

... وَلَا تَبْذِرْ تَبْذِيرَاهُ إِنَّ الْمُبَذِّرِينَ كَانُوا إِخْوَانَ الشَّيْطَانِ

... and do not be extravagant wasters. Those who are extravagant are brothers of the Shayaateen (devils). [Al-Israa': 26-27]

We will be asked about the money we spent on smoking!!

We will be asked about this money that we earned and how we spent it. The Prophet ﷺ said: 'The two feet of the son of Adam will not move from near his Lord on the day of Judgement until he is asked about five (matters) about his life - how he spent it; about his youth - how he took care of it; *about his wealth - how he earned it; and where he spent it* and about that which he acted upon from the knowledge he acquired.' [Sunan al-Tirmidhi: 2416 - Ṣaḥīḥ]

How will we be able to answer Allah regarding smoking? What will we say? How would we be able to justify ourselves and our actions?

How could you kill your own loved ones??

Those around the smoker inhale what is known as 'second-hand smoke' - the unfiltered, poisonous waste that goes in the air around the smoker. Would we want to harm the ones we love...our very own parents, spouses, children, friends? Of course not. In fact we do everything we can to *protect* them. Then why would someone who smokes expose his little daughter or son, his spouse, his family to the harms of second-hand smoking?

Studies show that tobacco **smoke** (that a smoker would blow out) contains more than 7,000 *chemical compounds*. More than 250 of these chemicals are known to

be harmful, and at least 69 are known to cause cancer!

Let me ask you this? Would you want to kill the very ones you love?

How will you answer Allah for the harm you caused them?

The Prophet ﷺ said: 'A Muslim is he from whose tongue and hand a Muslim is safe, and the *Muhajir* is he who gives up what Allah has prohibited for him.' [Ṣaḥīḥ al-Bukhari: 10]

It's repulsive and nasty to ALL.. ..humans and angels alike

The nasty smell of smoke that permeates the clothes, the breath, the skin and even the hair of the smoker is ugly and repulsive. It just becomes part of the smoker. Even if he tries to wash it away, he can't. Every where he goes, the stink goes with him and nauseates everyone around him. And if a smoker goes to the masjid, the overpowering stink sickens everyone and takes away the *khushū'* of many around him. *SubḥānAllah!* If the Prophet ﷺ forbade eating garlic and onions before someone goes to the masjid, what about the strong overwhelming stink of smoke?!

That smell is so bad that even the angels can't bear it and depart. How can I say that?

The Prophet ﷺ said: 'The angels are irritated by whatever the humans are irritated by.' [Ṣaḥīḥ Muslim: 1252]

Bad example

In the end, if all these proofs aren't enough, what kind of an example do you want to set for your kids? Do you want them to

become smokers just like you? Do you want to see them hurt their health, their *Imaan*, their families? A child will usually follow the example of his father or mother. They are his 'role models'. He looks up to them and wants to be 'like them'. The responsibility of upbringing a child is a HUGE one. It is put upon us by Allah *Subḥānahu waTa'ala* and He will ask us about it.

The Prophet ﷺ said: 'Each of you is a shepherd and each of you is responsible for his flock. The ruler of the people is a shepherd and is responsible for his flock. A man is the shepherd of his household and is responsible for his flock. A woman is the shepherd of her husband's house and children and is responsible for her flock. The slave is the shepherd of his master's wealth and is responsible for it. Each of you is a shepherd and each of you is responsible for his flock.' [Ṣaḥīḥ al-Bukhari: 893 & Ṣaḥīḥ Muslim: 4729]

And he ﷺ said: 'There is no slave to whom Allah has entrusted the care of people, and he dies on whichever day he dies while neglecting his flock, but Allah will forbid Paradise to him.' [Ṣaḥīḥ Muslim: 863]

May Allah protect us and our families from the evils of smoking and everything else that's prohibited. Ameen.

by

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Do You Smoke?

ePamphlet

Smoking

SubḥānAllah! we live in a time when good is mixed with bad, evil is everywhere and temptations surround us day and night. Knowledge is for the fortunate few and ignorance is rampant.

At times like these, there is also confusion...confusion about our *deen*, confusion about what is right and what is wrong, confusion about *ḥalāl* and *ḥarām*. And so it is vital that the correct knowledge be spread so that confusions are dispelled and the Truth becomes clear.

One such issue that needs clarification is the issue of smoking.

So what does our *deen* say about smoking?

You may hear people telling you that it's not so bad or at most it is '*makrūh*'. But the fact of the matter is that smoking is prohibited on account of the harm that it causes to one's religion, well-being and finances. Here are the proofs.

Allah has Prohibited All Harmful Things

Allah SubhānahuwaTa'ālā has divided things in this world into two types, good or permissible and evil or prohibited, and there is no third type. And out of His Infinite Mercy, Allah has prohibited anything and everything that is *khabīth* (evil) and causes harm. It is clear and bright as day, and there is no doubt in any sane person's mind that cigarette smoking is bad for you. Allah says:

...وَيُحِلُّ لَهُمُ الطَّيِّبَاتِ وَيُحَرِّمُ عَلَيْهِمُ الْخَبِيثَاتِ...

...and makes lawful for them the good things and prohibits for them the evil...

[al-A'raaf: 157]

And in the Sunnah we see that any kind of harm is completely prohibited. The Prophet ﷺ said: 'There is not to be any causing of harm nor is there to be any reciprocating of harm.' [Ibn Mājah: 2341 *ḥasan*]

You are not Allowed to Kill Yourself

Allah says:

...وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا

...And do not kill yourselves [or one another]. Indeed, Allah is to you ever Merciful. [Al-Nisa': 29]

There is proof beyond doubt that smoking is a slow killer. It is one of the major causes of death.

Smoking is Committing Suicide!

One cigarette will not kill you right then and there but it is a gradual poison that we put in our body. It is as if you are committing a slow suicide. According to a research done by the University of

California:

"Every cigarette a man smokes reduces his life by 11 minutes. Each carton of cigarettes thus represents a day and a half of lost life. Every year a man smokes a pack a day, he shortens his life by almost 2 months." [University of California, Berkeley Wellness Letter, April 2000]

SubhānAllah! If that isn't that suicide, then what is?!!

Do you know what the Prophet ﷺ said about the one who commits suicide?

'Whoever purposely throws himself from a mountain and kills himself, will be in Hellfire falling down into it and abiding therein perpetually forever; and whoever drinks poison and kills himself with it, he will be carrying his poison in his hand and drinking it in the Fire wherein he will abide eternally forever; and whoever kills himself with an iron weapon, will be carrying that weapon in his hand and stabbing his abdomen with it in the Fire wherein he will abide eternally forever.' [Ṣaḥīḥ al-Bukhari: 5778]

You have an 'Amānah'

The Prophet ﷺ said: 'Your body has a right on you.' [Ṣaḥīḥ al-Bukhari]

This body that we have, this health that we enjoy is an irreplaceable blessing from Allah. We are supposed to take care of it and we will be asked by Allah about this '*amānah*' that He has bestowed on us, on the Day of Judgment.

The Prophet ﷺ said: 'A person will not be able to move on the Day of Judgment until he is asked about ... his body and for what did he wear it out.' [Sunan al-Tirmidhī: 2417 - Ṣaḥīḥ]

All Physicians Agree it is Extremely Harmful

Smoking harms nearly every organ of the body and wreaks havoc on a person's overall health. There is no disagreement among the physicians that smoking is one of the major causes of multiple types of cancer, heart diseases, strokes, pulmonary diseases, hip fractures, cataracts, premature births, birth defects, premature deaths and many, many other diseases. Just search about it and the list of diseases caused by smoking is pretty long! May Allah protect us.

Whenever we get sick, we take rest, we take medicine, we go to the doctor. Then why is it that when it comes to smoking, some of us *totally ignore* what the doctors are saying? Why do we disregard *all the evidence* and *all medical data* and act as if none of the scientific proofs exist??

It is so strange that even intelligent people, educated people, people who call themselves 'civilized and smart', continue to smoke, even though they know very well, of its irreparable harm and are aware of the detrimental effects on health, mind and body! It doesn't make any sense!

Smoking is Addictive

Smokers are addicts, addicted to smoking and any kind of addiction is prohibited.

Not only does smoking cause chemical dependance, it is a reason for psychological dependance as well. People who smoke are so dependent on their smoking that they cannot stay away from it, even if they want to.

During Ramaḍān, you see these smokers wanting, wishing, *craving* their cigarettes

and that 'nicotine rush' so much so that it makes them extremely irritable, cranky, jittery and short tempered. Sometimes, it is so difficult for them to stay away their evil habit, they even smoke while they are 'fasting', although it is clearly forbidden!

Some even smoke while in Ihrām during Hajj, the journey of a lifetime!!

SubhānAllah! What kind of evil is this that it takes you away even from fulfilling a *fard* such as fasting? Or away from Ḥajj, when you are the guest of Allah?

Just think about it.

Disobeying the Very One Who invited you to His House and honoured you and doing something that is ugly and hated to Him? Surely it is a loss indeed.

It is a Tremendous Waste of Money

Smoking costs money as well as your health. Statistics show that at today's prices, if a person smokes one pack of cigarettes each day for ten years, he'll spend over \$58,000 – easily enough to buy a new car! Imagine all that hard earned money going up in smoke!

Smoking is also a form of extravagance and wasting money. Extravagance in Islam, means spending on something *ḥarām*. Allah is clearly telling us NOT to waste money.

...وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

And eat and drink, and do not waste. He does not love the wasteful. [al-'Araaf: 31]

In fact, the ones who are extravagant and squander money, Allah calls them 'brothers of Shayāṭīn'! *SubhānAllah!* Just imagine! What kind of position does such a person have with Allah?!!