

### Some Islamic Spiritual resources:

- Crises are a time for embodying God's command to *'help one another to do what is right and good.'* (5:2)
- This is a time for worship and remembrance; *"Believers! Seek help through steadfastness and prayer, for God is with the steadfast."* (2:153)
- Whenever the Prophet Muhammad (PBUH) was weighed down by some matter, he would find strength in prayer. *"Truly it is in the remembrance of God that hearts find peace."* (13:28).
- The spirit we should spread in our families and our communities is to hold on to prayer and remembrance in every circumstance as God has prescribed for that circumstance.
- 'Muslims should see the crisis as the time to embody the defining quality of a believer: to be of benefit to God's creation' *But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not.* (2:216)
- Reflect on the history of the prophets, and righteous stories, praying and breathing. 'Taking quiet time to talk to Allah by reciting Quran which is considered as a curative'.
- This is a time for spiritual tranquility; *"We shall certainly test you with fear and hunger, and loss of property, lives, and crops. But [Prophet], gives good news to those who are steadfast."* (2:155)
- *Cleanliness is half of faith, Qur'an verses (74:4) and (2:222).* Personal hygiene is important for Muslims.
- *"Yet he has not attempted the steep path. What will explain to you what the steep path is? It is to free a slave, to feed at a time of hunger an orphaned relative or a poor person in distress, and to be one of those who believe and urge one another to steadfastness and compassion."* (90: 11-17)
- **This is a time for cooperation and action**