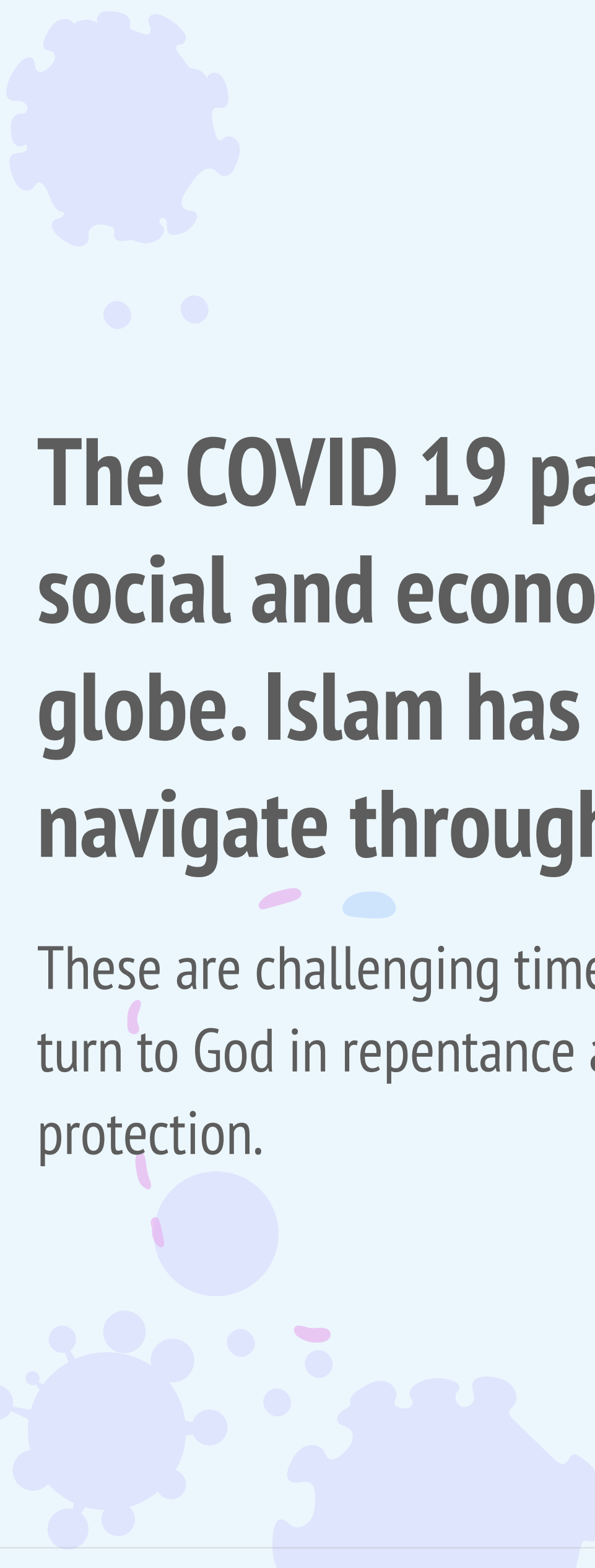




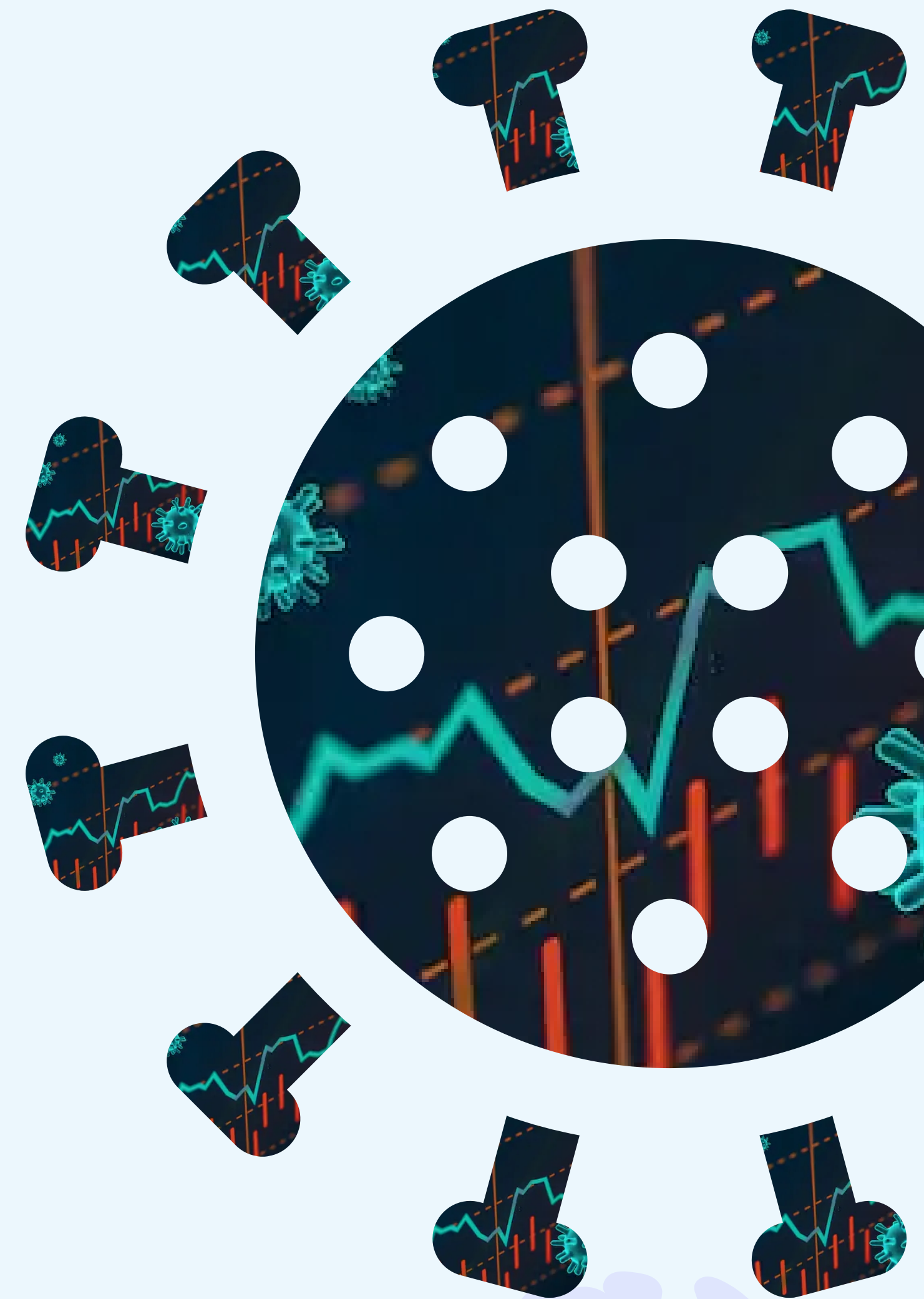
NEW MUSLIM
ACADEMY

COPING WITH COVID-19 PANDEMIC



The COVID 19 pandemic has disrupted social and economic life across the globe. Islam has guidelines that help us navigate through the crisis.

These are challenging times and as believers we must turn to God in repentance and ask Him for help and protection.



ENDURE IT WITH PERSEVERANCE

God says in the Quran that he will surely test us with something of fear and hunger and a loss of wealth and lives and fruits. He goes on to give good tidings to those who persevere and endure, who when disaster strikes them, say, "We belong to God, and to Him we will return." 2:155-156

So the first thing we must do is to have perseverance as our mindset in times of affliction because God Himself gives good tidings to those who are perseverant in the face of adversity.



TAKING NECESSARY PRECAUTIONS

The messenger Muhammad emphasized the importance of taking necessary means and preventive precautions along with relying upon God. He did so throughout his life and in his teachings.

Whenever there are steps that we can take to remove, overcome or minimize a harmful situation we must do so.

Personal hygiene

The Quran instructs Muslims to keep their clothes clean 74:4 and informs us that God loves those who constantly purify themselves (physically and spiritually) and repent to God 2:222.



Some aspects of personal hygiene that is being promoted by Health organizations and experts have been encouraged by Islam for centuries. Washing hands, for example, is a part of the ritual washing performed before the five daily prescribed ritual devotions and other times throughout the day. It is also the first activity we are taught to start off our day after waking up.

It is even more important to maintain our personal hygiene during this time of pandemic and lockdown.

Quarantine

The messenger Muhammad instructed us that if we hear of an outbreak of a plague in a land we should not go there and if it breaks out in a land where we are then we should not leave it to control contagion.

He also taught that if a person in the time of an epidemic plague stays in their land hoping for God's reward and believing that nothing will afflict them except what God has written for them, they will get a great reward.



SPIRITUAL STRATEGIES

Complete Trust and Reliance on God

While the situation is grim, we should not panic or lose our minds. The Quran reminds us that nothing ever happens to us except what God has ordained for us. He is our Protector. And we should put our trust in Him. 9:51

True trust in God while taking necessary precautions will help us get through this difficult time with mental and spiritual well being.

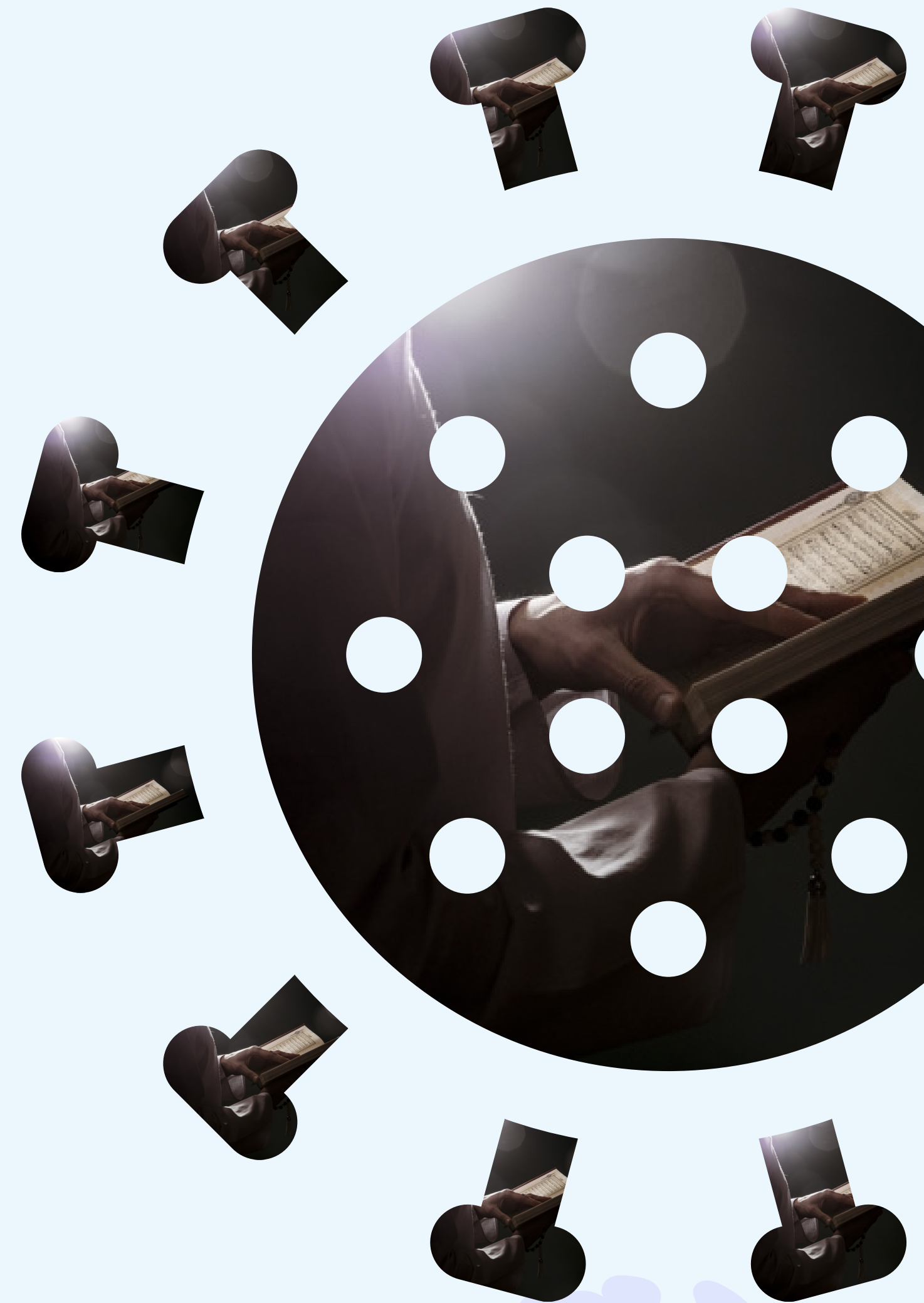


PRAYERS

In times of hardship, we should maintain a strong relationship with God. As we go through these or other difficult times, we should never lose hope in God's grace, His support and help. We should turn to Him and sincerely pray to Him for well being and protection.

We find in the teachings of the messenger and in his statements several protective prayers that may be said in the morning and evening. We should learn them, understand them, believe in their meanings and use them appropriately.

If one does fall ill, the Quran reminds us that it is indeed God who cures us 26:80. One of God's Beautiful Names is the One Who Truly Heals.



POSITIVE AND OPTIMISTIC OUTLOOK

The messenger Muhammad taught us that the affair of the believers is amazing as all their affairs and conditions have a good outcome due to their mindset and attitude. This is because if something good befalls them, they are grateful and that is good for them. If something of harm befalls them, they persevere and that is good for them.


Further, we find many examples of the messenger being optimistic even when he was in a dire situation. So, we should always have a positive outlook in light of scripture and the teachings of the messenger regardless of the circumstance and condition.

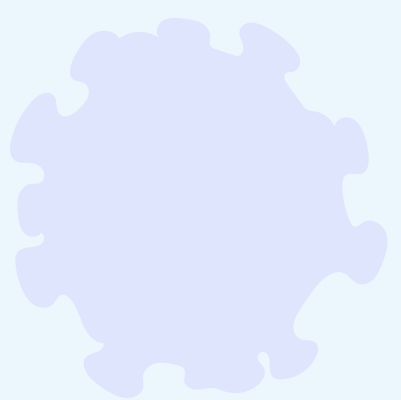


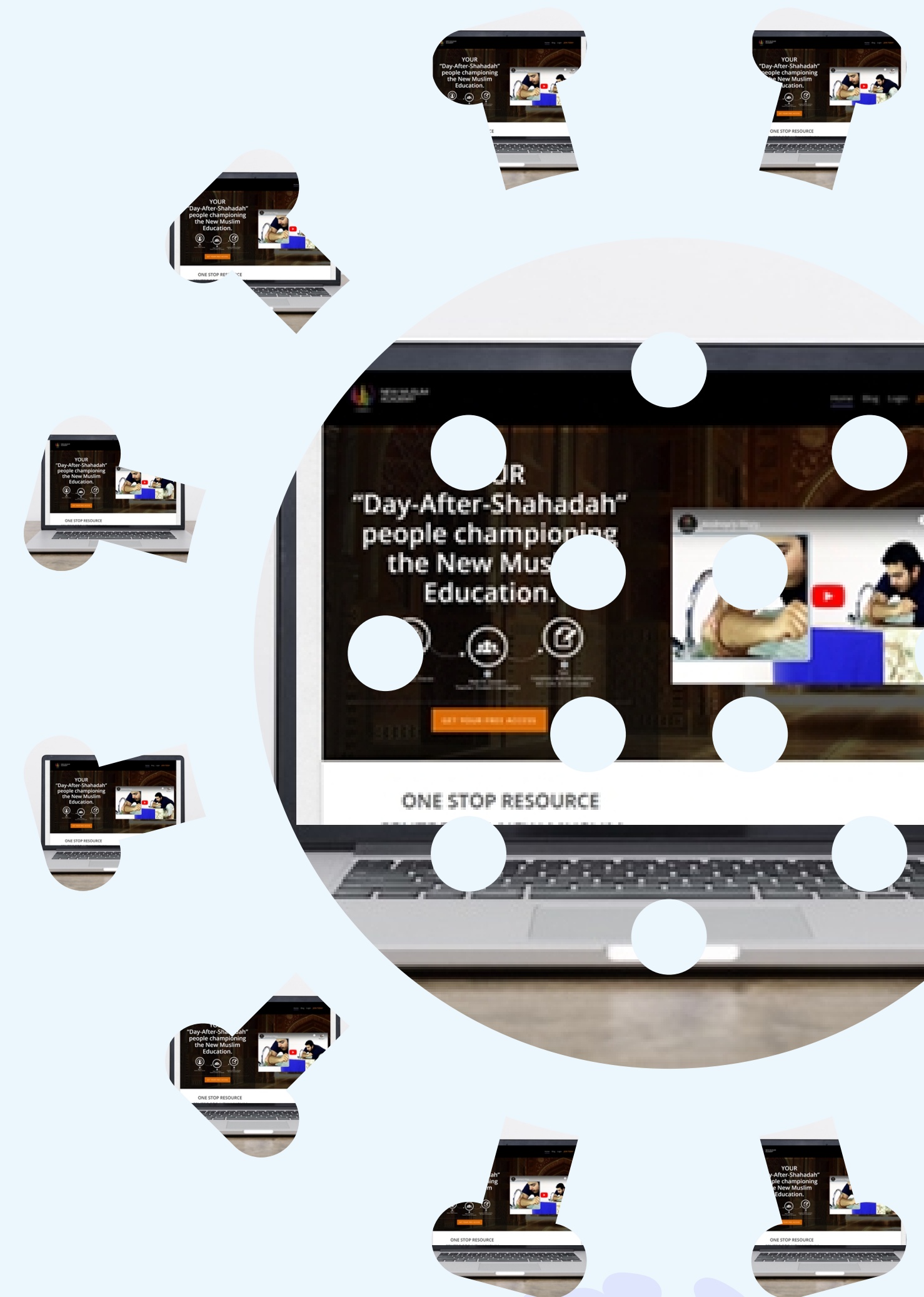
PHYSICAL STRATEGIES

- ▶ Create a new structure for your day given your local lockdown situation. Set a sleep – wake cycle time for different activities and rest.
- ▶ Structure your day around the 5 daily prescribed ritual devotions.
- ▶ Use the time of lockdown to bond with your immediate family and those you live with.
- ▶ If you live with non Muslim family members be especially kind and caring so they may observe the effect of Islam in your care towards them.
- ▶ If you have children, do not stress them out rather help them cope with the situation with correct knowledge and reassurance.



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- ▶ Consider replacing the lost physical social contact with virtual communication. Virtual connections may help those feeling lonely.
 - ▶ If you are an extrovert, try to engage in online social activities that would be in keeping with your nature.
 - ▶ Limit your screen time except for the times when you are doing some work related activity like online meetings, reading an ebook or making social contact online.
 - ▶ Do not follow the constant news cycles.

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- ▶ Use any free time you may have to learn a new skill that can help you professionally.
 - ▶ Join NMA courses if you haven't already.
 - ▶ Join the Live classes of NMA on Practice Makes Perfect and Daily supplications.
 - ▶ Learn short chapters from the Quran by joining NMA Live Quran classes.



MAKING IT TO THE OTHER SIDE

Sometimes affliction inevitably comes our way. The Quran teaches us to see life's difficult circumstances as a test – they are temporary hardships to strengthen us 2:153-157. This allows us to show resilience in times of hardship and tribulation and use spiritual and worldly coping strategies that give us enough strength to make it to the other side intact.

