

SUICIDE

**A path to
destruction**



Human life is priceless. No material treasure in the world can be equal in value to one moment of life. Every breath given to a person by Almighty Allah is a bounty.

Therefore Allah says: **“How can you disbelieve? Seeing that you were dead and He gave you life. Then He will give you death, then again will bring you to life (on the Day of Resurrection) and then unto Him you will return.”**

(Surah Al-Baqarah Verse 28)

This bounty of life is a trust that is accompanied with responsibilities. It must be cherished and utilized correctly. Any breach of this trust will be a matter of accountability to the Owner - Our Creator and Maker, Allah Ta'ala.

Life is about Ease and Grief

Hand in hand with ease, one will be called upon to embrace certain challenges, hardships and difficulties (at some point or the other). This is the pattern of life for human beings. Conditions of happiness and ease are not perpetual. Rather, occasions of sorrow, grief and difficulty will occur.

The challenges of life may seem to be enormous, however - with patience - it will never be beyond the individual's capacity to bear.

Allah Ta'ala says, **“Allah does not burden a soul with more than it is capable of enduring”**

(Surah Baqarah)

Thus, there will be challenges and the challenges will be within our scope of patience and endurance and there will be relief and consolation for us from Allah. Allah Ta'ala says; **“Verily with every difficulty there is ease.”** This verse is repeated in Surah Inshirah for emphasis.

The Road to Eternal Destruction

Some think that a quick way out of difficulties, is to commit suicide. Suicide, or self-killing, is a known phenomenon in every culture and society. Generally, people who have lost all hope in life or have underachieved in some task they expected to be successful in, resort to suicide - considering it to be a relief from their dilemmas. Suicide does not give any relief. It is a defiance of Allah's will. Taking one's life is something that compounds the

misery of a Muslim and has devastating consequences for the community and family of the victim.

Suicide is Prohibited in Islam

Almighty Allah is our Creator, He is the giver of life and the Owner of it, and He Alone has the right to end it. Suicide is forbidden in Islam and listed among the major sins.

There are specific sanctions expressed in the Qur'an prohibiting self-killing.

Allah says explicitly in the Qur'an; **"And do not kill yourselves. Surely, Allah is Most Merciful to you."**

(Surah An-Nisa Verse 29)

In another verse of the Qur'an, Allah says; **"And do not plunge yourselves into destruction..."**

(Surah Al-Baqarah Verse 195)

Hazrat Abu Hurayrah ؓ narrated that the Nabi ﷺ said; **"Whoever throws himself down from a mountain and kills himself will be in the Fire of Hell, throwing himself down therein for ever and ever. Whoever takes poison and kills himself, his poison will be in his hand and he will be sipping it in the Fire of Hell for ever and ever. Whoever kills himself with a piece of iron, that piece of iron will be in his hand and he will be stabbing himself in the stomach with it in the Fire of Hell, for ever and ever."**

(Sahih Bukhari)

Hazrat Thabit ibn al-Dahhak ؓ narrates that the Nabi ﷺ said; **"Whoever kills himself with something in this world will be punished with it on the Day of Resurrection."**

(Sahih Bukhari)

Hazrat Jundub ؓ narrates that the Nabi ﷺ said, **"Among those who came before you there was a man who was wounded and he panicked, so he took a knife and cut his hand with it, and the blood did not stop flowing until he died. Allah said; 'My slave hastened to bring about his demise; I have forbidden Paradise for him.'"**

(Sahih Bukhari & Muslim)

Why do People Commit Suicide?

The reasons people commit suicide are as numerous. Some contributing causes of suicide are:

- Isolation and detachment
- Substance Abuse (drugs and alcohol)
- Loss of family or friends
- Relationship break-ups
- Financial problems
- Sickness and disability
- Failure or low self-esteem

Statistics on Suicide

Suicide statistics are at times inaccurate because of the sensitivity of the issue. However, available stats show an alarming growth-rate every year.

- ✱ Annually more than one million people commit suicide globally
- ✱ In the last 45 years suicide rates have increased by 65% worldwide
- ✱ Suicide figures are twice the death toll from road accidents
- ✱ 6 000 to 8 000 people commit suicide in South Africa every year

What to do if you are Suicidal

- If one is thinking of committing suicide he or she should think deeply about the Creator, friends and family, then turn to Allah and seek His assistance.
- Talking to Ulama, scholars, and social workers will help in combating negative thoughts.
- Support groups provide useful assistance for those potentially suicidal.
- Seek medical assistance from a professional.
- May Allah save us from all prohibited acts and give us eternal bliss and peace of mind and heart.



DARUL IHSAN

HUMANITARIAN CENTRE

GUIDANCE • UBUNTU • EMPOWERMENT

ISLAMIC

- Learn The Deen
- Teach The Deen
- Jumuah Roster
- Bookshop
- Basic Islam
- Library & Research Facility
- GUIDELINE (Counselling)
- Literature Collection
- Al Ihsan Micro Library
- Marriage Registration
- Sadaqah Jariyah Projects
- Taqwa School of Excellence
- Muslim Marriages Tribunal (MMT)
- Drug Awareness Drive (DAD)
- Siyaphambili Madrasah
- Enewsletters, Social Media Posts
- Azmatu-Ahlil-Bayt-was-Sahaba



HUMANITARIAN

- Feed a Pupil
- Feed a Patient
- Feed The Needy
- Al Ihsan Clinic
- Build a Home
- Al Ihsan Relief (AIR)
- Enable the Disabled
- Bursary Fund (DIBF)
- Operation H2O
- Sponsor a Blanket
- Sponsor a Kajoor Pack
- Al Ihsan Boreholes
- House & Home Improvement
- Al Ihsan Fashion & Design Course
- Uniforms & Stationery
- Al Ihsan Garden Patch
- Al Ihsan Caregiver Course





About **Darul Ihsan**

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding **Philosophy**

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key **Objectives**

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

