curse of angels, and of all mankind;

Al Baqara 2:165 Yet there are men who take (for worship) others besides Allah, as equal (with Allah): They love them as they should love Allah. But those of faith are overflowing in their love for Allah. If only the unrighteous could see, behold, they would see the penalty: that to Allah belongs all power, and Allah will strongly enforce the penalty.

Al Baqara 2:212 The life of this world is alluring to those who reject faith, and they scoff at those who believe. But the righteous will be above them on the Day of Resurrection; for Allah bestows His abundance without measure on whom He will.

Al Baqara 2:214 Or do ye think that ye shall enter the Garden (of bliss) without such (trials) as came to those who passed away before you? they encountered suffering and adversity, and were so shaken in spirit that even the Messenger and those of faith who were with him cried: "When (will come) the help of Allah?" Ah! Verily, the help of Allah is (always) near!

Al Baqara 2:257 Allah is the Protector of those who have faith: from the depths of darkness He will lead them forth into light. Of those who reject faith the patrons are the evil ones: from light they will lead them forth into the depths of darkness. They will be companions of the fire, to dwell therein (For ever).

Al Baqara 2:286 On no soul doth Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith."

Al Imran 3:95 Say: "Allah speaketh the Truth: follow the religion of Abraham, the sane in faith; he was not of the Pagans."

Al Imran 3:139 So lose not heart, nor fall into despair: For ye must gain mastery if ye are true in faith.

Al Imran 3:141 Allah's object also is to purge those that are true in faith and to deprive of blessing Those that resist faith.

Al Imran 3:175 It is only the Evil One that suggests to you the fear of his votaries: Be ye not afraid of them, but fear Me, if ye have faith.

Al Imran 3:193 "Our Lord! we have heard the call of one calling (Us) to faith, 'Believe ye in the Lord,' and we have believed. Our Lord! Forgive us our sins, blot out from us our iniquities, and take to Thyself our souls in the company of the righteous.

An Nisaa 4:76 Those who believe fight in the cause of Allah, and those who reject faith Fight in the cause of Evil: So fight ye against the friends of Satan: feeble indeed is the cunning of Satan.

An Nisaa 4:124 If any do deeds of righteousness,- be they male or female - and have faith, they will enter Heaven, and not the least injustice will be done to them.

An Nisaa 4:125 Who can be better in religion than one who submits his whole self to Allah, does good, and follows the way of Abraham the true in faith? For Allah did take Abraham for a friend.

An Nisaa 4:136 O you who believe, have faith in Allah and His messenger and the book that He revealed to His messenger and the

scripture which He revealed before. Whoever disbelieves in Allah, His angels, His books, His messengers, and the Last Day has certainly gone far astray.

An Nisaa 4:167 Those who reject faith and keep off (men) from the way of Allah, have verily strayed far, far away from the Path.

An Nisaa 4:170 O Mankind! The Messenger hath come to you in truth from Allah: believe in him: It is best for you. But if ye reject faith, to Allah belong all things in the heavens and on earth: And Allah is All-knowing, All-wise.

Al Anaam 6:1 Praise be Allah, Who created the heavens and the earth, and made the darkness and the light. Yet those who reject faith hold (others) as equal, with their Guardian-Lord.

Al Anaam 6:161 Say: "Verily, my Lord hath guided me to a way that is straight,- a religion of right,- the path (trod) by Abraham the true in faith, and he (certainly) joined not gods with Allah."

Al Araaf 7:203 If thou bring them not a revelation, they say: "Why hast thou not got it together?" Say: "I but follow what is revealed to me from my Lord: this is (nothing but) lights from your Lord, and Guidance, and mercy, for any who have faith."

Al Anfaal 8:2 For, Believers are those who, when Allah is mentioned, feel a tremor in their hearts, and when they hear His signs rehearsed, find their faith strengthened, and put (all) their trust in their Lord;

At Tawba 9:23 O ye who believe! take not for protectors your fathers and your brothers if they love infidelity above faith: if any of you do so, they do wrong.

Yunus 10:9 Those who believe, and work righteousness,- their Lord will guide them because of their faith: beneath them will flow rivers in gardens of bliss.

An Nabl 16:97 Whoever works righteousness, man or woman, and has faith, verily, to him will We give a new Life, a life that is good and

pure and We will bestow on such their reward according to the best of their actions.

An Nabl 16:110 But verily thy Lord,- to those who leave their homes after trials and persecutions,- and who thereafter strive and fight for the faith and patiently persevere,- Thy Lord, after all this is oft-forgiving, Most Merciful.

An Nabl 16:123 So We have taught thee the inspired (Message), "Follow the ways of Abraham the True in faith, and he joined not gods with Allah."

Al Israa 17:19 Those who do wish for the (things of) the Hereafter, and strive therefor with all due striving, and have faith,- they are the ones whose striving is acceptable (to Allah).

TaHa 20:112 But he who works deeds of righteousness, and has faith, will have no fear of harm nor of any curtailment (of what is his due).

Al Anbiyaa 21:94 Whoever works any act of righteousness and has faith,- His endeavour will not be rejected: We shall record it in his favour.

Al Hajj 22:38 Verily Allah will defend (from ill) those who believe: verily, Allah loveth not any that is a traitor to faith, or show ingratitude.

An Noor 24:55 Allah has promised, to those among you who believe and work righteous deeds, that He will, of a surety, grant them in the land, inheritance (of power), as He granted it to those before them; that He will establish in authority their religion - the one which He has chosen for them; and that He will change (their state), after the fear in which they (lived), to one of security and peace: "They will worship Me (alone) and not associate aught with Me. 'If any do reject faith after this, they are rebellious and wicked.

Asb Shuara 26:193 With it came down the spirit of faith and Truth-

Ar Rum 30:30 So set thou thy face steadily and truly to the faith: (establish) Allah's handiwork according to the pattern on which He has

made mankind: no change (let there be) in the work (wrought) by Allah: that is the standard Religion: but most among mankind understand not.

Ar Rum 30:45 That He may reward those who believe and work righteous deeds, out of his Bounty. For He loves not those who reject faith.

Ar Rum 30:60 So patiently persevere: for verily the promise of Allah is true: nor let those shake thy firmness, who have (themselves) no certainty of faith.

Ash Shura 42:52 And thus have We, by Our Command, sent inspiration to thee: thou knewest not (before) what was Revelation, and what was faith; but We have made the (Qur'an) a Light, wherewith We guide such of Our servants as We will; and verily thou dost guide (men) to the Straight Way,-

Al-Jaathiya 45:4 And in the creation of yourselves and the fact that animals are scattered (through the earth), are Signs for those of assured faith.

Al-Jaathiya 45:20 These are clear evidences to men and a Guidance and Mercy to those of assured faith.

Al-Ahqaf 46:3 We created not the heavens and the earth and all between them but for just ends, and for a Term Appointed: But those who reject faith turn away from that whereof they are warned.

Al-Fath 48:4 It is He Who sent down tranquillity into the hearts of the Believers, that they may add faith to their faith;- for to Allah belong the Forces of the heavens and the earth; and Allah is Full of Knowledge and Wisdom;-

At Tur 52:21 And those who believe and whose families follow them in faith,- to them shall We join their families: Nor shall We deprive them (of the fruit) of aught of their works: (Yet) is each individual in pledge for his deeds.

Al-Hasbr 59:23 Allah is He, than Whom there is no other god;- the Sovereign, the Holy One, the Source of Peace (and Perfection), the

Guardian of faith, the Preserver of Safety, the Exalted in Might, the Irresistible, the Supreme: Glory to Allah! (High is He) above the partners they attribute to Him.

Al Bayyina 98:7 Those who have faith and do righteous deeds,- they are the best of creatures.

Al Asr 103 By (the Token of) Time (through the ages), Verily Man is in loss, Except such as have Faith, and do righteous deeds, and (join together) in the mutual teaching of Truth, and of Patience and Constancy.

Love

And he said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets." - Matthew 22:37-40

How many times a day do you say, "I love you"? Do you say it to someone every day? Can you remember the last time that you said it, or when it was last said to you? If I were to ask you to define love, what would you say?

Love has been at the core of many decisions that I've made during my life. Sometimes those decisions have led me a right, and other times I have gone astray, may *Allah* (SWT) forgive me. On the other hand, love has also gotten me through some of the most difficult challenges that I have had to face thus far in this *dunya*.

The most important lesson that I've learned so far is that the love of God and for God is the greatest love I've ever known – a love that sustains and motivates everything else. God, *Allah* (SWT), loves us so much that He continues to hear and respond to our prayers, to provide for us, to guide us and to pour out His mercy upon us when we fall short. Like a Father, *Allahu Al Khaaliq*, *Allah* the Creator, loves us beyond our levels of comprehension and there is nothing that I've encountered on this earth more powerful than His love.

Old Testament

Genesis 24:12 And he said, "O LORD, God of my master Abraham, grant me success today, I pray thee, and show steadfast love to my master Abraham.

Genesis 24:27 And said, "Blessed be the LORD, the God of my master Abraham, who has not forsaken his steadfast love and his faithfulness

toward my master. As for me, the LORD has led me in the way to the house of my master's kinsmen."

Genesis 32:10 I am not worthy of the least of all the steadfast love and all the faithfulness which thou hast shown to thy servant, for with only my staff I crossed this Jordan; and now I have become two companies.

Genesis 39:21 But the LORD was with Joseph and showed him steadfast love, and gave him favor in the sight of the keeper of the prison.

Exodus 15:13 "Thou hast led in thy steadfast love the people whom thou hast redeemed, thou hast guided them by thy strength to thy holy abode.

Exodus 20:6 But showing steadfast love to thousands of those who love me and keep my commandments.

Exodus 34:6 The LORD passed before him, and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,

Exodus 34:7 Keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers upon the children and the children's children, to the third and the fourth generation."

Leviticus 19:18 You shall not take vengeance or bear any grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD.

Leviticus 19:34 The stranger who sojourns with you shall be to you as the native among you, and you shall love him as yourself; for you were strangers in the land of Egypt: I am the LORD your God.

Numbers 14:19 Pardon the iniquity of this people, I pray thee, according to the greatness of thy steadfast love, and according as thou hast forgiven this people, from Egypt even until now."

Deuteronomy 6:5 And you shall love the LORD your God with all your heart, and with all your soul, and with all your might.

Deuteronomy 7:7 It was not because you were more in number than any other people that the LORD set his love upon you and chose you, for you were the fewest of all peoples;

Deuteronomy 7:9 Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations,

Deuteronomy 7:12 "And because you hearken to these ordinances, and keep and do them, the LORD your God will keep with you the covenant and the steadfast love which he swore to your fathers to keep;

Deuteronomy 7:13 He will love you, bless you, and multiply you; he will also bless the fruit of your body and the fruit of your ground, your grain and your wine and your oil, the increase of your cattle and the young of your flock, in the land which he swore to your fathers to give you.

Deuteronomy 10:12 "And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul,

Deuteronomy 10:15 Yet the LORD set his heart in love upon your fathers and chose their descendants after them, you above all peoples, as at this day.

Deuteronomy 10:19 Love the sojourner therefore; for you were sojourners in the land of Egypt.

Deuteronomy 11:1 "You shall therefore love the LORD your God, and keep his charge, his statutes, his ordinances, and his commandments always.

Deuteronomy 11:13 "And if you will obey my commandments which I command you this day, to love the LORD your God, and to serve him with all your heart and with all your soul,

Deuteronomy 13:3 You shall not listen to the words of that prophet or to that dreamer of dreams; for the LORD your God is testing you, to know

whether you love the LORD your God with all your heart and with all your soul.

Deuteronomy 30:6 And the LORD your God will circumcise your heart and the heart of your offspring, so that you will love the LORD your God with all your heart and with all your soul, that you may live.

Joshua 22:5 Take good care to observe the commandment and the law which Moses the servant of the LORD commanded you, to love the LORD your God, and to walk in all his ways, and to keep his commandments, and to cleave to him, and to serve him with all your heart and with all your soul."

Joshua 23:11 Take good heed to yourselves, therefore, to love the LORD your God.

2 Samuel 2:6 Now may the LORD show steadfast love and faithfulness to you! And I will do good to you because you have done this thing.

2 Samuel 22:51 Great triumphs he gives to his king, and shows steadfast love to his anointed, to David, and his descendants forever."

1 Kings 3:6 And Solomon said, "Thou hast shown great and steadfast love to thy servant David my father, because he walked before thee in faithfulness, in righteousness, and in uprightness of heart toward thee; and thou hast kept for him this great and steadfast love, and hast given him a son to sit on his throne this day.

1 Kings 8:23 And said, "O LORD, God of Israel, there is no God like thee, in heaven above or on earth beneath, keeping covenant and showing steadfast love to thy servants who walk before thee with all their heart;

1 Chronicles 16:34 O give thanks to the LORD, for he is good; for his steadfast love endures forever!

1 Chronicles 17:13 I will be his father, and he shall be my son; I will not take my steadfast love from him, as I took it from him who was before you,

2 Chronicles 7:3 When all the children of Israel saw the fire come down and the glory of the LORD upon the temple, they bowed down with their faces to the earth on the pavement, and worshiped and gave thanks to the LORD, saying, "For he is good, for his steadfast love endures forever."

2 Chronicles 7:6 The priests stood at their posts; the Levites also, with the instruments for music to the LORD which King David had made for giving thanks to the LORD--for his steadfast love endures forever--whenever David offered praises by their ministry; opposite them the priests sounded trumpets; and all Israel stood.

2 Chronicles 20:21 And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy array, as they went before the army, and say, "Give thanks to the LORD, for his steadfast love endures forever."

Ezra 9:9 For we are bondmen; yet our God has not forsaken us in our bondage, but has extended to us his steadfast love before the kings of Persia, to grant us some reviving to set up the house of our God, to repair its ruins, and to give us protection in Judea and Jerusalem.

Nehemiah 1:5 And I said, "O LORD God of heaven, the great and terrible God who keeps covenant and steadfast love with those who love him and keep his commandments;

Nehemiah 9:32 "Now therefore, our God, the great and mighty and terrible God, who keeps covenant and steadfast love, let not all the hardship seem little to thee that has come upon us, upon our kings, our princes, our priests, our prophets, our fathers, and all thy people, since the time of the kings of Assyria until this day.

Job 10:12 Thou hast granted me life and steadfast love; and thy care has preserved my spirit.

Psalms 5:7 But I through the abundance of thy steadfast love will enter thy house, I will worship toward thy holy temple in the fear of thee.

Psalm 5:11 But let all who take refuge in thee rejoice, let them ever sing for joy; and do thou defend them, that those who love thy name may exult in thee.

Psalm 6:4 Turn, O LORD, save my life; deliver me for the sake of thy steadfast love.

Psalm 13:5 But I have trusted in thy steadfast love; my heart shall rejoice in thy salvation.

Psalm 17:7 Wondrously show thy steadfast love, O savior of those who seek refuge from their adversaries at thy right hand.

Psalm 18:1 To the choirmaster. A Psalm of David the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said: I love thee, O LORD, my strength.

Psalm 18:50 Great triumphs he gives to his king, and shows steadfast love to his anointed, to David and his descendants forever.

Psalm 21:7 For the king trusts in the LORD; and through the steadfast love of the Most High he shall not be moved.

Psalm 25:6 Be mindful of thy mercy, O LORD, and of thy steadfast love, for they have been from of old.

Psalm 25:7 Remember not the sins of my youth, or my transgressions; according to thy steadfast love remember me, for thy goodness' sake, O LORD!

Psalm 25:10 All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

Psalm 26:3 For thy steadfast love is before my eyes, and I walk in faithfulness to thee.

Psalm 26:8 O LORD, I love the habitation of thy house, and the place where thy glory dwells.

Psalm 31:7 I will rejoice and be glad for thy steadfast love, because thou hast seen my affliction, thou hast taken heed of my adversities,

Psalm 31:16 Let thy face shine on thy servant; save me in thy steadfast love!

Psalm 31:23 Love the LORD, all you his saints! The LORD preserves the faithful, but abundantly requites him who acts haughtily.

Psalm 32:10 Many are the pangs of the wicked; but steadfast love surrounds him who trusts in the LORD.

Psalm 33:5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD.

Psalm 33:18 Behold, the eye of the LORD is on those who fear him, on those who hope in his steadfast love,

Psalm 36:5 Thy steadfast love, O LORD, extends to the heavens, thy faithfulness to the clouds.

Psalm 36:7 How precious is thy steadfast love, O God! The children of men take refuge in the shadow of thy wings.

Psalm 36:10 O continue thy steadfast love to those who know thee, and thy salvation to the upright of heart!

Psalm 40:10 I have not hid thy saving help within my heart, I have spoken of thy faithfulness and thy salvation; I have not concealed thy steadfast love and thy faithfulness from the great congregation.

Psalm 40:16 But may all who seek thee rejoice and be glad in thee; may those who love thy salvation say continually, "Great is the LORD!"

Psalm 42:8 By day the LORD commands his steadfast love; and at night his song is with me, a prayer to the God of my life.

Psalm 48:9 We have thought on thy steadfast love, O God, in the midst of thy temple.

Psalm 59:10 My God in his steadfast love will meet me; my God will let me look in triumph on my enemies.

Psalm 59:17 O my Strength, I will sing praises to thee, for thou, O God, art my fortress, the God who shows me steadfast love.

Psalm 63:3 Because thy steadfast love is better than life, my lips will praise thee.

Psalm 66:20 Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!

Psalm 69:13 But as for me, my prayer is to thee, O LORD. At an acceptable time, O God, in the abundance of thy steadfast love answer me. With thy faithful help

Psalm 69:16 Answer me, O LORD, for thy steadfast love is good; according to thy abundant mercy, turn to me.

Psalm 85:10 Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.

Psalm 86:5 For thou, O Lord, art good and forgiving, abounding in steadfast love to all who call on thee.

Psalm 86:15 But thou, O Lord, art a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

Psalm 89:2 For thy steadfast love was established forever, thy faithfulness is firm as the heavens.

Psalm 89:14 Righteousness and justice are the foundation of thy throne; steadfast love and faithfulness go before thee.

Psalm 90:14 Satisfy us in the morning with thy steadfast love, that we may rejoice and be glad all our days.

Psalm 91:14 Because he cleaves to me in love, I will deliver him; I will protect him, because he knows my name.

Psalm 94:18 When I thought, "My foot slips," thy steadfast love, O LORD, held me up.

Psalm 98:3 He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the victory of our God.

Psalm 100:5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalm 103:11 For as the heavens are high above the earth, so great is his steadfast love toward those who fear him;

Psalm 103:17 But the steadfast love of the LORD is from everlasting to everlasting upon those who fear him, and his righteousness to children's children,

Psalm 106:1 Praise the LORD! O give thanks to the LORD, for he is good; for his steadfast love endures forever!

Psalm 107:15 Let them thank the LORD for his steadfast love, for his wonderful works to the sons of men!

Psalm 107:43 Whoever is wise, let him give heed to these things; let men consider the steadfast love of the LORD.

Psalm 109:21 But thou, O GOD my Lord, deal on my behalf for thy name's sake; because thy steadfast love is good, deliver me!

Psalm 115:1 Not to us, O LORD, not to us, but to thy name give glory, for the sake of thy steadfast love and thy faithfulness!

Psalm 118:4 Let those who fear the LORD say, "His steadfast love endures forever."

Psalm 119:41 Let thy steadfast love come to me, O LORD, thy salvation according to thy promise;

Psalm 119:48 I revere thy commandments, which I love, and I will meditate on thy statutes.

Psalm 119:64 The earth, O LORD, is full of thy steadfast love; teach me thy statutes!

Psalm 119:97 Oh, how I love thy law! It is my meditation all the day.

Psalm 119:127 Therefore I love thy commandments above gold, above fine gold.

Psalm 119:149 Hear my voice in thy steadfast love; O LORD, in thy justice preserve my life.

Psalm 119:159 Consider how I love thy precepts! Preserve my life according to thy steadfast love.

Psalm 119:163 I hate and abhor falsehood, but I love thy law.

Psalm 119:165 Great peace have those who love thy law; nothing can make them stumble.

Psalm 119:167 My soul keeps thy testimonies; I love them exceedingly.

Psalm 122:6 Pray for the peace of Jerusalem! "May they prosper who love you!

Psalm 130:7 O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plenteous redemption.

Psalm 136:4 To him who alone does great wonders, for his steadfast love endures forever;

Psalm 136:5 To him who by understanding made the heavens, for his steadfast love endures forever;

Psalm 136:6 To him who spread out the earth upon the waters, for his steadfast love endures forever;

Psalm 136:7 To him who made the great lights, for his steadfast love endures forever;

Psalm 136:8 The sun to rule over the day, for his steadfast love endures forever;

Psalm 136:9 The moon and stars to rule over the night, for his steadfast love endures forever;

Psalm 138:2 I bow down toward thy holy temple and give thanks to thy name for thy steadfast love and thy faithfulness; for thou hast exalted above everything thy name and thy word.

Psalm 143:8 Let me hear in the morning of thy steadfast love, for in thee I put my trust. Teach me the way I should go, for to thee I lift up my soul.

Psalm 145:20 The LORD preserves all who love him; but all the wicked he will destroy.

Proverbs 1:22 "How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge?"

Proverbs 4:6 Do not forsake her, and she will keep you; love her, and she will guard you.

Proverbs 8:17 I love those who love me, and those who seek me diligently find me.

Proverbs 8:21 Endowing with wealth those who love me, and filling their treasuries.

Proverbs 8:36 But he who misses me injures himself; all who hate me love death."

Proverbs 9:8 Do not reprove a scoffer, or he will hate you; reprove a wise man, and he will love you.

Proverbs 10:12 Hatred stirs up strife, but love covers all offenses.

Proverbs 15:17 Better is a dinner of herbs where love is than a fattened ox and hatred with it.

Proverbs 17:9 He who forgives an offense seeks love, but he who repeats a matter alienates a friend.

Ecclesiastes 3:8 A time to love, and a time to hate; a time for war, and a time for peace.

Ecclesiastes 9:1 But all this I laid to heart, examining it all, how the righteous and the wise and their deeds are in the hand of God; whether it is love or hate man does not know. Everything before them is vanity,

Song of Solomon 2:7 I adjure you, O daughters of Jerusalem, by the gazelles or the hinds of the field, that you stir not up nor awaken love until it please.

Song of Solomon 8:6 Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death, jealousy is cruel as the grave. Its flashes are flashes of fire, a most vehement flame.

Song of Solomon 8:7 Many waters cannot quench love, neither can floods drown it. If a man offered for love all the wealth of his house, it would be utterly scorned.

Isaiah 16:5 Then a throne will be established in steadfast love and on it will sit in faithfulness in the tent of David one who judges and seeks justice and is swift to do righteousness."

Isaiah 54:8 In overflowing wrath for a moment I hid my face from you, but with everlasting love I will have compassion on you, says the LORD, your Redeemer.

Isaiah 54:10 For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the LORD, who has compassion on you.

Isaiah 55:3 Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David.

Isaiah 56:6 "And the foreigners who join themselves to the LORD, to minister to him, to love the name of the LORD, and to be his servants, everyone who keeps the Sabbath, and does not profane it, and holds fast my covenant--

Isaiah 61:8 For I the LORD love justice, I hate robbery and wrong; I will faithfully give them their recompense, and I will make an everlasting covenant with them.

Isaiah 63:7 I will recount the steadfast love of the LORD, the praises of the LORD, according to all that the LORD has granted us, and the great goodness to the house of Israel which he has granted them according to his mercy, according to the abundance of his steadfast love.

Isaiah 63:9 In all their affliction he was afflicted, and the angel of his presence saved them; in his love and in his pity he redeemed them; he lifted them up and carried them all the days of old.

Isaiah 66:10 "Rejoice with Jerusalem, and be glad for her, all you who love her; rejoice with her in joy, all you who mourn over her;

Jeremiah 2:2 "Go and proclaim in the hearing of Jerusalem, Thus says the LORD, I remember the devotion of your youth, your love as a bride, how you followed me in the wilderness, in a land not sown.

Jeremiah 9:24 But let him who glories glory in this, that he understands and knows me, that I am the LORD who practice steadfast love, justice, and righteousness in the earth; for in these things I delight, says the LORD."

Jeremiah 33:11 'The voice of mirth and the voice of gladness, the voice of the bridegroom and the voice of the bride, the voices of those who sing, as they bring thank offerings to the house of the LORD: 'Give thanks to the LORD of hosts, for the LORD is good, for his steadfast love endures forever!' For I will restore the fortunes of the land as at first, says the LORD.

Lamentations 3:22 The steadfast love of the LORD never ceases, his mercies never come to an end;

Lamentations 3:32 But, though he cause grief, he will have compassion according to the abundance of his steadfast love;

Daniel 9:4 I prayed to the LORD my God and made confession, saying, "O Lord, the great and terrible God, who keeps covenant and steadfast love with those who love him and keep his commandments,

Hosea 2:19 And I will betroth you to me forever; I will betroth you to me in righteousness and in justice, in steadfast love, and in mercy.

Hosea 6:6 For I desire steadfast love and not sacrifice, the knowledge of God, rather than burnt offerings.

Hosea 10:12 Sow for yourselves righteousness, reap the fruit of steadfast love; break up your fallow ground, for it is the time to seek the LORD, that he may come and rain salvation upon you.

Hosea 12:6 "So you, by the help of your God, return, hold fast to love and justice, and wait continually for your God."

Joel 2:13 And rend your hearts and not your garments." Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and repents of evil.

Amos 5:15 Hate evil, and love good, and establish justice in the gate; it may be that the LORD, the God of hosts, will be gracious to the remnant of Joseph.

Jonah 4:2 And he prayed to the LORD and said, "I pray thee, LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that thou art a gracious God and merciful, slow to anger, and abounding in steadfast love, and repents of evil.

Micah 6:8 He has showed you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Micah 7:18 Who is a God like thee, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever because he delights in steadfast love.

Micah 7:20 Thou wilt show faithfulness to Jacob and steadfast love to Abraham, as thou hast sworn to our fathers from the days of old.

Zephaniah 3:17 The LORD, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing

Zechariah 8:17 Do not devise evil in your hearts against one another, and love no false oath, for all these things I hate, says the LORD."

Zechariah 8:19 "Thus says the LORD of hosts: The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah seasons of joy and gladness, and cheerful feasts; therefore love truth and peace.

New Testament

Matthew 5:43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

Matthew 5:44 But I say to you, Love your enemies and pray for those who persecute you,

Matthew 19:19 Honor your father and mother, and, You shall love your neighbor as yourself."

Matthew 22:37-40 And he said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets."

Mark 12:30 And you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'

Mark 12:31 The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Mark 12:33 And to love him with all the heart, and with all the understanding, and with all the strength, and to love one's neighbor as oneself, is much more than all whole burnt offerings and sacrifices."

Luke 6:27 "But I say to you that hear, Love your enemies, do good to those who hate you,

Luke 6:35 But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish.

Luke 10:27 And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

Luke 11:42 "But woe to you Pharisees! for you tithe mint and rue and every herb, and neglect justice and the love of God; these you ought to have done, without neglecting the others.

John 8:42 Jesus said to them, "If God were your Father, you would love me, for I proceeded and came forth from God; I came not of my own accord, but he sent me.

John 13:34 A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another.

John 13:35 By this all men will know that you are my disciples, if you have love for one another."

John 14:15 "If you love me, you will keep my commandments.

John 14:21 He who has my commandments and keeps them, he it is who loves me; and he who loves me will be loved by my Father, and I will love him and manifest myself to him."

John 14:23 Jesus answered him, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.

John 14:24 He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me.

John 15:9 As the Father has loved me, so have I loved you; abide in my love.

John 15:10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.

John 15:12 "This is my commandment, that you love one another as I have loved you.

John 15:13 Greater love has no man than this, that a man lay down his life for his friends.

John 15:17 This I command you, to love one another.

John 15:19 If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you.

John 17:24 Father, I desire that they also, whom thou hast given me, may be with me where I am, to behold my glory which thou hast given me in thy love for me before the foundation of the world.

John 17:26 I made known to them thy name, and I will make it known, that the love with which thou hast loved me may be in them, and I in them."

Romans 5:5 And hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us.

Romans 8:28 We know that in everything God works for good with those who love him, who are called according to his purpose.

Romans 8:35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

Romans 8:39 Nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 12:9 Let love be genuine; hate what is evil, hold fast to what is good;

Romans 12:10 Love one another with brotherly affection; outdo one another in showing honor.

Romans 13:8 Owe no one anything, except to love one another; for he who loves his neighbor has fulfilled the law.

Romans 13:9 The commandments, "You shall not commit adultery, You shall not kill, You shall not steal, You shall not covet," and any other commandment, are summed up in this sentence, "You shall love your neighbor as yourself."

Romans 13:10 Love does no wrong to a neighbor; therefore love is the fulfilling of the law.

1 Corinthians 13:4 Love is patient and kind; love is not jealous or boastful;

1 Corinthians 13:13 So faith, hope, love abide, these three; but the greatest of these is love.

1 Corinthians 16:14 Let all that you do be done in love.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

Ephesians 5:28 Even so husbands should love their wives as their own bodies. He who loves his wife loves himself.

Colossians 3:14 And above all these put on love, which binds everything together in perfect harmony.

Colossians 3:19 Husbands, love your wives, and do not be harsh with them.

1 Peter 3:10 For "He that would love life and see good days, let him keep his tongue from evil and his lips from speaking guile;

1 Peter 4:8 Above all hold unfailing your love for one another, since love covers a multitude of sins.

1 John 3:11 For this is the message which you have heard from the beginning, that we should love one another,

1 John 3:18 Little children, let us not love in word or speech but in deed and in truth.

1 John 4:7 Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God.

Revelations 3:19 Those whom I love, I reprove and chasten; so be zealous and repent.

Quran

Al-Baqara 2:165 Yet there are men who take (for worship) others besides Allah, as equal (with Allah): They love them as they should love Allah. But those of Faith are overflowing in their love for Allah.

Al-Baqara 2:177 It is not righteousness that ye turn your faces Towards east or West; but it is righteousness- to believe in Allah and the Last Day, and the Angels, and the Book, and the Messengers; to spend of your substance, out of love for Him, for your kin, for orphans, for the needy, for the wayfarer, for those who ask, and for the ransom of slaves; to be steadfast in prayer, and practice regular charity; to fulfil the contracts which ye have made; and to be firm and patient, in pain (or suffering) and adversity, and throughout all periods of panic. Such are the people of truth, the Allah-fearing.

Al-Baqara 2:195 And spend of your substance in the cause of Allah, and make not your own hands contribute to (your) destruction; but do good; for Allah loves those who do good.

Al-Baqara 2:222 For Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean.

Al-Imraan 3:31 Say: "If ye do love Allah, Follow me: Allah will love you and forgive you your sins: For Allah is Oft-Forgiving, Most Merciful."

Al-Imraan 3:76 Nay.- Those that keep their plighted faith and act aright,- verily Allah loves those who act aright.

Al-Imraan 3:92 By no means shall ye attain righteousness unless ye give (freely) of that which ye love; and whatever ye give, of a truth Allah knows it well.

Al Imraan 3:103 And hold fast, all together, by the rope which Allah (stretches out for you), and be not divided among yourselves; and remember with gratitude Allah's favor on you; for ye were enemies and He joined your hearts in love, so that by His Grace, ye became brethren; and ye were on the brink of the pit of Fire, and He saved you from it. Thus doth Allah make His Signs clear to you: That ye may be guided.

Al Imraan 3:134 Those who spend (freely), whether in prosperity, or in adversity; who restrain anger, and pardon (all) men;- for Allah loves those who do good;-

Al Imraan 3:146 How many of the prophets fought (in Allah's way), and with them (fought) Large bands of godly men? but they never lost heart if they met with disaster in Allah's way, nor did they weaken (in will) nor give in. And Allah loves those who are firm and steadfast.

Al Imraan 3:148 And Allah gave them a reward in this world, and the excellent reward of the Hereafter. For Allah loves those who do good.

Al Imraan 3:159 It is part of the Mercy of Allah that thou dost deal gently with them Wert thou severe or harsh-hearted, they would have broken away from about thee: so pass over (Their faults), and ask for (Allah's) forgiveness for them; and consult them in affairs (of moment). Then, when thou hast Taken a decision put thy trust in Allah. For Allah loves those who put their trust (in Him).

An Nisaa 4:107 Contend not on behalf of such as betray their own souls; for Allah loves not one given to perfidy and crime:

An Nisaa 4:148 Allah loves not that evil should be noised abroad in public speech, except where injustice hath been done; for Allah is He who hearts and knows all things.

Al Maa'ida 5:13 But because of their breach of their covenant, We cursed them, and made their hearts grow hard; they change the words from their (right) places and forget a good part of the message that was sent them, nor wilt thou cease to find them- barring a few - ever bent on (new) deceits: but forgive them, and overlook (their misdeeds): for Allah loves those who are kind.

AlMaaida 5:42 (They are fond of) listening to falsehood, of devouring anything forbidden. If they do come to thee, either judge between them, or decline to interfere. If thou decline, they cannot hurt thee in the least. If thou judge, judge in equity between them. For Allah loves those who judge in equity.

AlMaaida 5:82 Strongest among men in enmity to the believers wilt thou find the Jews and Pagans; and nearest among them in love to the believers wilt thou find those who say, "We are Christians": because amongst these are men devoted to learning and men who have renounced the world, and they are not arrogant.

AlMaaida 5:87 O ye who believe! make not unlawful the good things which Allah hath made lawful for you, but commit no excess: for Allah loveth not those given to excess.

AlAnaam 6:141 It is He Who produces gardens, with trellises and without, and dates, and tilth with produce of all kinds, and olives and pomegranates, similar (in kind) and different (in variety): eat of their fruit in their season, but render the dues that are proper on the day that the harvest is gathered. But waste not by excess: for Allah loves not the wasters.

AlAraaf 7:31 O Children of Adam! wear your beautiful apparel at every time and place of prayer: eat and drink: But waste not by excess, for Allah loveth not the wasters.

AlAraaf 7:55 Call on your Lord with humility and in private: for Allah loveth not those who trespass beyond bounds.

AlAraaf 7:189 It is He Who created you from a single person, and made his mate of like nature, in order that he might dwell with her (in love). When they are united, she bears a light burden and carries it about (unnoticed). When she grows heavy, they both pray to Allah their Lord, (saying): "If Thou gives us a goodly child, we vow we shall (ever) be grateful."

AtTamba 9:4 So fulfil your engagements with them to the end of their term: for Allah loves the righteous.

At Tamba 9:7 As long as these stand true to you, stand ye true to them: for Allah doth love the righteous.

At Tamba 9:108 There is a mosque whose foundation was laid from the first day on piety; it is more worthy of the standing forth (for prayer) therein. In it are men who love to be purified; and Allah loves those who make themselves pure.

Ibrahim 14:3 Those who love the life of this world more than the Hereafter, who hinder (men) from the Path of Allah and seek therein something crooked: they are astray by a long distance.

Maryam 19:96 On those who believe and work deeds of righteousness, will (Allah) Most Gracious bestow love.

TaHa 20:39 "Throw (the child) into the chest, and throw (the chest) into the river: the river will cast him up on the bank, and he will be taken up by one who is an enemy to Me and an enemy to him!: But I cast (the garment of) love over thee from Me: and (this) in order that thou may be reared under Mine eye.

Al Anbiyaa 21:90 So We listened to him: and We granted him Yahya: We cured his wife's (Barrenness) for him. These (three) were ever quick in emulation in good works; they used to call on Us with love and reverence, and humble themselves before Us.

Ar Rum 30:21 And among His Signs is this, that He created for you mates from among yourselves, that ye may dwell in tranquility with them, and He has put love and mercy between your (hearts): verily in that are Signs for those who reflect.

Ash Shura 42:23 That is (the Bounty) whereof Allah gives Glad Tidings to His Servants who believe and do righteous deeds. Say: "No reward do I ask of you for this except the love of those near of kin." And if any one earns any good, We shall give him an increase of good in respect thereof: for Allah is Oft-Forgiving, Most Ready to appreciate (service).

Al Hujuraat 49:9 If two parties among the Believers fall into a quarrel, make ye peace between them: but if one of them transgresses beyond bounds against the other, then fight ye (all) against the one that

transgresses until it complies with the command of Allah; but if it complies, then make peace between them with justice, and be fair: for Allah loves those who are fair (and just).

Al Hadid 57:19 And those who believe in Allah and His messengers- they are the Sincere (lovers of Truth), and the witnesses (who testify), in the eyes of their Lord: They shall have their Reward and their Light. But those who reject Allah and deny Our Signs,- they are the Companions of Hell-Fire.

Al Mumtabana 60:7 It may be that Allah will grant love (and friendship) between you and those whom ye (now) hold as enemies. For Allah has power (over all things); And Allah is Oft-Forgiving, Most Merciful.

Al Mumtabana 60:8 Allah forbids you not, with regard to those who fight you not for (your) Faith nor drive you out of your homes, from dealing kindly and justly with them: for Allah loves those who are just.

As Saff 61:4 Truly Allah loves those who fight in His Cause in battle array, as if they were a solid cemented structure.

As Saff 61:13 And another (favor will He bestow,) which ye do love,- help from Allah and a speedy victory. So give the Glad Tidings to the Believers.

Al Insaan 76:8 And they feed, for the love of Allah, the indigent, the orphan, and the captive,-

Mercy

Do not thou, O LORD, withhold thy mercy from me, let thy steadfast love and thy faithfulness ever preserve me! - Psalms 40:11

A popular saying from the Prophet Muhammad (SAW), recorded in the books of *hadith* in *Sabih al Bukhari*, number 3022 and in *Sabih Muslim*, number 2751 states:

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "When Allah decreed the creation, he wrote in his book with him on his throne: My mercy prevails over my wrath."

This hadith has provided comfort and encouragement for me on many occasions. Life can become very difficult to traverse at times, especially when there seems to be such a lack of mercy and kindness practiced around us, and believing that *Allah's* mercy prevails over His wrath is empowering - it can give us hope and help us to seek to be our best selves; it can strengthen is against despair when we encounter trials and pain.

A simple definition of mercy describes it as kind or forgiving treatment of someone who could be treated harshly; kindness or help given to people who are in a very bad or desperate situation; or a good or lucky fact or situation. We all make mistakes, and it is a beautiful thing to know that we serve a Merciful and Compassionate God. The *Quran* names of the attributes of *Allah* (SWT) as the Oft-Returning in Forgiveness, *Al Ghaffar* (*Surat Az Zumar* 39:5), forgiving again and again when we fall short or error.

Old Testament

Exodus 25:22 There I will meet with you, and from above the mercy seat, from between the two cherubim that are upon the ark of the testimony, I will speak with you of all that I will give you in commandment for the people of Israel.

Exodus 30:6 And you shall put it before the veil that is by the ark of the testimony, before the mercy seat that is over the testimony, where I will meet with you.

Exodus 33:19 And he said, "I will make all my goodness pass before you, and will proclaim before you my name 'The LORD'; and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.

Leviticus 16:2 And the LORD said to Moses, "Tell Aaron your brother not to come at all times into the holy place within the veil, before the mercy seat which is upon the ark, lest he die; for I will appear in the cloud upon the mercy seat.

Numbers 7:89 And when Moses went into the tent of meeting to speak with the LORD, he heard the voice speaking to him from above the mercy seat that was upon the ark of the testimony, from between the two cherubim; and it spoke to him.

2 Samuel 24:14 Then David said to Gad, "I am in great distress; let us fall into the hand of the LORD, for his mercy is great; but let me not fall into the hand of man."

1 Chronicles 28:11 Then David gave Solomon his son the plan of the vestibule of the temple, and of its houses, its treasuries, its upper rooms, and its inner chambers, and of the room for the mercy seat;

Psalms 23:6 Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD forever.

Psalms 25:6 Be mindful of thy mercy, O LORD, and of thy steadfast love, for they have been from of old.

Psalms 40:11 Do not thou, O LORD, withhold thy mercy from me, let thy steadfast love and thy faithfulness ever preserve me!

Psalms 51:1 Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions.

Psalms 69:16 Answer me, O LORD, for thy steadfast love is good; according to thy abundant mercy, turn to me.

Psalms 119:77 Let thy mercy come to me, that I may live; for thy law is my delight.

Psalms 119:156 Great is thy mercy, O LORD; give me life according to thy justice.

Proverbs 28:13 He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Isaiah 30:18 Therefore the LORD waits to be gracious to you; therefore he exalts himself to show mercy to you. For the LORD is a God of justice; blessed are all those who wait for him.

Isaiah 55:7 Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD, that he may have mercy on him, and to our God, for he will abundantly pardon.

Isaiah 63:7 I will recount the steadfast love of the LORD, the praises of the LORD, according to all that the LORD has granted us, and the great goodness to the house of Israel which he has granted them according to his mercy, according to the abundance of his steadfast love.

Daniel 4:27 Therefore, O king, let my counsel be acceptable to you; break off your sins by practicing righteousness, and your iniquities by showing mercy to the oppressed, that there may perhaps be a lengthening of your tranquility."

Daniel 9:9 To the Lord our God belong mercy and forgiveness;

Daniel 9:18 O my God, incline thy ear and hear; open thy eyes and behold our desolations, and the city which is called by thy name; for we do not present our supplications before thee on the ground of our righteousness, but on the ground of thy great mercy.

Zechariah 7:9 "Thus says the LORD of hosts, Render true judgments, show kindness and mercy each to his brother,

New Testament

Matthew 5:7 "Blessed are the merciful, for they shall obtain mercy.

Matthew 9:13 Go and learn what this means, 'I desire mercy, and not sacrifice.' For I came not to call the righteous, but sinners."

Mark 5:19 But he refused, and said to him, "Go home to your friends, and tell them how much the Lord has done for you, and how he has had mercy on you."

Luke 1:50 And his mercy is on those who fear him from generation to generation.

Luke 1:54 He has helped his servant Israel, in remembrance of his mercy,

Luke 1:58 And her neighbors and kinsfolk heard that the Lord had shown great mercy to her, and they rejoiced with her.

Luke 1:72 To perform the mercy promised to our fathers, and to remember his holy covenant,

Luke 1:78 Through the tender mercy of our God, when the day shall dawn upon us from on high

Romans 9:15 For he says to Moses, "I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion."

Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

James 3:17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, without uncertainty or insincerity.

Quran

Al-Baqara 2:105 But Allah will choose for His special mercy whom He will - for Allah is Lord of grace abounding.

Al-Baqara 2:128 "Our Lord! make of us Muslims, bowing to Thy (Will), and of our progeny a people Muslim, bowing to Thy (will); and show us our place for the celebration of (due) rites; and turn unto us (in mercy); for Thou art the Oft-Returning, Most Merciful.

Al-Baqara 2:157 They are those on whom (Descend) blessings from Allah, and mercy, and they are the ones that receive guidance.

Al-Baqara 2:286 (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith."

Al Imraan 3:8 "Our Lord!" (they say), "Let not our hearts deviate now after Thou hast guided us, but grant us mercy from Thine own Presence; for Thou art the Grantor of bounties without measure.

Al Imraan 3:74 For His mercy He specially chooseth whom He pleaseth; for Allah is the Lord of bounties unbounded.

Al Imraan 3:107 But those whose faces will be (lit with) white,- they will be in (the light of) Allah's mercy: therein to dwell (forever).

Al Imraan 3:132 And obey Allah and the Messenger; that ye may obtain mercy.

Al Imraan 3:159 It is part of the mercy of Allah that thou dost deal gently with them Wert thou severe or harsh-hearted, they would have broken away from about thee: so pass over (Their faults), and ask for (Allah's) forgiveness for them; and consult them in affairs (of moment). Then, when thou hast Taken a decision put thy trust in Allah. For Allah loves those who put their trust (in Him).

An Nisaa 4:17 Allah accept the repentance of those who do evil in ignorance and repent soon afterwards; to them will Allah turn in mercy: For Allah is full of knowledge and wisdom.

An Nisaa 4:26 Allah doth wish to make clear to you and to show you the ordinances of those before you; and (He doth wish to) turn to you (In mercy): And Allah is All-knowing, All-wise.

An Nisaa 4:175 Then those who believe in Allah, and hold fast to Him, soon will He admit them to mercy and grace from Himself, and guide them to Himself by a straight way.

Al Anaam 6:12 Say: "To whom belongeth all that is in the heavens and on earth?" Say: "To Allah. He hath inscribed for Himself (the rule of) mercy. That He will gather you together for the Day of Judgment, there is no doubt whatever. It is they who have lost their own souls, that will not believe.

Al Anaam 6:16 "On that day, if the penalty is averted from any, it is due to Allah's mercy; And that would be (Salvation), the obvious fulfilment of all desire.

Al Anaam 6:54 When those come to thee who believe in Our signs, Say: "Peace be on you: Your Lord hath inscribed for Himself (the rule of) mercy: verily, if any of you did evil in ignorance, and thereafter repented, and amend (his conduct), lo! He is Oft-forgiving, Most Merciful.

Al Anaam 6:154 Moreover, We gave Moses the Book, completing (Our favor) to those who would do right, and explaining all things in detail, - and a guide and a mercy, that they might believe in the meeting with their Lord.

Al Anaam 6:155 And this is a Book which We have revealed as a blessing: so follow it and be righteous, that ye may receive mercy:

Al Araaf 7:52 For We had certainly sent unto them a Book, based on knowledge, which We explained in detail, - a guide and a mercy to all who believe.

Al Araaf 7:56 Do no mischief on the earth, after it hath been set in order, but call on Him with fear and longing (in your hearts): for the mercy of Allah is (always) near to those who do good.

Al Araaf 7:57 It is He Who sendeth the winds like heralds of glad tidings, going before His mercy: when they have carried the heavy-laden clouds, We drive them to a land that is dead, make rain to descend thereon, and produce every kind of harvest therewith: thus shall We raise up the dead: perchance ye may remember.

Al Araaf 7:204 When the Qur'an is read, listen to it with attention, and hold your peace: that ye may receive mercy.

At Tamba 9:71 The Believers, men and women, are protectors one of another: they enjoin what is just, and forbid what is evil: they observe regular prayers, practice regular charity, and obey Allah and His Messenger. On them will Allah pour His mercy: for Allah is Exalted in power, Wise.

Yunus 10:57 O mankind! there hath come to you a direction from your Lord and a healing for the (diseases) in your hearts,- and for those who believe, a guidance and a mercy.

Yunus 10:58 Say: "In the bounty of Allah. And in His mercy,- in that let them rejoice": that is better than the (wealth) they hoard.

Hud 11:90 "But ask forgiveness of your Lord, and turn unto Him (in repentance): For my Lord is indeed full of mercy and loving-kindness."

An Nabl 16:64 And We sent down the Book to thee for the express purpose, that thou shouldst make clear to them those things in which they differ, and that it should be a guide and a mercy to those who believe.

An Nabl 16:89 One day We shall raise from all Peoples a witness against them, from amongst themselves: and We shall bring thee as a witness against these (thy people): and We have sent down to thee the Book explaining all things, a Guide, a mercy, and Glad Tidings to Muslims.

Al Israa 17:24 And, out of kindness, lower to them the wing of humility, and say: "My Lord! bestow on them thy mercy even as they cherished me in childhood."

Al Israa 17:28 And even if thou hast to turn away from them in pursuit of the mercy from thy Lord which thou dost expect, yet speak to them a word of easy kindness.

Al Israa 17:54 It is your Lord that knoweth you best: If He please, He granteth you mercy, or if He please, punishment: We have not sent thee to be a disposer of their affairs for them.

Al Israa 17:82 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.

Al Kahf 18:58 But your Lord is Most forgiving, full of mercy. If He were to call them (at once) to account for what they have earned, then surely He would have hastened their punishment: but they have their appointed time, beyond which they will find no refuge.

Al Anbiyaa 21:86 We admitted them to Our mercy: for they were of the righteous ones.

Al Anbiyaa 21:107 We sent thee not, but as a mercy for all creatures.

Al Muminoon 23:109 "A part of My servants there was, who used to pray 'our Lord! we believe; then do Thou forgive us, and have mercy upon us: For Thou art the Best of those who show mercy!'"

Al Muminoon 23:118 So say: "O my Lord! grant Thou forgiveness and mercy for Thou art the Best of those who show mercy!"

An Nur 24:56 So establish regular Prayer and give regular Charity; and obey the Messenger; that ye may receive mercy.

Al Qasas 28:73 It is out of His mercy that He has made for you Night and Day,- that ye may rest therein, and that ye may seek of his Grace;- and in order that ye may be grateful.

Ar Rum 30:21 And among His Signs is this, that He created for you mates from among yourselves, that ye may dwell in tranquility with them, and He has put love and mercy between your (hearts): verily in that are Signs for those who reflect.

Ar Rum 30:50 Then contemplate (O man!) the memorials of Allah's mercy!- how He gives life to the earth after its death: verily the same will give life to the men who are dead: for He has power over all things.

Luqman 31:3 A Guide and a mercy to the Doers of Good,-

Al Abzab 33:43 He it is Who sends blessings on you, as do His angels, that He may bring you out from the depths of Darkness into Light: and He is Full of mercy to the Believers.

Fatir 35:2 What Allah out of his mercy doth bestow on mankind there is none can withhold: what He doth withhold, there is none can grant, apart from Him: and He is the Exalted in Power, full of Wisdom.

Az Zumar 39:9 Is one who worships devoutly during the hour of the night prostrating himself or standing (in adoration), who takes heed of the Hereafter, and who places his hope in the mercy of his Lord - (like one who does not)? Say: "Are those equal, those who know and those who do not know? It is those who are endued with understanding that receive admonition.

Az Zumar 39:53 Say: "O my Servants who have transgressed against their souls! Despair not of the mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.

Ghafir 40:7 Those who sustain the Throne (of Allah) and those around it Sing Glory and Praise to their Lord; believe in Him; and implore Forgiveness for those who believe: "Our Lord! Thy Reach is over all things, in mercy and Knowledge. Forgive, then, those who turn in Repentance, and follow Thy Path; and preserve them from the Penalty of the Blazing Fire!

Ghafir 40:9 "And preserve them from (all) ills; and any whom Thou dost preserve from ills that Day,- on them wilt Thou have

bestowed mercy indeed: and that will be truly (for them) the highest Achievement".

Ash Shura 42:8 If Allah had so willed, He could have made them a single people; but He admits whom He will to His mercy; and the Wrongdoers will have no protector nor helper.

Al Jaathiya 45:20 These are clear evidences to men and a Guidance and mercy to those of assured Faith.

Al Abqaf 46:12 And before this, was the Book of Moses as a guide and a mercy: And this Book confirms (it) in the Arabic tongue; to admonish the unjust, and as Glad Tidings to those who do right.

Al Hujuraat 49:10 The Believers are but a single Brotherhood: So make peace and reconciliation between your two (contending) brothers; and fear Allah, that ye may receive mercy.

Al Hadid 57:27 Then, in their wake, We followed them up with (others of) Our messengers: We sent after them Jesus the son of Mary, and bestowed on him the Gospel; and We ordained in the hearts of those who followed him Compassion and mercy.

Al Hadid 57:28 O ye that believe! Fear Allah, and believe in His Messenger, and He will bestow on you a double portion of His mercy: He will provide for you a Light by which ye shall walk (straight in your path), and He will forgive you (your past): for Allah is Oft-Forgiving Most Merciful.

An Nasr 110:3 Celebrate the praises of thy Lord, and pray for His Forgiveness: For He is Oft-Returning (in Grace and mercy).

Grace

*But verily thy Lord is full of grace to mankind: Yet most of them are ungrateful. -
An-Naml 27:73*

I recently listened to a recording by a Christian minister and during the interview he defined God's grace as God's thankfulness, citing the root word *charis*, in Greek, which, per the International Standard Bible Encyclopedia, can be interpreted to mean gratitude. The minister further went on to say that grace can be understood as God being thankful for us, His servants.

And in Islam, one of the most beautiful attributes of *Allah*, (SWT) that we call upon several times daily is God The Most Gracious, *Ar Rahman*. *Ar Rahman* is Arabic and can be translated to mean The One who continually showers all of creation with blessings and prosperity without any disparity; The One who is most kind, loving and merciful. Things may not always go the way that we them to go in life, but remembering *Allah's* goodness and kindness can help us to get through the challenges that we face. *Allah* (SWT), in His Wisdom and Loving Kindness, always has our best interests in mind.

Old Testament

Psalm 45:2 You are the fairest of the sons of men; grace is poured upon your lips; therefore God has blessed you forever.

Jeremiah 31:2 Thus says the LORD: "The people who survived the sword found grace in the wilderness; when Israel sought for rest

New Testament

John 1:17 For the law was given through Moses; grace and truth came through Jesus Christ.

Ephesians 2:8 For by grace you have been saved through faith; and this is not your own doing, it is the gift of God--

Ephesians 4:29 Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear.

Titus 2:11 For the grace of God has appeared for the salvation of all men,

Quran

Al Fatibah 1:7 The way of those on whom Thou hast bestowed Thy grace, those whose (portion) is not wrath, and who go not astray.

Al Baqarab 2:105 But Allah will choose for His special Mercy whom He will - for Allah is Lord of grace abounding.

Al Baqarab 2:213 Allah by His grace Guided the believers to the Truth, concerning that wherein they differed. For Allah guided whom He will to a path that is straight.

Al Imran 3:152 Then did He divert you from your foes in order to test you but He forgave you: For Allah is full of grace to those who believe.

Al Imran 3:171 They glory in the grace and the bounty from Allah, and in the fact that Allah suffereth not the reward of the Faithful to be lost (in the least).

Al Imran 3:174 And they returned with grace and bounty from Allah: no harm ever touched them: For they followed the good pleasure of Allah: And Allah is the Lord of bounties unbounded.

An Nisa 4:69 All who obey Allah and the messenger are in the company of those on whom is the grace of Allah,- of the prophets (who teach), the sincere (lovers of Truth), the witnesses (who testify), and the Righteous (who do good): Ah! what a beautiful fellowship!

An Nisa 4:175 Then those who believe in Allah, and hold fast to Him,- soon will He admit them to mercy and grace from Himself, and guide them to Himself by a straight way.

Al Maida 5:54 O ye who believe! if any from among you turn back from his Faith, soon will Allah produce a people whom He will love as they

will love Him,- lowly with the believers, mighty against the rejecters, fighting in the way of Allah, and never afraid of the reproaches of such as find fault. That is the grace of Allah, which He will bestow on whom He pleaseth. And Allah encompasseth all, and He knoweth all things.

Al Anfal 8:29 O ye who believe! if ye fear Allah, He will grant you a criterion (to judge between right and wrong), remove from you (all) evil (that may afflict) you, and forgive you: for Allah is the Lord of grace unbounded.

Al Anfal 8:53 "Because Allah will never change the grace which He hath bestowed on a people until they change what is in their (own) souls: and verily Allah is He Who heareth and knoweth (all things)."

Hud 11:3 "(And to preach thus), 'Seek ye the forgiveness of your Lord, and turn to Him in repentance; that He may grant you enjoyment, good (and true), for a term appointed, and bestow His abounding grace on all who abound in merit! But if ye turn away, then I fear for you the penalty of a great day:

Hud 11:58 So when Our decree issued, We saved Hud and those who believed with him, by (special) grace from Ourselves: We saved them from a severe penalty.

Yusuf 12:38 "And I follow the ways of my fathers,- Abraham, Isaac, and Jacob; and never could we attribute any partners whatever to Allah: that (comes) of the grace of Allah to us and to mankind: yet most men are not grateful.

Ibrahim 14:11 Their messengers said to them: "True, we are human like yourselves, but Allah doth grant His grace to such of his servants as He pleases. It is not for us to bring you an authority except as Allah permits. And on Allah let all men of faith put their trust.

Maryam 19:58 Those were some of the prophets on whom Allah did bestow His grace,- of the posterity of Adam, and of those who We carried (in the Ark) with Noah, and of the posterity of Abraham and Israel of those whom We guided and chose. Whenever the Signs of

(Allah) Most Gracious were rehearsed to them, they would fall down in prostrate adoration and in tears.

Al Anbiya 21:84 So We listened to him: We removed the distress that was on him, and We restored his people to him, and doubled their number,- as a grace from Ourselves, and a thing for commemoration, for all who serve Us.

An Noor 24:10 If it were not for Allah's grace and mercy on you, and that Allah is Oft-Returning, full of Wisdom,- (Ye would be ruined indeed).

An Noor 24:14 Were it not for the grace and mercy of Allah on you, in this world and the Hereafter, a grievous penalty would have seized you in that ye rushed glibly into this affair.

An Noor 24:21 O ye who believe! follow not Satan's footsteps: if any will follow the footsteps of Satan, he will (but) command what is shameful and wrong: and were it not for the grace and mercy of Allah on you, not one of you would ever have been pure: but Allah doth purify whom He pleases: and Allah is One Who hears and knows (all things).

An Noor 24:22 Let not those among you who are endued with grace and amplitude of means resolve by oath against helping their kinsmen, those in want, and those who have left their homes in Allah's cause: let them forgive and overlook, do you not wish that Allah should forgive you? For Allah is Oft-Forgiving, Most Merciful.

An Noor 24:38 That Allah may reward them according to the best of their deeds, and add even more for them out of His grace: for Allah doth provide for those whom He will, without measure.

An Naml 27:16 And Solomon was David's heir. He said: "O ye people! We have been taught the speech of birds, and on us has been bestowed (a little) of all things: this is indeed grace manifest (from Allah.)"

An Naml 27:19 So he smiled, amused at her speech; and he said: "O my Lord! so order me that I may be grateful for Thy favours, which thou hast bestowed on me and on my parents, and that I may work the

righteousness that will please Thee: And admit me, by Thy grace, to the ranks of Thy righteous Servants."

An Naml 27:40 Said one who had knowledge of the Book: "I will bring it to thee within the twinkling of an eye!" Then when (Solomon) saw it placed firmly before him, he said: "This is by the grace of my Lord!- to test me whether I am grateful or ungrateful! and if any is grateful, truly his gratitude is (a gain) for his own soul; but if any is ungrateful, truly my Lord is Free of all Needs, Supreme in Honour!"

An Naml 27:73 But verily thy Lord is full of grace to mankind: Yet most of them are ungrateful.

Al Qasas 28:17 He said: "O my Lord! For that Thou hast bestowed Thy grace on me, never shall I be a help to those who sin!"

Al Qasas 28:73 It is out of His Mercy that He has made for you Night and Day,- that ye may rest therein, and that ye may seek of his grace;- and in order that ye may be grateful.

Al Ankaboot 29:67 Do they not then see that We have made a sanctuary secure, and that men are being snatched away from all around them? Then, do they believe in that which is vain, and reject the grace of Allah?

Ar Rum 30:46 Among His Signs is this, that He sends the Winds, as heralds of Glad Tidings, giving you a taste of His (grace and) Mercy,- that the ships may sail (majestically) by His Command and that ye may seek of His Bounty: in order that ye may be grateful.

Ar Rum 30:57 So on that Day no excuse of theirs will avail the transgressors, nor will they be invited (then) to seek grace (by repentance).

Al Ahzab 33:9 O ye who believe! Remember the grace of Allah, (bestowed) on you, when there came down on you hosts (to overwhelm you): But We sent against them a hurricane and forces that ye saw not but Allah sees (clearly) all that ye do.

Al Abzab 33:46 And as one who invites to Allah's (grace) by His leave, and as a lamp spreading light.

Fatir 35:3 O men! Call to mind the grace of Allah unto you! is there a creator, other than Allah, to give you sustenance from heaven or earth? There is no god but He: how then are ye deluded away from the Truth?

Fatir 35:32 Then We have given the Book for inheritance to such of Our Servants as We have chosen: but there are among them some who wrong their own souls; some who follow a middle course; and some who are, by Allah's leave, foremost in good deeds; that is the highest grace.

Saad 38:43 And We gave him (back) his people, and doubled their number,- as a grace from Ourselves, and a thing for commemoration, for all who have Understanding.

Az Zumar 39:38 If indeed thou ask them who it is that created the heavens and the earth, they would be sure to say, "Allah". Say: "See ye then? the things that ye invoke besides Allah,- can they, if Allah wills some Penalty for me, remove His Penalty?- Or if He wills some grace for me, can they keep back his grace?" Say: "Sufficient is Allah for me! In Him trust those who put their trust."

Ghafir 40:61 It is Allah Who has made the Night for you, that ye may rest therein, and the days as that which helps (you) to see. Verily Allah is full of grace and Bounty to men: yet most men give no thanks.

Al Jathiya 45:35 "This, because ye used to take the Signs of Allah in jest, and the life of the world deceived you:" (From) that Day, therefore, they shall not be taken out thence, nor shall they be received into grace.

Mubammad 47:15 (Here is) a Parable of the Garden which the righteous are promised: in it are rivers of water incorruptible; rivers of milk of which the taste never changes; rivers of wine, a joy to those who drink; and rivers of honey pure and clear. In it there are for them all kinds of fruits; and grace from their Lord. (Can those in such Bliss) be compared to such as shall dwell for ever in the Fire, and be given, to drink, boiling water, so that it cuts up their bowels (to pieces)?

AlFath 48:29 Muhammad is the messenger of Allah; and those who are with him are strong against Unbelievers, (but) compassionate amongst each other. Thou wilt see them bow and prostrate themselves (in prayer), seeking grace from Allah and (His) Good Pleasure. On their faces are their marks, (being) the traces of their prostration. This is their similitude in the Taurat; and their similitude in the Gospel is: like a seed which sends forth its blade, then makes it strong; it then becomes thick, and it stands on its own stem, (filling) the sowers with wonder and delight. As a result, it fills the Unbelievers with rage at them. Allah has promised those among them who believe and do righteous deeds forgiveness, and a great Reward.

AlHadid 57:21 Be ye foremost (in seeking) Forgiveness from your Lord, and a Garden (of Bliss), the width whereof is as the width of heaven and earth, prepared for those who believe in Allah and His messengers: that is the grace of Allah, which He bestows on whom he pleases: and Allah is the Lord of grace abounding.

AlHadid 57:29 That the People of the Book may know that they have no power whatever over the grace of Allah, that (His) grace is (entirely) in His Hand, to bestow it on whomsoever He wills. For Allah is the Lord of grace abounding.

AlHasbr 59:8 (Some part is due) to the indigent Muhajirs, those who were expelled from their homes and their property, while seeking grace from Allah and (His) Good Pleasure, and aiding Allah and His Messenger: such are indeed the sincere ones:-

AlMuzammil 73:20 Thy Lord doth know that thou standest forth (to prayer) nigh two-thirds of the night, or half the night, or a third of the night, and so doth a party of those with thee. But Allah doth appoint night and day in due measure He knoweth that ye are unable to keep count thereof. So He hath turned to you (in mercy): read ye, therefore, of the Qur'an as much as may be easy for you. He knoweth that there may be (some) among you in ill-health; others travelling through the land, seeking of Allah's bounty; yet others fighting in Allah's Cause, read ye, therefore, as much of the Qur'an as may be easy (for you); and establish regular Prayer and give regular Charity; and loan to Allah a

Beautiful Loan. And whatever good ye send forth for your souls ye shall find it in Allah's Presence,- yea, better and greater, in Reward and seek ye the grace of Allah: for Allah is Oft-Forgiving, Most Merciful.

An Nasr 110:3 Celebrate the praises of thy Lord, and pray for His Forgiveness: For He is Oft-Returning (in grace and Mercy).

Compassion

*The LORD is good to all, and his compassion is over all that he has made. -
Psalm 145:9*

When I think about compassion in scripture the first story that comes to mind is that of the good Samaritan in the New Testament of the Bible. I imagine the scene in my mind: there you have a man, beaten and bleeding lying in the road, left to die. People pass the injured man by before the good Samaritan arrives and has compassion on him.

Imagine that. Would you be of those who passed by, or would have the will to be the good Samaritan? Or imagine the people suffering in lands besieged by war. Imagine young, innocent men being gunned down by officers that are supposed to protect and serve. Imagine women being stoned to death because men in their own family believe that they have “dishonored” the family name. What would you do? Would you react with compassion?

Compassion is defined as having a sympathetic consciousness of others' distress together with a desire to alleviate it. The daily, mundane altercations that arise could so easily be avoided if we only reacted with more compassion for one another. In Islam, we call upon *Allah* (SWT) *Ar Rahman*, The Most Compassionate, every time we pray and dozens of times throughout the day, constantly seeking His Mercy and Compassion. We must, however, not only hope for compassion from *Allah* (SWT) for ourselves, but also extend that desire for and towards others.

Old Testament

Deuteronomy 13:17 None of the devoted things shall cleave to your hand; that the LORD may turn from the fierceness of his anger, and show you mercy, and have compassion on you, and multiply you, as he swore to your fathers

Deuteronomy 30:3 Then the LORD your God will restore your fortunes, and have compassion upon you, and he will gather you again from all the peoples where the LORD your God has scattered you.

Deuteronomy 32:36 For the LORD will vindicate his people and have compassion on his servants, when he sees that their power is gone, and there is none remaining, bond or free.

Judges 21:15 And the people had compassion on Benjamin because the LORD had made a breach in the tribes of Israel.

1 Samuel 23:21 And Saul said, "May you be blessed by the LORD; for you have had compassion on me.

2 Kings 13:23 But the LORD was gracious to them and had compassion on them, and he turned toward them, because of his covenant with Abraham, Isaac, and Jacob, and would not destroy them; nor has he cast them from his presence until now.

2 Chronicles 30:9 For if you return to the LORD, your brethren and your children will find compassion with their captors, and return to this land. For the LORD your God is gracious and merciful, and will not turn away his face from you, if you return to him."

2 Chronicles 36:15 The LORD, the God of their fathers, sent persistently to them by his messengers, because he had compassion on his people and on his dwelling place;

Psalms 79:8 Do not remember against us the iniquities of our forefathers; let thy compassion come speedily to meet us, for we are brought very low.

Psalms 135:14 For the LORD will vindicate his people, and have compassion on his servants.

Psalms 145:9 The LORD is good to all, and his compassion is over all that he has made.

Isaiah 9:17 Therefore the Lord does not rejoice over their young men, and has no compassion on their fatherless and widows; for every one is godless and an evildoer, and every mouth speaks folly. For all this his anger is not turned away and his hand is stretched out still.

Isaiah 14:1 The LORD will have compassion on Jacob and will again choose Israel, and will set them in their own land, and aliens will join them and will cleave to the house of Jacob.

Isaiah 27:11 When its boughs are dry, they are broken; women come and make a fire of them. For this is a people without discernment; therefore he who made them will not have compassion on them, he that formed them will show them no favor.

Isaiah 49:13 Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the LORD has comforted his people, and will have compassion on his afflicted.

Isaiah 49:15 "Can a woman forget her sucking child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.

Isaiah 54:7 For a brief moment I forsook you, but with great compassion I will gather you.

Isaiah 54:8 In overflowing wrath for a moment I hid my face from you, but with everlasting love I will have compassion on you, says the LORD, your Redeemer.

Isaiah 54:10 For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the LORD, who has compassion on you.

Lamentations 3:32 But, though he cause grief, he will have compassion according to the abundance of his steadfast love;

Ezekiel 16:5 No eye pitied you, to do any of these things to you out of compassion for you; but you were cast out on the open field, for you were abhorred, on the day that you were born.

Daniel 1:9 And God gave Daniel favor and compassion in the sight of the chief of the eunuchs;

Hosea 11:4 I led them with cords of compassion, with the bands of love, and I became to them as one, who eases the yoke on their jaws, and I bent down to them and fed them.

Hosea 11:8 How can I give you up, O E'phraim! How can I hand you over, O Israel! How can I make you like Admah! How can I treat you like Zeboi'im! My heart recoils within me, my compassion grows warm and tender.

Micah 7:19 He will again have compassion upon us, he will tread our iniquities under foot. Thou wilt cast all our sins into the depths of the sea.

Zechariah 1:16 Therefore, thus says the LORD, I have returned to Jerusalem with compassion; my house shall be built in it, says the LORD of hosts, and the measuring line shall be stretched out over Jerusalem.

Zechariah 10:6 "I will strengthen the house of Judah, and I will save the house of Joseph. I will bring them back because I have compassion on them, and they shall be as though I had not rejected them; for I am the LORD their God and I will answer them.

Zechariah 12:10 "And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of compassion and supplication, so that, when they look on him whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a first-born.

New Testament

Matthew 9:36 When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 14:14 As he went ashore he saw a great throng; and he had compassion on them, and healed their sick.

Matthew 15:32 Then Jesus called his disciples to him and said, "I have compassion on the crowd, because they have been with me now three days, and have nothing to eat; and I am unwilling to send them away hungry, lest they faint on the way."

Mark 6:34 As he went ashore he saw a great throng, and he had compassion on them, because they were like sheep without a shepherd; and he began to teach them many things.

Luke 7:13 And when the Lord saw her, he had compassion on her and said to her, "Do not weep."

Luke 10:33 But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion,

Luke 15:20 And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him.

Romans 9:15 For he says to Moses, "I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion."

Colossians 3:12 Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience,

Quran

Hud 11:75 For Abraham was, without doubt, forbearing (of faults), compassionate, and given to look to Allah.

AlFath 48:29 Muhammad is the messenger of Allah; and those who are with him are strong against Unbelievers, (but) compassionate amongst each other. Thou wilt see them bow and prostrate themselves (in prayer), seeking Grace from Allah and (His) Good Pleasure. On their faces are their marks, (being) the traces of their prostration. This is their similitude in the Taurat; and their similitude in the Gospel is: like a seed which sends forth its blade, then makes it strong; it then becomes thick, and it stands on its own stem, (filling) the sowers with wonder and delight. As a result, it fills the Unbelievers with rage at them. Allah has promised those among them who believe and do righteous deeds forgiveness, and a great Reward.

AlHadid 57:27 Then, in their wake, We followed them up with (others of) Our messengers: We sent after them Jesus the son of Mary, and bestowed on him the Gospel; and We ordained in the hearts of those

who followed him compassion and Mercy. But the Monasticism which they invented for themselves, We did not prescribe for them: (We commanded) only the seeking for the Good Pleasure of Allah; but that they did not foster as they should have done. Yet We bestowed, on those among them who believed, their (due) reward, but many of them are rebellious transgressors.

Al Balad 90:17 Then will he be of those who believe, and enjoin patience, (constancy, and self-restraint), and enjoin deeds of kindness and compassion.

Righteousness

He loves righteousness and justice; the earth is full of the steadfast love of the LORD. – Psalm 33:5

I had never contemplated the word righteousness until I had reached my late teens, and even now the definition is elusive. The Abrahamic scriptures do not clearly provide one definition of its meaning, but they do highlight many examples of righteous men and women while providing descriptions of what righteousness is. I've found that the concept of righteousness, more importantly of striving to attain it, has been a catalyst in my life when seeking salvation, grace, favor, and the love of God. It has provided a standard to reach towards and a criterion to utilize when navigating my life. There are so many paths and avenues that we can traverse in a lifetime, but knowing which roads to climb is key. The book of Proverbs describes righteousness as a good path, along with justice and equity; paths that I definitely hold on to.

The Prophet Noah (SAW) was called a righteous man in the book of Genesis 6:9 and the verse continues to say that he was blameless in his generation. His story alone is evidence of the importance of righteousness when seeking salvation from *Allah* (SWI) as *Allah* (SWI) literally saved him and his progeny from the flood that overcame the entire world!

One of the most beautiful verses about righteousness and one worth memorizing is from the book of Malachi and reads:

But for you who fear my name the sun of righteousness shall rise, with healing in its wings. You shall go forth leaping like calves from the stall.

Seeking and practicing righteousness has truly been a healing for me personally, body and spirit. I pray that it may produce such healing for you and for all of mankind too.

Old Testament

Genesis 15:6 And he believed the LORD; and he reckoned it to him as righteousness.

Genesis 18:19 No, for I have chosen him, that he may charge his children and his household after him to keep the way of the LORD by doing righteousness and justice; so that the LORD may bring to Abraham what he has promised him."

Leviticus 19:15 "You shall do no injustice in judgment; you shall not be partial to the poor or defer to the great, but in righteousness shall you judge your neighbor.

Deuteronomy 6:25 And it will be righteousness for us, if we are careful to do all this commandment before the LORD our God, as he has commanded us.'

Deuteronomy 9:4 "Do not say in your heart, after the LORD your God has thrust them out before you, 'It is because of my righteousness that the LORD has brought me in to possess this land'; whereas it is because of the wickedness of these nations that the LORD is driving them out before you.

Deuteronomy 9:5 Not because of your righteousness or the uprightness of your heart are you going in to possess their land; but because of the wickedness of these nations the LORD your God is driving them out from before you, and that he may confirm the word which the LORD swore to your fathers, to Abraham, to Isaac, and to Jacob.

Deuteronomy 24:13 When the sun goes down, you shall restore to him the pledge that he may sleep in his cloak and bless you; and it shall be righteousness to you before the LORD your God.

1Samuel 26:23 The LORD rewards every man for his righteousness and his faithfulness; for the LORD gave you into my hand today, and I would not put forth my hand against the LORD'S anointed.

2Samuel 22:21 "The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

2Samuel 22:25 Therefore the LORD has recompensed me according to my righteousness, according to my cleanness in his sight.

1Kings 3:6 And Solomon said, "Thou hast shown great and steadfast love to thy servant David my father, because he walked before thee in faithfulness, in righteousness, and in uprightness of heart toward thee; and thou hast kept for him this great and steadfast love, and hast given him a son to sit on his throne this day.

1Kings 8:32 Then hear thou in heaven, and act, and judge thy servants, condemning the guilty by bringing his conduct upon his own head, and vindicating the righteous by rewarding him according to his righteousness.

1Kings 10:9 Blessed be the LORD your God, who has delighted in you and set you on the throne of Israel! Because the LORD loved Israel forever, he has made you king, that you may execute justice and righteousness."

Job 27:6 I hold fast my righteousness, and will not let it go; my heart does not reproach me for any of my days.

Job 29:14 I put on righteousness, and it clothed me; my justice was like a robe and a turban.

Job 35:8 Your wickedness concerns a man like yourself, and your righteousness a son of man.

Job 36:3 I will fetch my knowledge from afar, and ascribe righteousness to my Maker.

Job 37:23 The Almighty--we cannot find him; he is great in power and justice, and abundant righteousness he will not violate.

Psalms 5:8 Lead me, O LORD, in thy righteousness because of my enemies; make thy way straight before me.

Psalms 7:8 The LORD judges the peoples; judge me, O LORD, according to my righteousness and according to the integrity that is in me.

Psalm 7:17 I will give to the LORD the thanks due to his righteousness, and I will sing praise to the name of the LORD, the Most High.

Psalm 9:8 And he judges the world with righteousness, he judges the peoples with equity.

Psalm 17:15 As for me, I shall behold thy face in righteousness; when I awake, I shall be satisfied with beholding thy form.

Psalm 18:20 The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

Psalm 18:24 Therefore the LORD has recompensed me according to my righteousness, according to the cleanness of my hands in his sight.

Psalm 23:3 He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 31:1 To the choirmaster. A Psalm of David. In thee, O LORD, do I seek refuge; let me never be put to shame; in thy righteousness deliver me!

Psalm 33:5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD.

Psalm 35:24 Vindicate me, O LORD, my God, according to thy righteousness; and let them not rejoice over me!

Psalm 35:28 Then my tongue shall tell of thy righteousness and of thy praise all the day long.

Psalm 36:6 Thy righteousness is like the mountains of God, thy judgments are like the great deep; man and beast thou savest, O LORD.

Psalm 45:7 You love righteousness and hate wickedness. Therefore God, your God, has anointed you with the oil of gladness above your fellows;

Psalm 50:6 The heavens declare his righteousness, for God himself is judge! *Selah*

Psalm 71:2 In thy righteousness deliver me and rescue me; incline thy ear to me, and save me!

Psalm 71:16 With the mighty deeds of the Lord GOD I will come, I will praise thy righteousness, thine alone.

Psalm 71:19 And thy righteousness, O God, reach the high heavens. Thou who hast done great things, O God, who is like thee?

Psalm 72:1 A Psalm of Solomon. Give the king thy justice, O God, and thy righteousness to the royal son!

Psalm 72:2 May he judge thy people with righteousness, and thy poor with justice!

Psalm 85:10 Steadfast love and faithfulness will meet; righteousness and peace will kiss each other.

Psalm 85:11 Faithfulness will spring up from the ground, and righteousness will look down from the sky.

Psalm 85:13 Righteousness will go before him, and make his footsteps a way.

Psalm 89:14 Righteousness and justice are the foundation of thy throne; steadfast love and faithfulness go before thee.

Psalm 89:16 Who exult in thy name all the day, and extol thy righteousness.

Psalm 96:13 Before the LORD, for he comes, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with his truth.

Psalm 97:2 Clouds and thick darkness are round about him; righteousness and justice are the foundation of his throne.

Psalm 106:3 Blessed are they who observe justice, who do righteousness at all times!

Psalm 111:3 Full of honor and majesty is his work, and his righteousness endures forever.

Psalm 118:19 Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.

Psalm 119:40 Behold, I long for thy precepts; in thy righteousness give me life!

Psalm 119:142 Thy righteousness is righteous forever, and thy law is true.

Psalm 132:9 Let thy priests be clothed with righteousness, and let thy saints shout for joy.

Psalm 143:11 For thy name's sake, O LORD, preserve my life! In thy righteousness bring me out of trouble!

Proverbs 1:3 Receive instruction in wise dealing, righteousness, justice, and equity;

Proverbs 2:9 Then you will understand righteousness and justice and equity, every good path;

Proverbs 8:20 I walk in the way of righteousness, in the paths of justice,

Proverbs 10:2 Treasures gained by wickedness do not profit, but righteousness delivers from death.

Proverbs 11:4 Riches do not profit in the day of wrath, but righteousness delivers from death.

Proverbs 11:5 The righteousness of the blameless keeps his way straight, but the wicked falls by his own wickedness.

Proverbs 11:6 The righteousness of the upright delivers them, but the treacherous are taken captive by their lust.

Proverbs 11:18 A wicked man earns deceptive wages, but one who sows righteousness gets a sure reward.

Proverbs 11:19 He who is steadfast in righteousness will live, but he who pursues evil will die.

Proverbs 12:28 In the path of righteousness is life, but the way of error leads to death.

Proverbs 13:6 Righteousness guards him whose way is upright, but sin overthrows the wicked.

Proverbs 14:34 Righteousness exalts a nation, but sin is a reproach to any people.

Proverbs 15:9 The way of the wicked is an abomination to the LORD, but he loves him who pursues righteousness.

Proverbs 16:8 Better is a little with righteousness than great revenues with injustice.

Proverbs 16:12 It is an abomination to kings to do evil, for the throne is established by righteousness.

Proverbs 20:28 Loyalty and faithfulness preserve the king, and his throne is upheld by righteousness.

Proverbs 21:3 To do righteousness and justice is more acceptable to the LORD than sacrifice.

Proverbs 21:21 He who pursues righteousness and kindness will find life and honor.

Proverbs 25:5 Take away the wicked from the presence of the king, and his throne will be established in righteousness.

Ecclesiastes 3:16 Moreover I saw under the sun that in the place of justice, even there was wickedness, and in the place of righteousness, even there was wickedness.

Ecclesiastes 7:15 In my vain life I have seen everything; there is a righteous man who perishes in his righteousness, and there is a wicked man who prolongs his life in his evil-doing.

Isaiah 1:21 How the faithful city has become a harlot, she that was full of justice! Righteousness lodged in her, but now murderers.

Isaiah 1:26 And I will restore your judges as at the first, and your counselors as at the beginning. Afterward you shall be called the city of righteousness, the faithful city."

Isaiah 1:27 Zion shall be redeemed by justice, and those in her who repent, by righteousness.

Isaiah 9:7 Of the increase of his government and of peace there will be no end, upon the throne of David, and over his kingdom, to establish it, and to uphold it with justice and with righteousness from this time forth and for evermore. The zeal of the LORD of hosts will do this.

Isaiah 11:4 But with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall smite the earth with the rod of his mouth, and with the breath of his lips he shall slay the wicked.

Isaiah 16:5 Then a throne will be established in steadfast love and on it will sit in faithfulness in the tent of David one who judges and seeks justice and is swift to do righteousness."

Isaiah 26:9 My soul yearns for thee in the night, my spirit within me earnestly seeks thee. For when thy judgments are in the earth, the inhabitants of the world learn righteousness.

Isaiah 32:1 Behold, a king will reign in righteousness, and princes will rule in justice.

Isaiah 32:16 Then justice will dwell in the wilderness, and righteousness abide in the fruitful field.

Isaiah 32:17 And the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.

Isaiah 33:5 The LORD is exalted, for he dwells on high; he will fill Zion with justice and righteousness;

Isaiah 42:6 "I am the LORD, I have called you in righteousness, I have taken you by the hand and kept you; I have given you as a covenant to the people, a light to the nations,

Isaiah 42:21 'The LORD was pleased, for his righteousness' sake, to magnify his law and make it glorious.

Isaiah 45:8 "Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may sprout forth, and let it cause righteousness to spring up also; I the LORD have created it.

Isaiah 45:13 I have aroused him in righteousness, and I will make straight all his ways; he shall build my city and set my exiles free, not for price or reward," says the LORD of hosts.

Isaiah 45:23 By myself I have sworn, from my mouth has gone forth in righteousness a word that shall not return: "To me every knee shall bow, every tongue shall swear."

Isaiah 48:18 O that you had hearkened to my commandments! Then your peace would have been like a river, and your righteousness like the waves of the sea;

Isaiah 51:7 "Hearken to me, you who know righteousness, the people in whose heart is my law; fear not the reproach of men, and be not dismayed at their reviling.

Isaiah 54:14 In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you.

Isaiah 56:1 Thus says the LORD: "Keep justice, and do righteousness, for soon my salvation will come, and my deliverance be revealed.

Isaiah 58:8 Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the LORD shall be your rear guard.

Isaiah 59:17 He put on righteousness as a breastplate, and a helmet of salvation upon his head; he put on garments of vengeance for clothing, and wrapped himself in fury as a mantle.

Isaiah 60:17 Instead of bronze I will bring gold, and instead of iron I will bring silver; instead of wood, bronze, instead of stones, iron. I will make your overseers peace and your taskmasters righteousness.

Isaiah 61:10 I will greatly rejoice in the LORD, my soul shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.

Isaiah 61:11 For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord GOD will cause righteousness and praise to spring forth before all the nations.

Isaiah 64:5 Thou meets him that joyfully works righteousness, those that remember thee in thy ways. Behold, thou was angry, and we sinned; in our sins we have been a long time, and shall we be saved?

Jeremiah 9:24 But let him who glories glory in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth; for in these things I delight, says the LORD."

Jeremiah 22:3 Thus says the LORD: Do justice and righteousness, and deliver from the hand of the oppressor him who has been robbed. And do no wrong or violence to the alien, the fatherless, and the widow, nor shed innocent blood in this place.

Jeremiah 22:15 Do you think you are a king because you compete in cedar? Did not your father eat and drink and do justice and righteousness? Then it was well with him.

Jeremiah 23:5 "Behold, the days are coming, says the LORD, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land.

Ezekiel 3:20 Again, if a righteous man turns from his righteousness and commits iniquity, and I lay a stumbling block before him, he shall die; because you have not warned him, he shall die for his sin, and his righteous deeds which he has done shall not be remembered; but his blood I will require at your hand.

Ezekiel 14:14 Even if these three men, Noah, Daniel, and Job, were in it, they would deliver but their own lives by their righteousness, says the Lord GOD.

Ezekiel 18:20 The soul that sins shall die. The son shall not suffer for the iniquity of the father, nor the father suffer for the iniquity of the son; the righteousness of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself.

Ezekiel 18:24 But when a righteous man turns away from his righteousness and commits iniquity and does the same abominable things that the wicked man does, shall he live? None of the righteous deeds which he has done shall be remembered; for the treachery of which he is guilty and the sin he has committed, he shall die.

Ezekiel 33:12 And you, son of man, say to your people, The righteousness of the righteous shall not deliver him when he transgresses; and as for the wickedness of the wicked, he shall not fall by it when he turns from his wickedness; and the righteous shall not be able to live by his righteousness when he sins.

Ezekiel 45:9 "Thus says the Lord GOD: Enough, O princes of Israel! Put away violence and oppression, and execute justice and righteousness; cease your evictions of my people, says the Lord GOD.

Daniel 4:27 Therefore, O king, let my counsel be acceptable to you; break off your sins by practicing righteousness, and your iniquities by showing mercy to the oppressed, that there may perhaps be a lengthening of your tranquility.

Daniel 12:3 And those who are wise shall shine like the brightness of the firmament; and those who turn many to righteousness, like the stars for ever and ever.

Hosea 10:12 Sow for yourselves righteousness, reap the fruit of steadfast love; break up your fallow ground, for it is the time to seek the LORD, that he may come and rain salvation upon you.

Amos 5:24 But let justice roll down like waters, and righteousness like an ever-flowing stream.

Amos 6:12 Do horses run upon rocks? Does one plow the sea with oxen? But you have turned justice into poison and the fruit of righteousness into wormwood--

Zephaniah 2:3 Seek the LORD, all you humble of the land, who do his commands; seek righteousness, seek humility; perhaps you may be hidden on the day of the wrath of the LORD.

Zechariah 8:8 And I will bring them to dwell in the midst of Jerusalem; and they shall be my people and I will be their God, in faithfulness and in righteousness."

Malachi 4:2 But for you who fear my name the sun of righteousness shall rise, with healing in its wings. You shall go forth leaping like calves from the stall.

New Testament

Matthew 3:15 But Jesus answered him, "Let it be so now; for thus it is fitting for us to fulfil all righteousness."

Matthew 5:6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Matthew 5:10 "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Matthew 5:20 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things shall be yours as well.

Matthew 21:32 For John came to you in the way of righteousness, and you did not believe him, but the tax collectors and the harlots believed him; and even when you saw it, you did not afterward repent and believe him.

Luke 1:67-75 And his father Zechariah was filled with the Holy Spirit, and prophesied, saying, "Blessed be the Lord God of Israel, for he has visited and redeemed his people, and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets from of old, that we should be saved from our enemies, and from the hand of all who hate us; to perform the mercy promised to our fathers, and to remember his holy covenant, the oath which he swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve him without fear, in holiness and righteousness before him all the days of our life.

John 16:7-10 Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Counselor will not come to you; but if I go, I will send him to you. And when he comes, he will convince the world concerning sin and righteousness and judgment: concerning sin, because they do not believe in me; concerning righteousness, because I go to the Father, and you will see me no more;

Act 13:10 And said, "You son of the devil, you enemy of all righteousness, full of all deceit and villainy, will you not stop making crooked the straight paths of the Lord?"

Romans 4:3 For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness."

Romans 4:13 The promise to Abraham and his descendants, that they should inherit the world, did not come through the law but through the righteousness of faith.

Romans 6:13 Do not yield your members to sin as instruments of wickedness, but yield yourselves to God as men who have been brought from death to life, and your members to God as instruments of righteousness.

Romans 6:19 I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.

Romans 10:3 For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness.

Romans 10:5 Moses writes that the man who practices the righteousness which is based on the law shall live by it.

1Corinthians 1:30 He is the source of your life in Christ Jesus, whom God made our wisdom, our righteousness and sanctification and redemption;

2Corinthians 6:3-7 We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left;

2Corinthians 9:9 As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever."

Galatians 3:6 Thus Abraham "believed God, and it was reckoned to him as righteousness."

Ephesians 4:24 And put on the new nature, created after the likeness of God in true righteousness and holiness.

Ephesians 6:14 Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness,

1Timothy 6:11 But as for you, man of God, shun all this; aim at righteousness, godliness, faith, love, steadfastness, gentleness.

2Timothy 2:22 So shun youthful passions and aim at righteousness, faith, love, and peace, along with those who call upon the Lord from a pure heart.

2Timothy 3:16 All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness

Hebrews 7:2 And to him Abraham apportioned a tenth part of everything. He is first, by translation of his name, king of righteousness, and then he is also king of Salem, that is, king of peace.

Hebrews 11:7 By faith Noah, being warned by God concerning events as yet unseen, took heed and constructed an ark for the saving of his household; by this he condemned the world and became an heir of the righteousness which comes by faith.

Hebrews 12:11 For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it.

James 1:20 For the anger of man does not work the righteousness of God.

James 2:23 And the scripture was fulfilled which says, "Abraham believed God, and it was reckoned to him as righteousness"; and he was called the friend of God.

James 3:18 And the harvest of righteousness is sown in peace by those who make peace.

1Peter 3:14 But even if you do suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled,

2Peter 3:13 But according to his promise we wait for new heavens and a new earth in which righteousness dwells.

Revelation 19:11 Then I saw heaven opened, and behold, a white horse! He who sat upon it is called Faithful and True, and in righteousness he judges and makes war.

Quran

Al-Baqarah 2:21 O ye people! Adore your Guardian-Lord, who created you and those who came before you, that ye may have the chance to learn righteousness;

Al-Baqarah 2:25 But give glad tidings to those who believe and work righteousness, that their portion is Gardens, beneath which rivers

flow. Every time they are fed with fruits therefrom, they say: "Why, this is what we were fed with before," for they are given things in similitude; and they have therein companions pure (and holy); and they abide therein (forever).

Al-Baqarah 2:62 Those who believe (in the Qur'an), and those who follow the Jewish (scriptures), and the Christians and the Sabians,- any who believe in Allah and the Last Day, and work righteousness, shall have their reward with their Lord; on them shall be no fear, nor shall they grieve.

Al-Baqarah 2:82 But those who have faith and work righteousness, they are companions of the Garden: Therein shall they abide (Forever).

Al-Baqarah 2:177 It is not righteousness that ye turn your faces Towards east or West; but it is righteousness- to believe in Allah and the Last Day, and the Angels, and the Book, and the Messengers; to spend of your substance, out of love for Him, for your kin, for orphans, for the needy, for the wayfarer, for those who ask, and for the ransom of slaves; to be steadfast in prayer, and practice regular charity; to fulfil the contracts which ye have made; and to be firm and patient, in pain (or suffering) and adversity, and throughout all periods of panic. Such are the people of truth, the Allah-fearing.

Al-Baqarah 2:277 Those who believe, and do deeds of righteousness, and establish regular prayers and regular charity, will have their reward with their Lord: on them shall be no fear, nor shall they grieve.

Al-Imran 3:57 "As to those who believe and work righteousness, Allah will pay them (in full) their reward; but Allah loveth not those who do wrong."

Al-Imran 3:92 By no means shall ye attain righteousness unless ye give (freely) of that which ye love; and whatever ye give, of a truth Allah knoweth it well.

An-Nisaa 4:57 But those who believe and do deeds of righteousness, We shall soon admit to Gardens, with rivers flowing beneath,- their eternal

home: Therein shall they have companions pure and holy: We shall admit them to shades, cool and ever deepening.

An Nisaa 4:122 But those who believe and do deeds of righteousness,- we shall soon admit them to gardens, with rivers flowing beneath,- to dwell therein forever. Allah's promise is the truth, and whose word can be truer than Allah's?

An Nisaa 4:124 If any do deeds of righteousness,- be they male or female - and have faith, they will enter Heaven, and not the least injustice will be done to them.

An Nisaa 4:173 But to those who believe and do deeds of righteousness, He will give their (due) rewards,- and more, out of His bounty: But those who are disdainful and arrogant, He will punish with a grievous penalty; Nor will they find, besides Allah, any to protect or help them.

Al Maida 5:2 Help ye one another in righteousness and piety, but help ye not one another in sin and rancor: fear Allah: for Allah is strict in punishment.

Al Maida 5:9 To those who believe and do deeds of righteousness hath Allah promised forgiveness and a great reward.

Al Maida 5:69 Those who believe (in the Qur'an), those who follow the Jewish (scriptures), and the Sabians and the Christians,- any who believe in Allah and the Last Day, and work righteousness,- on them shall be no fear, nor shall they grieve.

Al Maida 5:93 On those who believe and do deeds of righteousness there is no blame for what they ate (in the past), when they guard themselves from evil, and believe, and do deeds of righteousness,- (or) again, guard themselves from evil and believe,- (or) again, guard themselves from evil and do good. For Allah loveth those who do good.

Al Anaam 6:127 For them will be a home of peace in the presence of their Lord: He will be their friend, because they practiced (righteousness).

Al Anaam 6:158 Are they waiting to see if the angels come to them, or thy Lord (Himself), or certain of the signs of thy Lord! the day that certain of the signs of thy Lord do come, no good will it do to a soul to believe in them then if it believed not before nor earned righteousness through its faith. Say: "Wait ye: we too are waiting."

Al Araaf 7:26 O ye Children of Adam! We have bestowed raiment upon you to cover your shame, as well as to be an adornment to you. But the raiment of righteousness,- that is the best. Such are among the Signs of Allah, that they may receive admonition!

Al Araaf 7:42 But those who believe and work righteousness,- no burden do We place on any soul, but that which it can bear,- they will be Companions of the Garden, therein to dwell (forever).

At Tawba 9:105 And say: "Work (righteousness): Soon will Allah observe your work, and His Messenger, and the Believers: Soon will ye be brought back to the knower of what is hidden and what is open: then will He show you the truth of all that ye did."

Yunus 10:4 To Him will be your return- of all of you. The promise of Allah is true and sure. It is He Who beginneth the process of creation, and repeateth it, that He may reward with justice those who believe and work righteousness; but those who reject Him will have draughts of boiling fluids, and a penalty grievous, because they did reject Him.

Yunus 10:5 It is He Who made the sun to be a shining glory and the moon to be a light (of beauty), and measured out stages for her; that ye might know the number of years and the count (of time). Nowise did Allah create this but in truth and righteousness. (Thus) doth He explain His Signs in detail, for those who understand.

Yunus 10:9 Those who believe, and work righteousness,- their Lord will guide them because of their faith: beneath them will flow rivers in gardens of bliss.

Hud 11:11 Not so do those who show patience and constancy, and work righteousness; for them is forgiveness (of sins) and a great reward.

Hud 11:23 But those who believe and work righteousness, and humble themselves before their Lord,- They will be companions of the gardens, to dwell therein for aye!

Yusuf 12:57 But verily the reward of the Hereafter is the best, for those who believe, and are constant in righteousness.

Ar Rad 13:29 "For those who believe and work righteousness, is (every) blessedness, and a beautiful place of (final) return."

Ibrahim 14:23 But those who believe and work righteousness will be admitted to gardens beneath which rivers flow,- to dwell therein for aye with the leave of their Lord. Their greeting therein will be: "Peace!"

An Nabl 16:97 Whoever works righteousness, man or woman, and has Faith, verily, to him will We give a new Life, a life that is good and pure and We will bestow on such their reward according to the best of their actions.

Al Israa 17:9 Verily this Qur'an doth guide to that which is most right (or stable), and giveth the Glad Tidings to the Believers who work deeds of righteousness, that they shall have a magnificent reward;

Al Israa 17:25 Your Lord knoweth best what is in your hearts: If ye do deeds of righteousness, verily He is Most Forgiving to those who turn to Him again and again (in true penitence).

Al Kahf 18:30 As to those who believe and work righteousness, verily We shall not suffer to perish the reward of any who do a (single) righteous deed.

AlKahf 18:88 "But whoever believes, and works righteousness,- he shall have a goodly reward, and easy will be his task as We order it by our Command."

AlKahf 18:110 Say: "I am but a man like yourselves, (but) the inspiration has come to me, that your Allah is one Allah: whoever expects to meet his Lord, let him work righteousness, and, in the worship of his Lord, admit no one as partner.

Maryam 19:96 On those who believe and work deeds of righteousness, will (Allah) Most Gracious bestow love.

Taa-Haa 20:112 But he who works deeds of righteousness, and has faith, will have no fear of harm nor of any curtailment (of what is his due).

Taa-Haa 20:132 Enjoin prayer on thy people, and be constant therein. We ask thee not to provide sustenance: We provide it for thee. But the (fruit of) the Hereafter is for righteousness.

Al Anbiya 21:94 Whoever works any act of righteousness and has faith,- His endeavor will not be rejected: We shall record it in his favor.

Al Muminoon 23:51 O ye messengers! enjoy (all) things good and pure, and work righteousness: for I am well-acquainted with (all) that ye do.

Asb Shuaraa 26:227 Except those who believe, work righteousness, engage much in the remembrance of Allah, and defend themselves only after they are unjustly attacked. And soon will the unjust assailants know what vicissitudes their affairs will take!

An Naml 27:53 And We saved those who believed and practiced righteousness.

Al Qasas 28:67 But any that (in this life) had repented, believed, and worked righteousness, will have hopes to be among those who achieve salvation.

Al Qasas 28:80 But those who had been granted (true) knowledge said: "Alas for you! The reward of Allah (in the Hereafter) is best for those who believe and work righteousness: but this none shall attain, save those who steadfastly persevere (in good)."

Al Ankaboot 29:58 But those who believe and work deeds of righteousness - to them shall We give a Home in Heaven,- lofty mansions beneath which flow rivers,- to dwell therein for aye;- an excellent reward for those who do (good)!-

ArRum 30:44 Those who reject Faith will suffer from that rejection: and those who work righteousness will spread their couch (of repose) for themselves (in heaven):

AlAbzab 33:31 But any of you that is devout in the service of Allah and His Messenger, and works righteousness,- to her shall We grant her reward twice: and We have prepared for her a generous Sustenance.

Saba 34:4 That He may reward those who believe and work deeds of righteousness: for such is Forgiveness and a Sustenance Most Generous."

Saba 34:37 It is not your wealth nor your sons, that will bring you nearer to Us in degree: but only those who believe and work righteousness - these are the ones for whom there is a multiplied Reward for their deeds, while secure they (reside) in the dwellings on high!

Fatir 35:10 If any do seek for glory and power,- to Allah belong all glory and power. To Him mount up (all) Words of Purity: It is He Who exalts each Deed of righteousness. Those that lay Plots of Evil,- for them is a Penalty terrible; and the plotting of such will be void (of result).

Saad 38:28 Shall We treat those who believe and work deeds of righteousness, the same as those who do mischief on earth? Shall We treat those who guard against evil, the same as those who turn aside from the right?

AzZumar 39:74 They will say: "Praise be to Allah, Who has truly fulfilled His Promise to us, and has given us (this) land in heritage: We can dwell in the Garden as we will: how excellent a reward for those who work (righteousness)!"

Ghafir 40:58 Not equal are the blind and those who (clearly) see: Nor are (equal) those who believe and work deeds of righteousness, and those who do evil. Little do ye learn by admonition!

Fussilat 41: 8 For those who believe and work deeds of righteousness is a reward that will never fail.

Fussilat 41:33 Who is better in speech than one who calls (men) to Allah, works righteousness, and says, "I am of those who bow in Islam"?

Fussilat 41:46 Whoever works righteousness benefits his own soul; whoever works evil, it is against his own soul: nor is thy Lord ever unjust (in the least) to His Servants.

Ash Shura 42:26 And He listens to those who believe and do deeds of righteousness, and gives them increase of His Bounty: but for the Unbelievers there is a terrible Penalty.

Al Abqaf 46:15 We have enjoined on man kindness to his parents: In pain did his mother bear him, and in pain did she give him birth. The carrying of the (child) to his weaning is (a period of) thirty months. At length, when he reaches the age of full strength and attains forty years, he says, "O my Lord! Grant me that I may be grateful for Thy favor which Thou has bestowed upon me, and upon both my parents, and that I may work righteousness such as Thou may approve; and be gracious to me in my issue. Truly have I turned to Thee and truly do I bow (to Thee) in Islam."

Muhammad 47:2 But those who believe and work deeds of righteousness, and believe in the (Revelation) sent down to Muhammad - for it is the Truth from their Lord,- He will remove from them their ills and improve their condition.

Al Hujuraat 49:7 And know that among you is Allah's Messenger: were he, in many matters, to follow your (wishes), ye would certainly fall into misfortune: But Allah has endeared the Faith to you, and has made it beautiful in your hearts, and He has made hateful to you Unbelief, wickedness, and rebellion: such indeed are those who walk in righteousness;-

At Talaq 65:11 An Messenger, who rehearses to you the Signs of Allah containing clear explanations, that he may lead forth those who believe and do righteous deeds from the depths of Darkness into Light. And those who believe in Allah and work righteousness, He will admit to

Gardens beneath which Rivers flow, to dwell therein for ever: Allah has indeed granted for them a most excellent Provision.

Prayer

“And your Lord says: ‘Call on Me; I will answer your prayer,’” – *Surah Ghafir*
40:60

Striving towards the good is a broad concept that could be interpreted many ways by many people but when we keep the standards of the Abrahamic scriptures as our criterion for distinguishing between what is “good” and what is “bad” then the scope gets narrower and can be easier to adhere to. One of the good things mentioned within the Abrahamic scriptures is Prayer.

The official definition of prayer is: an address (as a petition) to God in word or thought. In that respect, prayer is a very personal experience which involves a one-on-one connection to God. One of the five tenets of Islam, *Salaat*, is the establishing of regular prayer, and it has been one of the most significant blessings that I’ve received since becoming a Muslim. And the Lord’s Prayer as taught by the Messiah Jesus (SAW) is also a cornerstone that I lean upon heavily in my own personal walk when striving towards the good, as is the *AlFatihah*, the first chapter of the Quran.

Old Testament

1Kings 8:28 Yet have regard to the prayer of thy servant and to his supplication, O LORD my God, hearkening to the cry and to the prayer which thy servant prays before thee this day;

1Kings 8:29 That thy eyes may be open night and day toward this house, the place of which thou hast said, 'My name shall be there,' that thou mayest hearken to the prayer which thy servant offers toward this place.

1Kings 8:38 Whatever prayer, whatever supplication is made by any man or by all thy people Israel, each knowing the affliction of his own heart and stretching out his hands toward this house;

1Kings 8:45 Then hear thou in heaven their prayer and their supplication, and maintain their cause.

1Kings 8:49 Then hear thou in heaven thy dwelling place their prayer and their supplication, and maintain their cause

1Kings 8:54 Now as Solomon finished offering all this prayer and supplication to the LORD, he arose from before the altar of the LORD, where he had knelt with hands outstretched toward heaven;

1Kings 9:3 And the LORD said to him, "I have heard your prayer and your supplication, which you have made before me; I have consecrated this house which you have built, and put my name there for ever; my eyes and my heart will be there for all time.

2Kings 20:5 "Turn back, and say to Hezeki'ah the prince of my people, Thus says the LORD, the God of David your father: I have heard your prayer, I have seen your tears; behold, I will heal you; on the third day you shall go up to the house of the LORD.

2Chronicles 30:27 Then the priests and the Levites arose and blessed the people, and their voice was heard, and their prayer came to his holy habitation in heaven.

Nehemiah 1:11 O Lord, let thy ear be attentive to the prayer of thy servant, and to the prayer of thy servants who delight to fear thy name; and give success to thy servant today, and grant him mercy in the sight of this man."

Job 22:27 You will make your prayer to him, and he will hear you; and you will pay your vows.

Psalms 6:9 The LORD has heard my supplication; the LORD accepts my prayer.

Psalms 32:6 Therefore let everyone who is godly offer prayer to thee; at a time of distress, in the rush of great waters, they shall not reach him.

Psalms 42:8 By day the LORD commands his steadfast love; and at night his song is with me, a prayer to the God of my life.

Psalms 65:2 O thou who hearest prayer! To thee shall all flesh come

Psalm 69:13 But as for me, my prayer is to thee, O LORD. At an acceptable time, O God, in the abundance of thy steadfast love answer me. With thy faithful help

Psalm 88:13 But I, O LORD, cry to thee; in the morning my prayer comes before thee.

Psalm 102:17 He will regard the prayer of the destitute, and will not despise their supplication.

Psalm 141:2 Let my prayer be counted as incense before thee, and the lifting up of my hands as an evening sacrifice!

Proverbs 28:9 If one turns away his ear from hearing the law, even his prayer is an abomination.

Isaiah 26:16 O LORD, in distress they sought thee, they poured out a prayer when thy chastening was upon them.

Isaiah 56:7 These I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples.

Daniel 9:21 While I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the first, came to me in swift flight at the time of the evening sacrifice.

Jonah 2:7 When my soul fainted within me, I remembered the LORD; and my prayer came to thee, into thy holy temple.

New Testament

Matthew 21:13 He said to them, "It is written, 'My house shall be called a house of prayer'; but you make it a den of robbers."

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith."

Mark 9:29 And he said to them, "This kind cannot be driven out by anything but prayer."

Mark 11:17 And he taught, and said to them, "Is it not written, 'My house shall be called a house of prayer for all the nations'? But you have made it a den of robbers."

Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Luke 1:13 But the angel said to him, "Do not be afraid, Zechari'ah, for your prayer is heard, and your wife Elizabeth will bear you a son, and you shall call his name John.

Luke 2:37 And as a widow till she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

Luke 6:12 In these days he went out to the mountain to pray; and all night he continued in prayer to God.

Acts 1:14 All these with one accord devoted themselves to prayer, together with the women and Mary the mother of Jesus, and with his brothers.

Acts 6:4 But we will devote ourselves to prayer and to the ministry of the word."

Romans 12:12 Rejoice in your hope, be patient in tribulation, be constant in prayer.

Ephesians 6:18 Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

Philippians 4:6 Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving;

James 5:15 And the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven.

James 5:16 Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects.

1 Peter 3:12 For the eyes of the Lord are upon the righteous, and his ears are open to their prayer. But the face of the Lord is against those that do evil."

Quran

Al Baqarah 2:3 Who believe in the unseen, are steadfast in Prayer, and spend out of what We have provided for them.

Al Baqarah 2:43 And be steadfast in Prayer, practice regular charity; and bow down your heads with those who bow down in worship.

Al Baqarah 2:45 Seek Allah's help with patient perseverance and prayer; it is indeed hard, except to those who bring a lowly spirit.

Al Baqarah 2:83 And remember we took a covenant from the children of Israel to the effect: worship none but Allah; treat with kindness your parents and kindred, and orphans and those in need; speak fair to the people; be steadfast in Prayer; and practice regular charity.

Al Baqarah 2:110 And be steadfast in prayer and regular charity: and whatever good you send forth for your souls before you, you will find it with Allah; for Allah sees well all that you do.

Al Baqarah 2:153 O you who believe! Seek help with patient perseverance and Prayer; for Allah is with those who patiently persevere.

Al Baqarah 2:186 When My servants ask thee concerning Me, I am indeed close to them: I listen to the Prayer of every suppliant when he calls on Me: let them also, with a will, listen to My call, and believe in Me: that they may walk in the right way.

Al Baqarah 2:238 Guard strictly your habit of prayers, especially the middle prayer; and stand before Allah in a devout frame of mind.

Al Baqarah 2:277 Those who believe, and do deeds of righteousness, and establish regular prayers, and regular charity, will have their reward with their Lord: on them shall be no fear, nor shall they grieve.

An Nisaa 4:43 O you who believe! Approach not prayer with a mind befogged, until you can understand all that you say, nor in a state of ceremonial impurity.

Al Maida 5:6 O you who believe! When you prepare for prayer, wash your faces, your hands and arms to the elbows; rub your heads with water; and wash your feet to the ankles.

Al Maida 5:55 Your real friends are no less than Allah, His Messenger, and the fellowship of believers, those who establish regular prayers and regular charity, and they bow down humbly in worship.

Al Maida 5:91 Satan's plan is but to excite enmity and hatred between you, with intoxicants and gambling, and hinder you from the remembrance of Allah, and from prayer: will you not then abstain?

Al Araaf 7:29 Say: "My Lord has commanded justice; and that you set your whole selves to Him at every time and place of prayer, and call upon Him, making your devotion sincere as in His sight: such as He created you in the beginning, so shall you return."

Al Araaf 7:31 O children of Adam! Wear your beautiful apparel at every time and place of prayer.

Al Araaf 7:194 Verily those whom you call upon besides Allah are servants like unto you.

Tanbah 9:71 Those that turn to Allah in repentance; that serve Him, and praise Him; that wander in devotion to the cause of Allah, that bow down and prostrate themselves in prayer; that enjoin good and forbid evil; and observe the limit set by Allah; these do rejoice. So proclaim the glad tidings to the believers.

Hud 11:114 And establish regular prayers at the two ends of the day and at the approaches of the night: for those things that are good remove

those that are evil: be that the word of remembrance to those who remember their Lord.

Ar Rad 13:14 For Him alone is prayer in truth: any others that they call upon besides Him hear them no more than if they were to stretch forth their hands for water to reach their mouths but it reaches them not: for the prayer of those without faith is nothing but futile wandering in the mind.

Bani Israel 17:78-79 Establish regular prayers at the sun's decline until the darkness of the night, and the morning prayer and reading: for the prayer and reading in the morning carry their testimony.

And pray in the small watches of the morning: it would be an additional prayer or spiritual profit for you: soon will your Lord raise you to a station of praise and glory.

Taa-Haa 20:132 Enjoin prayer on your people, and be constant therein. We do not ask you to provide sustenance: We provide it for you.

An Noor 24:56 So establish regular prayer and give regular charity; and obey the Messenger; that you may receive mercy.

Al Ankaaboot 29:45 Recite what is sent of the Book by inspiration to you, and establish regular prayer: for prayer restrains from shameful and unjust deeds; and remembrance of Allah is the greatest thing in life without doubt. And Allah knows the deeds that you do.

Ar Rum 30:31 Turn back in repentance to Him and fear Him: establish regular prayers, and be not among those who join gods with Allah.

Fatir 35:18 You can only admonish such as fear their Lord unseen and establish regular prayer. And whoever purifies himself does so for the benefit of his own soul.

Al Mumin 40:60 And your Lord says: "Call on Me; I will answer your Prayer: but those who are too arrogant to serve Me will surely find themselves in Hell-in humiliation."

AlMuzzammil 73:6 Truly the rising by night is most potent for governing the soul, and most suitable for framing the word of prayer and praise.

AlAla 87:15 And glorify the name of their Guardian-Lord, and lift their hearts in prayer.

AlBaqiyina 98:5 And they have been commanded no more than this: to worship Allah, offering Him sincere devotion, being true in faith; to establish regular prayer, and to practice regular charity; and that is the religion Right and Straight.

Psalm 18 and Inspirational Verses

Psalm 18

To the choirmaster. A Psalm of David the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD delivered him from the hand of all his enemies, and from the hand of Saul. He said: I love thee, O LORD, my strength.

The LORD is my rock, and my fortress, and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.

The cords of death encompassed me, the torrents of perdition assailed me; the cords of Sheol entangled me, the snares of death confronted me.

In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

Then the earth reeled and rocked; the foundations also of the mountains trembled and quaked, because he was angry.

Smoke went up from his nostrils, and devouring fire from his mouth; glowing coals flamed forth from him.

He bowed the heavens, and came down; thick darkness was under his feet.

He rode on a cherub, and flew; he came swiftly upon the wings of the wind.

He made darkness his covering around him, his canopy thick clouds dark with water.

Out of the brightness before him there broke through his clouds hailstones and coals of fire.

The LORD also thundered in the heavens, and the Most High uttered his voice, hailstones and coals of fire.

And he sent out his arrows, and scattered them; he flashed forth lightnings, and routed them.

Then the channels of the sea were seen, and the foundations of the world were laid bare, at thy rebuke, O LORD, at the blast of the breath of thy nostrils.

He reached from on high, he took me, he drew me out of many waters.

He delivered me from my strong enemy, and from those who hated me; for they were too mighty for me.

They came upon me in the day of my calamity; but the LORD was my stay.

He brought me forth into a broad place; he delivered me, because he delighted in me.

The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

For I have kept the ways of the LORD, and have not wickedly departed from my God.

For all his ordinances were before me, and his statutes I did not put away from me.

I was blameless before him, and I kept myself from guilt.

Therefore the LORD has recompensed me according to my righteousness, according to the cleanness of my hands in his sight.

With the loyal thou dost show thyself loyal; with the blameless man thou dost show thyself blameless; with the pure thou dost show thyself pure; and with the crooked thou dost show thyself perverse.

For thou dost deliver a humble people; but the haughty eyes thou dost bring down.

Yea, thou dost light my lamp; the LORD my God lightens my darkness.

Yea, by thee I can crush a troop; and by my God I can leap over a wall.

This God--his way is perfect; the promise of the LORD proves true; he is a shield for all those who take refuge in him.

For who is God, but the LORD? And who is a rock, except our God?-- the God who girded me with strength, and made my way safe.

He made my feet like hinds' feet, and set me secure on the heights.

He trains my hands for war, so that my arms can bend a bow of bronze.

Thou hast given me the shield of thy salvation, and thy right hand supported me, and thy help made me great.

Thou didst give a wide place for my steps under me, and my feet did not slip.

I pursued my enemies and overtook them; and did not turn back till they were consumed.

I thrust them through, so that they were not able to rise; they fell under my feet.

For thou didst gird me with strength for the battle; thou didst make my assailants sink under me.

Thou didst make my enemies turn their backs to me, and those who hated me I destroyed.

They cried for help, but there was none to save, they cried to the LORD, but he did not answer them.

I beat them fine as dust before the wind; I cast them out like the mire of the streets.

Thou didst deliver me from strife with the peoples; thou didst make me the head of the nations; people whom I had not known served me.

As soon as they heard of me they obeyed me; foreigners came cringing to me.

Foreigners lost heart, and came trembling out of their fastnesses.

The LORD lives; and blessed be my rock, and exalted be the God of my salvation, the God who gave me vengeance and subdued peoples under me; who delivered me from my enemies; yea, thou didst exalt me above my adversaries; thou didst deliver me from men of violence.

For this I will extol thee, O LORD, among the nations, and sing praises to thy name.

Great triumphs he gives to his king, and shows steadfast love to his anointed, to David and his descendants for ever.

Inspirational Verses

Isaiah 45:8 "Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may sprout forth, and let it cause righteousness to spring up also; I the LORD have created it.

Isaiah 56:1 Thus says the LORD: "Keep justice, and do righteousness, for soon my salvation will come, and my deliverance be revealed.

Isaiah 59:17 He put on righteousness as a breastplate, and a helmet of salvation upon his head; he put on garments of vengeance for clothing, and wrapped himself in fury as a mantle.

Isaiah 61:10 I will greatly rejoice in the LORD, my soul shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.

Hosea 10:12 Sow for yourselves righteousness, reap the fruit of steadfast love; break up your fallow ground, for it is the time to seek the LORD, that he may come and rain salvation upon you.

Luke 1:67-75 And his father Zechariah was filled with the Holy Spirit, and prophesied, saying, "Blessed be the Lord God of Israel, for he has visited and redeemed his people, and has raised up a horn of salvation for us in the house of his servant David, as he spoke by the mouth of his holy prophets from of old, that we should be saved from our enemies, and from the hand of all who hate us; to perform the mercy promised to our fathers, and to remember his holy covenant, the oath which he swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve him without fear, in holiness and righteousness before him all the days of our life.

Al Qasas 28:67 But any that (in this life) had repented, believed, and worked righteousness, will have hopes to be among those who achieve salvation.

Glossary

Al Fatihah: The first chapter of the Quran; the English translation is The Opening

Allah: Arabic word meaning God

Allahu Al Khaaliq: One of the 99 attributes of Allah mentioned in the Quran meaning Allah The Creator

Ar Rahman: One of the attributes of God meaning The Most Gracious

Charis: Greek word which has been translated to mean gratitude or favor; joy, loveliness and gracefulness.

Dunya: This world and its earthly possessions and concerns

Hadith: The sayings and traditions of the Prophet Muhammad (SAW) recorded in volumes of written books

Iman: Arabic word meaning faith

Quran: The Islamic book of scriptures, the divine revelation from Allah

Sahih al Bukhari: one of the volumes of hadith from the Prophet Muhammad (SAW); compiled by Imam Muhammad al Bukhari

Sahih Muslim: one of the volumes of hadith from the Prophet Muhammad (SAW); compiled by Imam Muslim ibn al-Hajjaj al-Naysaburi

Salaat: The Arabic word for prayer; prayer is one of the five pillars of Islam required by every Muslim

SAW: An abbreviation for the Arabic phrase, Salli ‘allahu ‘alayhi wa salaam, which means may peace be upon him/her, and which is used when mentioning the name of a prophet of Allah (SWT)

Subhanaa’Allah: Arabic phrase meaning glory to God

SWT: An abbreviation for the Arabic phrase, Subhanaa wa ta'aala, which means the Sacred and the Most High, and which is used when mentioning the name of Allah (SWT).

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