

...their faith in the Pre-decree is weak"

[Jami' as-Saheeh fil-Qadr pg. 14].

Dealing with Suicidal Thoughts

The Permanent Committee For Scholarly Research and Verdicts said:

"..Moreover, you must abandon any idea of suicide as Allah states: "And do not kill yourselves (nor kill one another). Surely, Allâh is Most Merciful to you" [4:29]. You should know that thinking of suicide is a whisper of the Satan, who wants you to commit another crime when he knows that you turned to Allah with sincere repentance concerning your previous sins and is desperate to tempt you to commit sins again. So, you have to seek refuge in Allah from the Cursed Satan and follow the way of goodness and knowledge with dignity and strong determination. Nothing of the previous sins will do you any harm as long as you gave up such sins and turned to Allah with sincere repentance, seeking Allah's pleasure and fearing His punishment: "and whosoever fears Allâh and keeps his duty to Him, He will make his matter easy for him. That is the Command of Allâh, which He has sent down to you... [65:4]" [Fatwa no. 7989]

Not Wishing to Die

Sa`d bin Ubaid (may Allah be pleased with him) said that Allah's Messenger salla allaahu alayhi wa salam said, **"None of you should long for death, for if he is a good man, he may increase his good deeds, and if he is an evil-doer, he may stop the evil deeds and repent"** [Bukhari no. 7235]

Supplication if Someone Feels like Dying

Anas bin Maalik said that the Prophet salla allaahu alayhi wa salam said, **"None of you should wish for death because of a calamity befalling him; but if he has to wish for death, he should say: "O Allah! Keep me alive as long as life is better for me, and let me die if death is better for me."** [Bukhari no. 5671]

Shaikh Bin Baz (1420 H.), may Allah be have mercy upon with him, said:

"All of that [supplication] is good. The Prophet salla allaahu alayhi wa salam did it. This is because it is entrusting the affair to Allah. He does not wish for death nor supplicate for it. He only entrusts the affair to Allah..." [Noor 'ala Darb (14/419)]

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SUICIDE AND SELF-HARM: AN ISLAMIC PERSPECTIVE

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The Definition of Suicide

Suicide is **"The action of killing oneself intentionally"** [<http://www.oxforddictionaries.com/definition/english/suicide>].

Shaikh Ibn ul-'Uthaymeen (1421 H.), may Allah have mercy upon him, said:

"This is because suicide is when a person intends to kill himself..."

[<http://binothaymeen.net/content/1734>].

Prohibition of Suicide

Allah says: **"And do not kill yourselves (nor kill one another). Surely, Allah is Most Merciful to you"** [4:29]

Abu Huraira (may Allah be pleased with him) said that the Prophet *salla allahu alayhi wa salam* said, **"Whoever purposely throws himself from a mountain and kills himself, will be in the (Hell) Fire 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 (Hell) 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 (Hell) Fire wherein he will abide eternally forever"**

[Bukhari no. 5778]. It is important to note that the Muslim who kills himself is under the will of Allah. It does not mean he/she will be in the Hell-fire forever. [See *Sharh Saheeh Muslim* of Imam Nawawi (2/132)]

Prohibition of Self-Harm

Ibn 'Abbas (may Allah be pleased with him) narrated that the Messenger of Allah *salla allahu alayhi wa salam* said: **"There should be neither harming nor reciprocating harm"** [Saheeh Ibn Majah no. 1909]

Shaikh Bin Baz (1420 H.), may Allah have mercy upon him, said:

"...This is because Allah prohibited for a believer to harm himself. He said, the Exalted: And spend in the Cause of Allah and do not throw yourselves into destruction [2:195]"

[<http://www.binbaz.org.sa/node/12026>]

A Major Cause of Suicide

Shaikh Muqbil Ibn Haadi al-Wadi'ee (1422 H.), may Allah have mercy upon him, said: **"...So like that, there is a lot of suicide in the lands in which its people do not believe in Qadr (Pre-decree): America, Denmark, and Sweden. Most of those who are afflicted with neurological disorders are those who do not believe in the Pre-decree or..."**

Bismillah ar-Rahman ar-Raheem

All Praise is due to Allah and may Peace and Blessings be upon the Prophet, his Companions, and his followers until the Last Day.

As for what proceeds:

Suicide is a global epidemic. Over 1 million people commit suicide every year worldwide (<http://www.suicide.org/international-suicide-statistics.html>). At the same time, incidents of self-harm have spiked in recent times, especially among teenagers. In order to address this growing problem, I present the following pamphlet. I ask Allah, our Lord, to protect us all from it. Verily, He is capable of all things.